

Leading Lady Newsletter

February 2018

MEMBER

Associated
Skin Care
Professionals

Lovely Lips

Give some attention to the most neglected part of the face

Noreen Young

Lips can say so much without uttering a sound. They do a lot of work on a daily basis. But in the facial room, we tend to expect more attention on the face, eye area, and neck. Why not give this part of the face the attention it deserves?

As a beauty and skin therapist, I am in love with lips and have a fascination with them. I have made lip treatments my signature service and complement this by offering retail products especially for the lips and the mouth area. Lips are also my favorite part of the face to make up.

During a Facial

As part of your facial routine, if you do

Another lip protocol you can ask for during your next facial is a soothing jade facial roller. This is a cool tool in more ways than one. Facial rollers made of jade or gold were used for centuries by Chinese royalty and can be enjoyed either at room temperature or chilled. This little marvel rolls away the stress and is soothing, smoothing, and truly relaxing.

Most rollers are double-sided. The large side is great for the face, and the smaller roller is most commonly used very gently on the eyelid and surrounding areas. However, I use the small roller on the lips and around the mouth, after applying a facial serum or moisturizer. This secret weapon makes products



Give your lips the attention they deserve.

not already do so, ask for a lip mask to soften, condition, and plump the lips. There are a few different specialty masks to choose from that are both an instant gratification and a quick add-on to a makeup application or facial service. I personally like Satin Smooth's milk and honey collagen lip mask, which is mouth-shaped and comes in packets for individual use.

penetrate the skin beautifully, too.

If your esthetician also does makeup, a great way to end the facial is going beyond just moisturizer, eye cream, and lip balm, and asking for a dash of color to your lips and face as well.

Continued on page 2

*"Feeling
gratitude and
not expressing
it is like
wrapping a
present and not
giving it."*

- W. A. Ward

Office Hours and Contact

Oasis Skin Care Clinic
Lilly Cook
6182074404
Wednesday - Sunday
10am - 7pm
6182074404

In this Issue

Lovely Lips
Enzyme Power
The Case for Chocolate

Continued from page 1

At Home

Spa and salon guests are becoming ever more aware of what they put on their faces and in their bodies. Green and healthy is a trend that is here to stay. Here's an exfoliating lip scrub to help you take care of your lips in between professional treatments. This moisturizing and soothing mini treatment is especially good for dry, peeling, dehydrated lips. Simply combine 1 teaspoon of brown sugar and 1 teaspoon of olive oil, and mix to make an exfoliating paste/scrub.

Apply it to clean lips and leave on at least five minutes, rubbing gently back and forth with a finger or a baby's soft toothbrush. My clients are believers, and they love this simple formula for softer lips.

Extra Care

Sometimes, your lips may require a little extra TLC. Lip damage and fine lines around the mouth often go along with other skin conditions caused by smoking. Address these conditions with moisturizing lipsticks and lip balms, creams, lip conditioners, and serums. Vitamin E and green tea are both good ingredients to use.

Sun-damaged lips are another big concern. When I moved to sunny Florida from New York City, I was in for a rude awakening. I see all types of skin conditions affected by sun damage and have had a bout with skin cancer myself. Now, I am never without a lipstick or lip conditioner that contains sunscreen. Always use a sunscreen on your lips, as well as on the rest of your face.

Men need a protective lip balm with sunscreen, too! Did you know men get cancer of the lips more often than women?

So, go ahead, "kiss and make up" when it comes to this neglected area. When your lips are just as happy as your skin, the results will surely make you smile.

Reprinted courtesy of Noreen Young (www.noreenyoungpro.com). Noreen is an internationally known makeup artist, author, speaker, and educator.



Ask your esthetician for a special lip treatment.

Enzyme Power

Lisa VanBockern

As we age, natural exfoliation can take up to 40 days or more, which leads to a buildup of dead skin cells. This means fine lines, uneven skin tone, and in some cases, acne. Incorporating natural fruit enzymes into your skin care regimen is a great way to clean, correct, and polish the skin, as well as deliver nutrition to skin cells.

Good-Bye Dead Skin

In the late 1800s, papain (found in unripe papaya) was first explored and recognized as an enzyme useful in digesting protein. This makes papaya useful for light exfoliation, as it operates in a way that's similar to digestive enzymes breaking down food in the stomach; it digests dead skin to reveal fresh, healthy cells.

Fruit Antioxidants

Fruit enzymes also offer antioxidant benefits to the skin. To visualize oxidation, think of an apple that's been cut and left out in the open. It turns brown. Yet, if you squeeze a lemon over the apple right after slicing it, it stays

fresh and looks more appetizing. While we wouldn't want lemon juice (at 100 percent L-ascorbic acid) on our skin, we do want the benefits of a more gentle, buffered substance to stabilize pH and control acidity. Products including fruits like blueberry, kiwi, lemon, pomegranate, and pumpkin provide great antioxidant nutrition to the skin.

Stay Hydrated

Natural enzymes in the epidermis require water, since water regulates almost every enzymatic action. This raises interesting questions: Do you drink enough water? Do you live in a dry climate or other environment where trans-epidermal water loss is great? If there is not enough water among skin cells, natural enzymes will not kick in. Adding water to your diet will further enhance enzymatic activity.

Lisa VanBockern is founder and owner of Skin Script Skin Care of Tempe, Arizona. She is a formulator of corrective fruit enzyme products and educates on that topic. Her esthetic focus has been on corrective skin treatments for all ethnicities.



Finding products with natural fruit enzymes can boost

The Case for Chocolate

New Studies Show Health Benefits

It's not like we need a specific reason to eat chocolate, but it doesn't hurt that studies are finding increasing health benefits associated with the popular indulgence. While chocolate is high in sugar and saturated fat, it does contain chemical compounds with proven benefits, so enjoy--in moderation--and expect to reap some of these rewards.

Improved Heart Health

A study in the Archives of Internal Medicine found that women over 70 who ate chocolate at least once a week were 35 percent less likely to suffer from heart disease during the survey period. Researchers suspect that the flavonoids found in chocolate, which are known to reduce blood pressure, likely improve overall cardiovascular health.

Reduced Liver Strain

These same flavonoids in dark chocolate that help decrease blood pressure can also reduce post-meal abdominal blood pressure spikes that strain the liver by widening and relaxing blood cells. A Spanish study of patients with end-stage

liver disease showed that dark chocolate helped reduce some of the risks associated with conditions like cirrhosis.

Safer Pregnancy

Dark chocolate has been shown to help pregnant women avoid preeclampsia--a significant complication where blood pressure spikes to dangerous levels--by nearly 40 percent when consumed five times a week. Dark chocolate is especially rich in theobromine, which relaxes muscles and dilates blood vessels. As an additional benefit, it also seems to improve circulation in the placenta.

Increased Endurance

Research out of the University of California, San Diego, demonstrated that mice given epicatechin, a flavonoid found in dark chocolate, could run for 50 percent longer than those who only drank water. The mice also grew new capillaries and mitochondria in their muscles, changes that explain their enhanced endurance capacity. Unfortunately, perhaps, for chocolate lovers, is that researchers say just

one-sixth of 1 ounce of chocolate each day is the ideal serving size to receive this benefit.

*"Acknowledging
the good that
you already have
in your life is the
foundation for
all abundance."*

-Eckhart Tolle

Hey there Leading Lady! I hope you have enjoyed this month's issue of the Leading Lady Newsletter. I have am grateful that you invested a couple of minutes in yourself to read through the articles. Have a productive and fun month!

Oasis Skin Care Clinic

1334 Walnut St
Murphysboro, IL, IL 62966

MEMBER

