

Skin Care Through Changing Seasons

Keep your skin looking and feeling great

With the change in season, many people will begin to notice a difference in the way their skin looks and feels. Many people find that as we move closer to winter, their skin becomes more dried out and flaky. The good news is there are things you can do to keep your skin looking good as the seasons change.

"Winter approaching doesn't mean your skin has to look dull and dry," says Katherine Goldman, celebrity esthetician/waxologist and owner of the Stript Wax Bar. "It also doesn't mean you have to turn to chemicals in an effort to maintain some of your tan throughout the fall and winter. There are much better options available to everyone who wants to take advantage of

how to maintain a good balance. Some people suffer from dry skin and others suffer from dehydrated skin; they look similar but are very different. Dry skin lacks oil, which is essential to the skin, while dehydrated skin lacks water. Finding what your skin needs will help, so finding the right moisturizer is important.

Here are some additional tips that can help keep skin looking and feeling great as the seasons change:

- Dull skin can be countered by having regular facials done by a professional. Facials remove dead and flaky skin and help restore the natural glow that people long for. They give skin an overall

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

- W. A. Ward

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A little effort will keep your skin looking good year-round.

them."

According to Jess Gianatasio, the lead esthetician at Stript Wax Bar's Los Angeles location, regular exfoliation will always keep the skin looking fresh year-round. But finding a balance for your skin is key, especially through the winter. When going in for a facial, she advises talking to your esthetician about

healthier appearance.

- When winter approaches, it is important to moisturize the skin so it doesn't become dried out. After cleansing, always follow with an anti-aging serum and apply a good quality moisturizer.

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- Bypass the chemical tans that come in take-home spray bottles and lotions. They usually contain chemicals you should avoid putting on the skin and will most likely not provide the natural tan look most people seek. Tanning booths are not a good route either, because of the risks they impose. Instead, opt for an organic spray tan.

- When it comes to hair removal, stick to going to a waxologist, so skin irritation and problems can be avoided. Having hair professionally waxed will keep the skin smooth and unblemished.

- Drink plenty of water to maintain youthful cells. If the skin doesn't get enough water, it will look aged and dehydrated.

- Opt for healthy foods that benefit the skin, such as strawberries, tomatoes, salmon, edamame, tea, carrots, broccoli, and avocado. They each have nutrients that help protect the skin and keep it looking great.

"Keeping skin looking radiant through the winter can absolutely be done, but it takes a little attention in order to make it happen," Goldman says. "A little effort in this area can go a long way toward helping you look fabulous through the holiday season and beyond."



Look your best all winter long.

Healthy Energy Boosters

Tips to Staying Energized and Alert

Rebecca Jones

Here are some tips for keeping your energy levels up.

Snack Smart

Strategic snacking can be a good way to smooth out dips in your energy level and avoid hunger cravings that can lead you to overeat. Go ahead and snack---just be as choosy in your snack selection as you are in meal planning.

Grab an Energy Bar

Don't fall for the fiction that all so-called "energy bars" are unpalatable but good for you. A lot of energy bars are filled with chemicals and with sugar, so read labels, and look for high fiber, high protein, and limited carbs.

Pick-Me-Up Snacks

Nuts such as almonds, Brazil nuts, cashews, and hazelnuts are among the best choices for healthy, pick-me-up snacks, nutritionists say.

Stay Hydrated

Even slight dehydration can leave you tired and lethargic. The answer is, of

course, to drink plenty of water. If the taste of plain water doesn't excite you, consider some of the flavored varieties, keeping in mind that loads of extra sugar should be avoided.

Get Your Beauty Sleep

The number one myth about sleep is that you can get by on six hours a night, but the further away you deviate from getting eight hours sleep a night---and some people get too much, not too little---the greater the risk of cardiovascular disease, depression, obesity, and a host of other maladies.

Avoid Caffeine, Get to Sleep

Caffeine is a great pick-me-up first thing in the morning, but it has a six- to seven-hour "half-life," meaning that half the caffeine in that cup of coffee you consumed to ward off the 3:00 p.m. doldrums will still be lingering in your bloodstream after the 10:00 p.m. news.

Rebecca Jones is a Denver-based freelance writer.



Stay hydrated to keep energy up.

Coenzyme Q10

The Wrinkle Cure

Air pollutants, toxins, cigarette smoke, cell metabolism, exposure to the sun, and other environmental factors initiate free radicals, which can cause dangerous reactions that destroy cells and damage DNA, proteins, and fats. Free radicals also interfere with collagen production and integrity, resulting in loss of elasticity and, ultimately, aging skin. Although this is a natural and unavoidable by-product of metabolism, an overabundance of free radical damage can cause premature aging and wrinkles. Fortunately, there's a nutritional way to fight the elements.

Coenzyme Q10, also called CoQ10 and ubiquinone, is a fat soluble, vitamin-like nutrient present in virtually all cells and considered the spark plug of the body, helping to produce and regulate energy as well as fighting free radicals as an antioxidant.

CoQ10 levels are highest during the first 20 years of life and decline with time, so much so that at age 80, CoQ10 levels

may be lower than at birth. Yet the body's demand for CoQ10 increases with age. Furthermore, statin (cholesterol-lowering) medications can further deplete the body of CoQ10.

The recommended daily CoQ10 dose is 30 mg, in combination with alpha lipoic acid and vitamins A, C, E, and selenium. Foods highest in CoQ10 include sardines, beef, peanuts, spinach, and albacore tuna. However, it would take a pound of sardines, two pounds of beef, or two-and-a-half pounds of peanuts to provide 30 mg, and cooking foods at high temperatures degrades the enzyme. Consequently, CoQ10 supplementation is likely necessary to achieve therapeutic effects.

CoQ10 can also benefit topically, as it's a small molecule that can easily penetrate the skin. When CoQ10 is combined with vitamins C and E in creams or lotions, the synergistic effect can neutralize free radicals, thus reducing wrinkles.

Supplementing with CoQ10 is not only a good antiaging strategy for the skin, it can also enhance energy, cognition, heart health, stroke prevention, and immune support.

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

-Eckhart Tolle

A Note from Lilly: Hello my Leading Ladies! Each time I sit down to put this newsletter together, I am baffled, I am baffled to think is just a couple of months my dream business will have been open for a year. These past 9 months have been unbelievable. I have learned so much from all of you. Thank you all so much for your continued support and trust. This journey has been so amazing. Continue to invest in yourself and make time for your self-care.

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MEMBER

