



January 2007 | Volume 2 | Issue 1

Happy New Year!

January is **Happy Month!** Its mid-winter, we have passed the winter solstice and the days are now getting longer. We have crested the hill of winter and are on the downside to warmer, brighter days.

You know, there is always something to be **happy about!** Here at Enhance Studio we are **always happy.** We have great clients, we help people look and feel great and we are passionate about our work. Wow, the year is off to **another great one!**

This month we are going to introduce you to a few **new items** that will be sure to make you **happy** too. As well, we solve some problems and answer a few questions. So join us in our **Happy Dance!**



Enjoy the read and have a very Happy January!

We Appreciate You!

Lynn and Kristie

Peptide Lip Therapy



Sizes: 0.3 oz

Description: This scientifically advanced formula will help improve overall lip health and appearance. A synergistic blend of peptide and amino acid ingredients **help rebuild the collagen matrix** for increased strength and resiliency, while BMX Complex **boosts moisture retention** and accumulation for maximum hydration. It also offers antioxidants to enhance barrier protection and **shield lips from damaging free radicals.**

Application: Apply to lips twice daily to protect against environmental damage, improve hydration and **dramatically minimize lip lines. Happy, Happy!**

Questions Answered

What is the difference between Benzoyl Peroxide and Salicylic acid, and which one is better to treat acne?

Benzoyl Peroxide helps to bring oxygen down into the follicles to **eradicate bacterial overpopulation**. It is an effective agent for clearing acne breakouts, although it may prove too surface stimulating for those with sensitive or ethnic skin. Salicylic Acid is a beta hydroxy acid that not only can penetrate through impactions (infected, clogged pores) but also **reduces keratinization** within the follicles and acts as an **anti-inflammatory agent**. These ingredients are both useful in the treatment of acne, although Salicylic Acid is typically better for sensitive skin types. BP is classified as a grade 1 acne fighting ingredient while SA is classified as a grade 3 (three being the better)

Why is aging skin dry?

Your skin's upper layer is made up of "bricks" called corneocytes and they are held together with a "mortar" made up of oil bi-layers and moisture.

As we age, our sebum (oil) production slows while the moisture-binding components of the skin also decrease, making aging skin less able to attract and hold moisture. The reduction of oil and moisture result in dry skin. **Photo-aging (sun) and dehydration** can cause the dysfunction of the superficial corneocytes (dead skin cells) resulting in poor desquamation (normal cell turnover) and over-accumulation of corneocytes at the stratum corneum's (top skin layer) surface. As a result, the skin **feels rough and looks dull** because of the light reflecting off the uneven surface. **Proper hydration** encourages healthy cell turnover.

We have **many choices** in treatments and products in the Studio for adequate moisturization for all skin types as well as exfoliation of those dead cells.

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Product Profile



Ultra Care SPF 18 Day Lotion

Some of our clients have been requesting a day moisturizer with a higher SPF. Even though winter months have less sun, if there is snow on the ground the **ultra violet rays** can actually be **more harmful** than summer sun. So skiers and winter outdoor enthusiasts need just as much protection in winter as summer.

Therefore we are bringing into our stock **Avalla's Ultra Care SPF 18 Day Lotion**. Along with the sun protection comes **increased moisturization** capabilities, **improved firmness and fine line reduction**. Some of the botanical ingredients are apricot kernel oil, cucumber, aloe, marine minerals, soybean oil, retinol, Vitamins A and C. Comes in a handy pump container. Are ya' **Happy yet?**

You are at the ideal time... right now



Kristie is one busy little bee with her **laser hair removal** equipment! You don't often think of body hair removal in the middle of January (unless you happen to be one of those lucky ducks who get to 'go tropical' in mid winter). **BUT**, mid January **IS** the ideal time to think about laser hair removal in order to **be hairless when summer arrives**.

Imagine...**no more** painful waxing! No frequent visits to remain hairless all summer. No having to use a razor if you can't get to your esthetician before that last minute special occasion. **No shaving, no traumatized skin**, (oooh, that ought to make ya' **Happy!**) and I could go on.

Our laser hair removal is **NOT uncomfortable or painful**. (Happieee!) The most recent types of equipment are responsible for that. Some of the earlier equipment was inhuman for pain! However, it still requires **more than one treatment** with time between to allow for any re-growth. You will also need to stay out of the sun for a time following each treatment, thus the **ideal time to start is now**. Give Kristie a call at 306 1191 and get booked while she still has time.

Head's Up Specials (happy, happy, happy, happy!)

Two popular Avalla (Nutrimetics) items on sale in January

www.myavalla.com

Basic Heritage Collection



Skin Clean or Foaming Cleanser
Skin Fresh
Nutri Moist or Nutri Moist EL
\$50 save \$15

Nutri Rich Oil



Apricot Kernel Oil
\$40 save \$5

Beauty Veil is also on special. Call me for details 250 542 8807

Lynn's rare Arbonne January Special

www.arbonne.com



RE9 NutriMinC Travel Set

Eleven (11) face and body products in the premier anti-aging Arbonne RE9 range.

A \$193 value for \$119

Come 'on Get Happy!

Remember to add lynn@ClearGoalsCoaching.com to your address book in your email program so you won't have a spam problem receiving an issue.

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