

# Beauty-full News

*Make it a September to remember!*

Happy September, my friends - a time of cooler weather, pumpkin everything (including my **Pumpkin Spice facial**) and back to more routines. Kids are back in school, summer vacations are over, and we can start looking forward to the holiday season. It will be here before you know it.

Mark your calendars for our next **Self-Care Saturday, October 7th from 9am to 12 noon**. You can sign up on my Eventbrite page, <https://www.eventbrite.com/e/self-care-saturday-tickets-37558322955>. Tambra Lanham, holistic health coach specializing in weight loss, will speak on Eating for Energy and Weight Loss During the Holidays. Madison Wilkinson, Financial Advisor from Edward Jones will talk Health and Wealth, and I will pick one lucky person who attends to demonstrate a light chemical peel on and so much more. Of course, we'll also have some fun and relaxing treatments for you to experience, munchies and mimosas.

I recently was certified in **European Facial Massage** and will be adding this to my menu as an add-on. It's 30 minutes of face, neck and décolleté massage that will take you to another realm of relaxation and pure bliss.

Face & Body Bar would love to host your **Girls Night Out!** You and 3 friends will get pampered with a few treatments, relax, laugh, drink wine, enjoy a few happy-tizers, and have lots of fun! Call me to get all the details and to schedule your GNO!

So, make it a September to remember - have some fun, enjoy your family and friends and make time for YOU!

Until next month,

Your Favorite Aesthetician,

Debbie



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## The Road to Relief - Common Treatments for Rosacea

The National Rosacea Society found that rosacea affects over 16 million Americans. The worst affected populations reside in the Northeastern states of Maine, Rhode Island, New Hampshire and Connecticut with 10% of the states' adult populations suffering from the skin disorder. Similar to acne, rosacea is an inflammatory condition that commonly affects individuals with fair skin. Symptoms include red or pink facial skin, dilated blood vessels on the face, red bumps that can contain pus, cysts, flushing skin and possibly pink or red eyes, explained Stanley Kovak, M.D. of Kovak Dermatology & Laser Institute.

Treatments for rosacea are as varied as the patients themselves. Kovak notes the importance of providing several treatment options to the patient, including home-care as well as office visits. "Some patients may require prescriptions to get their rosacea under control, while others may do perfectly well with diet improvements," he said. "No option should be discounted because of prejudice since the patient and his or her rosacea is what really matters."

Common treatments include:

**Skin cooling:** Applying topical cooling products or a cold pack can reduce redness during a flare up.

**Soothing products:** Some topical over-the-counter skin care products are formulated specifically for rosacea skin.

**Prescription drugs:** Prescription medications such as Soolantra topical or Doxycycline oral capsules can help decrease inflammation as well as shrink the size of dilated blood vessels.

**Intense Pulsed Light (IPL) treatments:** IPL treatments have been gaining popularity for their ability to treat a multitude of skin disorders, including rosacea.

"Many patients elect to undergo laser or IPL treatments as an alternative to prescriptions because of its ease of treatment and infrequency," said Kovak. "Lasers and IPL treatments are a staple in the treatment of rosacea, but new drugs continually are being developed to diminish the signs and symptoms of rosacea."

Home-care for Rosacea Sufferers:

The key to soothing rosacea is finding the triggers that cause skin sensitivity and redness. A survey by the National Rosacea Society revealed that some of the most common rosacea triggers include sun exposure, emotional stress, hot or cold weather, wind, alcohol, spicy foods, heavy exercise, hot baths, heated beverages and certain skin care products. Additionally, some foods, medical conditions and cosmetics can also cause trigger rosacea.

"Some prescriptions can make the skin dry and worsen the appearance of the skin," said Kovak. "Skin care regimens that are overly abrasive may be helpful to remove brown spots or improve the appearance of wrinkles actually can worsen the appearance of rosacea."

For many patients, diet plays a large role in their rosacea. Following an anti-inflammatory diet or getting tested for food allergies, such as gluten, can make a big impact in lessening the symptoms of rosacea.

Excerpt from skininc.com

## 10 Ways to Connect to the Present Moment Without a Meditation Cushion

You've heard the [benefits of meditation](#), and maybe you have a devoted formal practice that gets you up before sunrise. But your ability to connect to the present moment needn't be limited to the time you are sitting on your zafu or meditation seat. When you soften your expectations of what mindfulness practices look like from the outside, you find that there are many ways you can dip into focused concentration and embodied awareness. Try implementing these habits into your daily routine and before long, mindfulness will become a way of life.

“Wherever you are, that is the entry point.” –Kabir, 15th century Indian poet

**1. Listening Meditation** - Start where you are. Take a moment while sitting at your desk, taking a break at work, or even eating in a restaurant while your tablemate is in the bathroom. Practice experiencing each sound as it happens, without trying to judge it, label it, or push it away. If you find yourself getting irritated by the sounds around you (e.g., “I’m trying to write an article here; why won’t that dog stop barking?”), try using the sounds as a tool for mindfulness. Bind your consciousness to the sounds as an indication of what is happening during the exact moment you are in. Over time, your attitude toward the sounds around you will change from annoyances to opportunities for awareness.

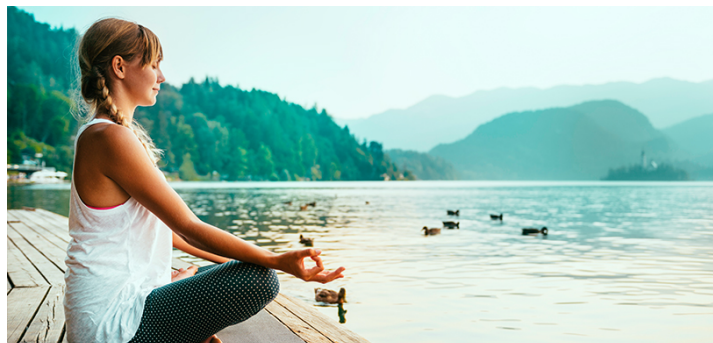
**2. Keep a Journal** - Start your days or end your nights with an investigation into your thoughts and feelings. You may numb out on alcohol, drugs, television, or other distractions and miss the opportunity to uncover what your feelings are trying to actually tell you. Feelings do not just go away if left unacknowledged, so take a few minutes several times a week to work through what’s going on with you on the inside. Bear witness to how the emotions shift as you shine the light of awareness on them; they always pass. Mindfulness in this way means giving your emotions the attention they deserve, the way you would to a friend or family member.

**3. Eye Gazing** - Gaze into the eyes of your baby, a pet, or a partner who’s willing. Depending on who you share this experience with, you may find silent eye contact to be awkward at first, but consider the benefits of social connection and truly being seen. Sustained eye contact has the ability to remind you that you are not alone, that you are one with other beings, and are deeper than your external appearances. Eye contact with a baby or small child strengthens the bond you share. Locking eyes with your cat or dog taps you in to the inherent presence of animals in any situation (inspiring, indeed). And if you catch a glimpse of yourself in the mirror, lingering on the reflection of your own eyes can help you to experience self-compassion and self-love.

**4. Object Meditation** - Yes, this is a meditation that is often done during a formal practice, but how many other ways can you merge with the object of your concentration? Try sitting at your kitchen table and look at—really look—at the food on your plate. Notice the colors, the textures, and the arrangement on the plate. The idea is to concentrate on something that perhaps you never fully contemplate—a flickering candle, a small piece of artwork, or even your own hands. You don’t have to stare at it for long, just a few seconds can bring you deeper into the moment you’re in.

(Con’t)...

5. **Be One with Nature** - As you walk your dog, stroll to the end of your driveway to pick up the paper, or go for a run in your neighborhood, practice fully embracing the nature around you. The myriad types of trees, the colors of the flowers, the smell of the ocean, and the twinkling of the stars are all invitations to be one with the now. Take a few extra minutes here and there to really receive the healing vibrations of the earth, and you'll feel an inner settling that will bring you back to center.
6. **Switch Up Your Routine** - When you become complacent in your routines, it's easy to go on autopilot. If you notice yourself arriving to work without remembrance of the commute, take a different route going home and become a tourist in your own city. Want to slow down your eating habits and really savor your food? Try eating with your non-dominant hand. Have you grown attached to the same spot in your group exercise or yoga class? Move to a different part of the room and get a fresh perspective. Simple acts that [shake up your routine](#) help you to experience the newness of your familiar activities, thereby calling for an increased sense of presence.
7. **Drive in Silence** - Speaking of your commute, try experiencing a quiet drive, practicing [mouna](#), or sacred silence in the car. Give yourself time to decompress from your day, or allow yourself to be silent so you can take in the sights around you. When approached this way, your daily commute from here to there becomes a mindfulness act in and of itself; no time is wasted or taken for granted. If you find yourself mindlessly listening to the radio as background noise, switch it up by alternating your audiobooks, podcasts, and playlists with silent drives to slow things down and be alone with yourself.
8. **Unplug from Technology** - It may seem obvious, but it's worth mentioning that the simple act of [disconnecting from your devices](#) can bring you right back to where you are. Anytime you are working on a computer, using a smart phone, watching TV, or checking social media, your attention is pulled outward, away from the moment you are in. In fact, most people feel nervous or flat out incapable of being alone with "nothing to do." When was the last time you sat in the waiting room at the doctor's office without distracting yourself with some form of entertainment? What about sitting in perfect awareness during an airplane flight or a train ride? (Re)train yourself to be tech-free, at the very least for the first and last hour of the day. Better yet, unplug for an entire day every week or month. It can act like a reboot to your hard drive.
9. **Create Pauses** - Consider the pace of your life and work pauses into your daily rhythm. Before responding to a question, for example, pause and then answer. Before taking another bite of your meal, pause and really taste what is in your mouth. Recognize when things trigger you to become reactive, and challenge yourself to pause amidst the inner conflict. Perhaps it is when a certain person tells you what to do, when you feel judged, or when things feel rushed. Try taking a pause, a purposeful moment of recalibration, and check in with the moment you're in. A single breath in a moment of pause can create just enough space to notice your tendencies and make more [mindful choices](#).





10. **Connect to Your Senses** - It only takes a moment, but connecting to your senses will help you make a memory more effectively than taking a picture. When you find yourself in a moment you want to remember (e.g., your child's first steps, a beautiful hot air balloon floating through the sky, or your first in-person view of the Grand Canyon), take the time to drop in to each of your sensory experiences.

- What is the smell?
- What is the temperature
- What is the taste of the air?
- What are the sounds?
- What are the colors?
- What are the details of what you see?

When you take the time to really honor your experiences by paying attention to the details, you create mental snapshots that can last a lifetime.

**Meditation** is the natural state of being present with yourself. Meditation teacher Jon Kabat-Zinn says that when you are fully absorbed in the present moment, paying attention to purpose and not having judgment, you are meditating. So try widening your view of meditation and spread it throughout your day. Let go of what you think it should look like or how the circumstances could be better to meditate "perfectly." When you realize that by simply paying more attention to what is, your view of the world will certainly change for the better.

Learn a natural, effortless style of meditation that benefits every aspect of your life with Basics of Meditation, a self-paced online course guided by Deepak Chopra.

Excerpt from [chopra.com](http://chopra.com)



## Indulge in our Pumpkin Spice Facial

**15% Pumpkin-Orange Enzyme** - Packed with Vitamins A and C, this enzyme will exfoliate while you enjoy the wonderful smell of pumpkin and orange. At 15% pumpkin, this enzyme dissolves dead skin while orange provides a beautiful glow to the skin.

**Autumn Spice Hydrating Mask** - This hydrating mask has nutmeg to soothe inflammation, yet is also anti-bacterial. Cinnamon creates a warming sensation in the skin while mangosteen, honeysuckle and passionflower provide anti-aging benefits for healthy, nourished skin.

Finish with a Vitamin C hydrating anti-aging serum, a luxurious moisturizer and a Vitamin E and avocado oil lip treatment, and you will leave looking and feeling FABulous!  
Special price of \$65



## Image Skincare's Vital C Hydrating Hand & Body Lotion

Quench and revitalize skin with this ultra-rich, ultra-hydrating, moisturizing lotion with organic, nutrient-rich oils and extracts infused with shea butter and antioxidants for the ultimate total body hydration and it's paraben free.

Formulated with a unique blend of four potent forms of Vitamin C and plant stem cells that are clinical proven to improve hydration by 40%, this luxurious hand and body lotion improves elasticity and combats visible signs of aging.

And for the month of September, receive 10% off this FABulous product!

