

Beauty-full News

Essential Wellness from Head to Toe

I can't keep calm!
It's my birthday month!
Whoop! Whoop!

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Happy Birthday to me Happy Birthday to me Oh, sorry; I'm already getting carried away. I'm heading to the beach again this week for 2 days for my birthday. Ever since Rob passed away, I need to be at the beach on my birthday ... any beach..... I feel close to him there.... so every year, I go to a different one. This year, I'm heading to Sarasota and Siesta Key. I've never been, and I'm looking forward to getting treated to a facial by my esty friend, Annette. I'll wake up Friday morning (my birthday) on Siesta Key doing yoga. Now, that's a beautiful way to start a new year of life!

This week is also when kids go back to school here in Seminole County. A new routine for the moms out there and hopefully, you may have a little more free time to concentrate on YOU. Self-care is important. Melissa, Melanie and I are here for all your skincare, massage therapy, reflexology, essential oils and yoga needs.

And don't forget to find a moment of gratitude in your daily life. Either first thing in the morning when you awaken or before you drift off to sleep at night, thank God or the Universe for the big things or little things that you encountered during the day. Don't take these things for granted. Spend time with your loved ones, eat the cake, drink the wine, use the good dishes.... You get the picture. Think happy thoughts and good things will happen. Until next month.... have some FUN, and I hope to see you at the spa or on my next Facebook Live! Have a FABBulous August!

Your Favorite Aesthetician,
Debbie





Skin Conditions and Summer - A Match Made in Irritation

Summer brings sunshine, fresh air and the desire to show off some skin. However, for the millions of Americans with eczema and psoriasis, the summer months can mean irritated skin and the desire to cover up. Meghan Feely, board certified dermatologist and member of the [American Academy of Dermatology](#) (AAD), spoke with *Skin Inc.* on how to step in when clients' skin reacts to the heat, humidity and allergens of the warmer months.

Eczema - On paper, eczema patients cannot win in the summer. According to Feely, the condition's signature compromised skin barrier does not respond well to summer stimuli. Humidity, heat and seasonal allergies can serve as triggers. Since the body's natural cooling method is to sweat, and sweat and water exposure draw moisture from the skin, it is more difficult to control the body's temperature in the summer. Ironically, water draws the moisture out of your skin," Feely noted, since hot weather and increased perspiration during warm summer months dries out the skin

The key is to moisturize safely and often—fragrance-free moisturizers, in addition to patients' typical treatments, can help prevent exacerbated eczema symptoms. For situations when triggers are unavoidable, such as swimming in a chlorinated pool, Feely recommends patients shower immediately afterward to rinse off the irritating chemicals before patting dry and applying moisturizer. She also advises avoiding irritating fabrics, such as wool and wearing breathable clothing made of cotton.

Cool compresses, topical corticosteroids, topical calcineurin inhibitors (TCIs) and antihistamines can help relieve patients' eczema symptoms during difficult summer months to help reduce inflammation. For more serious cases where the itch is interfering with lives and sleep, adjunct treatments include phototherapy and oral immune-suppressing medications.

Psoriasis - On the other hand, the elements that work against eczema care are advantageous for psoriasis patients. Increased humidity keeps skin moist, while UV rays from sun exposure provide some relief to the irritated skin.

"For many patients with psoriasis, summer can be their good time of year unless they overdo it," said Feely, noting that trauma from sunburn can worsen the condition and develop new psoriatic plaques (an example of the koenber phenomenon), and that patients should be counseled to always wear sunscreen and to limit their sun exposure.

Sebopsoriasis patients are not as lucky—this condition primarily affects the face and can flare in the summer due to irritants. It—and these conditions as a whole—can also be triggered by stress, which for some patients decreases over the summer as they take vacations to relax a bit more than during the cooler months, according to Feely.

Skin protection is still as vital as repairs in the summer. Dermatologists should advocate moderation and a fragrance-free sunscreen, even when flare-ups are under control. Topical corticosteroids are also effective for psoriasis patients, along with nonsteroidal topical treatments such as salicylic acid, topical retinoids, anthralin and topical Vitamin D.

Seasons Change - Once the irritants of summer fade into fall, patients should still maintain care routines. Feely suggests a "holiday from medication" in the winter if eczema patients' skin clears up. The reduced natural light exposure of fall may negatively affect patients without controlled psoriasis symptoms, but in all cases, Feely recommends patients maintain habits such as sun protection and see dermatologists as needed to help their skin transition with the season. "I encourage patients to always maintain good habits. For patients with these conditions, we would advise them to get in touch with a board certified dermatologist," said Feely.

Excerpt from *Skin Inc.* - Brooke Schleeauf



5 Steps to Connect with your True Self on Vacation

As a kid, vacation was a thing of magic. Anticipating the chance to explore new places and try new wonderful things, you would fanaticize about all that lay ahead. You would make detailed plans or pack your suitcase weeks in advance, annoying your parents with your enthusiasm and the constant barrage of asking how many days until you left.

These days, things are a little different. While you still look forward to your vacation, your to-do list of all the tasks you have to accomplish before you leave keeps you from enjoying the same type of anticipation. Then, when you finally arrive at your destination, you find you're still thinking about work, or the dog sitter, or whether your luggage will get there on time. Before you know it, three days have gone by before you can completely relax and fall into vacation mode.

Yet somewhere inside of you, that playful child still exists. It may be buried underneath the worry and responsibility, but she's there. Vacation can be the optimal time to connect with that part of you. Follow these five steps to make it easier:

STEP ONE: LET GO OF RESPONSIBILITY

Most often, moms (and sometimes dads) fall into this category. You know the weight of this responsibility. You need to make sure the kids have food, sunscreen, enough toys to play with and a bath at the end of the day. If you're the police officer, nurse, server, and entertainer, how can you possibly let your inner child come and play?

To remedy this, designate a day or two during your vacation as a no-responsibility day. If you're able, give the responsibility to another adult who's with you. Explain that the designated day will be your day off, and that no problem or obstacle shall be put on your plate. Give yourself permission to eat breakfast alone or read an entire book with your feet soaking in the ocean.

In the event that you're not able to give the responsibility to another adult, give the kids a little more slack than usual, so you can have some "me" time. Or think about hiring a babysitter for an afternoon. Most hotels have onsite childcare or babysitters for hire.

STEP TWO: ACT GOOFY

Society pressures you to act in certain ways to fit into social norms. Some of those rules go out the window on vacation. It's likely that you'll never again see the strangers you see at your destination, so you can afford to act a little goofy. If you're staying at an all-inclusive resort, and they have the evening comedy skits, be a volunteer and ham it up on stage. Do the water aerobics with seniors. Sing in the talent show.

Ask yourself, "What did I do when I was a kid?" If you skipped on the promenade and got sticky from cotton candy, then allow yourself to be like your two-year-old self, eat that ice cream, and get it all over your face, for old times sake.

(Con't)...



STEP THREE: TRY SOMETHING NEW

Being away from home, in a faraway place, can make you more of a risk-taker. Take advantage of this momentary freedom from inhibitions to try something new:

- Jump off the cliffs into the ocean
- Try parasailing
- Sign up for a few surf lessons.

Let go of your reasonable self and all the reasons why you shouldn't try those things. Embrace the philosophy, YOLO (You Only Live Once), even if it's only for a day. When you give into your adventurous side, you will feel exhilarated and see life from a different perspective. On top of it, you will have a great story to tell when you return.

STEP FOUR: PLAY

Do you remember when you were in your early 20s before all the responsibility came? You joined in that game of beach volleyball and played putt-putt golf with the love of your life. Get yourself out of the goal-oriented mindset and jump into free play time where you're not looking at a clock or concerned about the next event.

Play can open up your creativity in tremendous ways. You see things from a broader perspective. During playtime, you regain a grasp of the deeper meaning of life, such as playing fair instead of playing to win. And when you return to work, you can try including this deeper insight into your day-to-day decisions.

STEP FIVE: BE PRESENT

It can be difficult to be present when you're concerned about obligations back home or connected to your electronic devices all the time. Unless you have pressing issues that require you to keep checking emails, text messages, or social media, keep your devices locked up in the room. Set an automated out-of-office message, and if something does come up, ask yourself, "Can this wait?" Chances are, it can. If the world is not going to come crashing down around you by not attending to it, then let it go.

It's likely that you've spent a lot of time, money, and effort to go on vacation. Immerse yourself intentionally into it and enjoy it thoroughly. Create memories that will last by being true to yourself and letting go of the responsibilities you have in the day-to-day. In the end, you will be glad to have had a more true and authentic experience while on vacation.

Excerpts from The Chopra Center, written by Michelle Fondin





5 Skin Care Ingredients You Should Know About Now

When it comes to your skin care, knowing what's inside of your products can make a world of difference. Some ingredients found in your product's formulas can help target specific skin concerns, whether it be acne, signs of aging, or dryness. Understanding the benefits of these ingredients can bring you closer to achieving your skin care goals. That said, with so many ingredients out there, it can be confusing to remember them all, much less what they can do for your skin! Don't fret, we're here to help. We're breaking down the basics of five common skin care ingredients you should know about.

HYALURONIC ACID

Have yet to become acquainted with hyaluronic acid? There's no better time than now to start! This hydration powerhouse can be found in plenty of skin care formulas, including serums and moisturizers, and has earned quite the praise from beauty junkies and experts alike, like board-certified dermatologist, and Skincare.com consultant, Dr. Lisa Ginn for example. "I love hyaluronic acid," she says. "It's soothing to the skin, even if it's sensitive. This potent humectant holds 1000 times its weight in water." Since boosting skin's moisture is key in an anti-aging routine, Dr. Ginn recommends reaching for creams and serums formulated with hyaluronic acid and to use them twice a day as part of your AM and PM routines.

VITAMIN C

Antioxidants aren't just for eating! Topical antioxidants in skin care can provide a plethora of benefits, and vitamin C is certainly no exception. Vitamin C—otherwise known as ascorbic acid—can help to neutralize free radicals and reduce environmentally-induced damage to surface cells. As a refresher, free radicals are unstable molecules triggered by various environmental factors, including sun exposure, pollution, and smoke. When they come in contact with the skin, they can break down skin's elasticity and lead to visible signs of skin aging over time. Applying topical antioxidants, like vitamin C, can provide the surface of your skin with an extra line of defense against free radicals (the bad guys) when used in tandem with Broad Spectrum SPF.

GLYCOLIC ACID

Acids might sound scary, but they don't have to be! According to Dr. Lisa Ginn, glycolic acid is the most common fruit acid and comes from sugar cane. "Glycolic acid helps to smooth out the top layer of skin," she says. "You can find it in a host of products including creams, serums, and cleansers." Nothing scary about that, right?

Editor's note: If you're planning to use glycolic acid in your skin care routine, just be sure not to overdo it. There can be too much of a good thing, so balance it out with gentle, hydrating products. Glycolic acid can also make your skin more sensitive to sunlight, so be sure to pair your use with daily applications of Broad Spectrum SPF.

(Con't)...

SALICYLIC ACID

If you have acne-prone skin, chances are you've heard of salicylic acid. This common acne-fighting ingredient helps unclog pores and loosen the buildup of dead skin cells on the surface. "Salicylic acid is great for blackheads," says board-certified dermatologist, and Skincare.com consultant, Dr. Dhaval Bhanusali. "It forces out all of the debris clogging the pores." Sounds great, right? That's because it is! But keep in mind that salicylic acid can be very drying as well, so going overboard is not recommended. Only use it as directed and keep your skin hydrated with moisturizing creams and serums. Be sure to apply Broad Spectrum SPF each and every morning, especially when using products formulated with salicylic acid.

RETINOL

Retinol is an incredibly popular ingredient, and it's easy to understand why! Research suggests that retinol can help visibly reduce signs of skin aging like wrinkles and fine lines, in addition to improving an uneven skin tone, and smoothing and refining the skin's appearance with continued use over time. You can find the ingredient in its pure form, or incorporated into products such as serums, cleansers, and moisturizers in various concentrations.

If you're just beginning to test the retinol waters, start with a lower concentration to build up your skin's tolerance and use as directed. Also, be sure to only use retinol at night paired with Broad Spectrum SPF during the daytime.

Credit to skincare.com

Image Skincare's Ageless Overnight Retinol Masque

Reveal new radiance with this concentrated overnight retinol masque, formulated with water bank technology to continually release hydration and lock in nutrients for the ultimate beauty sleep, and like all Image Skincare products, it's paraben free.

Triple action KemSpheres create a thin film to ensure optimal coverage and controlled penetration, reduce TEWL (trans-epidermal water loss) thus opening pathways for active penetration and offer a time-released action of retinol. This increases firmness, reduces the appearance of fine lines and wrinkles and improves skin imperfections.



How to use: Apply masque in a thick, even layer to freshly cleansed skin 2-3 times per week. Leave on overnight and cleanse skin with tepid water the following morning.

This unique delivery system allows pure retinol to be easily absorbed into the skin in a stable form, resulting in less irritation and superior results.

And for the month of August, receive 10% off this FABBulous product!