

Lynn or Greg Moore

From: "Enhance Studio" <glmoore@telus.net>
To: <glmoore@telus.net>
Sent: October 17, 2006 9:26 AM
Subject: Lynn, Here's your Oct Beauty Thru Wellness Ezine



Beauty Thru Wellness™

Feel good inside and out!

*Volume 1, Issue 10
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*From Lynn & Kristie
Enhance Studio*



Happy Goblin month, Lynn!

In our corner of the world the sunshine has continued to bask the green grass and fall leaves with brightness while the temperatures tell us it is indeed fall, but a beautiful one. I actually still have some thriving petunias in my bedding plant baskets!

In the Studio we continue with changes, adding more new decor and new services which we are announcing right here!

In this issue:

- What are our FIVE new laser treatments?
- Nutrimetics lovers get a great special
- NEW! Wrinkle Filling Facial. How does it work?
- Rising yeast. What are your symptoms?
- "Out, out damned spot!"- Shakespeare's 'Macbeth'
- Women's "Day of Discovery". Seats selling fast!

Enjoy this month's ezine!

We **appreciate** you all!




"Out, Out Damned Spot!"

How long will I have to use pigmentation products (skin lightening of brown patches or spots) until I see results?

Each case is **different**. We look at the type of hyperpigmentation, extent of damage, location of pigment, etc. Most clients see a difference within **4-8 weeks**. Physicians' Choice pHaze 13 Pigment Gel is the one we recommend (available in the Studio) and must be used for a minimum of **30 days** because skin cells turn over monthly. Pigmentation will appear darker when you first begin using it because pigment is rising to the surface due to the increased exfoliation. We can also add **specific** Studio treatments to the regimen to speed up and add to beneficial results.



Whoo Hoo! FIVE New Laser Treatments

- Affordable
- Private

Two separate modalities are used to assist the following procedures. With the use of a Nd:Yag and an Intense Pulse Light (IPL) systems we have moved into the 21st century!

Skin Rejuvenation:

Treats redness, age spots, pregnancy masks, pore size, lines and wrinkles, tightens/tones, brightens and lightens.

Hair Removal:

Comfortable, permanent hair removal for the entire body. Any hair colours are treatable.

Acne & Rosacea:

Treatment for all stages of these conditions.

Psoriasis: Reduces inflammation associated with this condition as well as stunting the growth of excessive cell production.

Vein Removals:

Slowly dissolves spider veins & broken capillaries in a series of treatments.

Our pricing system is different than the expected flat rate and therefore more affordable! Please call Kristie for information **306 1191**

Our Service Motto: **"Is it Right....and Good?"**

NEW! Wrinkle Filling Facial

The new **FORTY+FILLING SYSTEM** is a milestone in the cosmetic industry. With this innovative ingredient, it is now possible to gain skin-smoothing results **comparable** to "Botox" without any side effects! **No injection** under the skin is necessary.



The active formulation contains the **highest** amount of the unique substance Acetyl-Hexapeptide-3 possible, which **relaxes** facial muscle tension and after time, reduces the appearance and depth of wrinkles.

Facials can be repeated as often as every 14 days for a **cumulative** effect.

This is the first of it's kind that I have found and am so excited to bring it into our studio.

The **Wrinkle Filling Facial** is \$80.

Couple it with a **microdermabrasion** treatment to increase the results by **50%** for \$140. A savings of **\$25.00**

If you just can't wait and you jump on the phone right now you will save a further 10% if you are one of the first 10 clients to call!

AVALLA/NUTRIMETICS SPECIAL

If you use the Nutrimetics **Heritage** collections of products, they have put on a **special** with the regular size items along with **travel** sizes which many of you have often expressed a desire for. Access the brochure with this link:



<http://www.myavalla.com/ca/avallaus/upload/octoberflyer.pdf>

2nd Annual "WOMEN'S DAY OF DISCOVERY!"

FEATURING.....

1. YOUTH BY DESIGN

**DEMONSTRATIONS: All the latest hi-tech medical equipment
Beauty truths and myths exposed
Most recent skin care ingredient knowledge
Bring your **questions!****

2. BALANCE

**Work
Life
Relationships**

and have *fun* while you are doing it in **COLOUR**

3. SPECIAL GUEST

**Lisa Lauglan of Cutera Co. will show you the dynamic results of the
Titan collagen tightening treatments. Magical!**

The second annual "**Women's Day of Discovery**" will be held Saturday, **Nov.
4th !!**

The location is the **Sandman Inn** in Vernon

Investment **\$60.00** plus GST (\$3.60) A portion goes to local charities

For more details click here: <http://cleargoalscoaching.com/events.php>

YEAST RAISES MORE THAN BREAD

Albicans

Candida



As most of our regular client's know, Kristie and I are as focused on your **inner** health as your outer appearance. We are **Counsellor** (Kristie) and **Life Coach** (Lynn) to help you with emotional issues and we share lots of knowledge in the natural health realm to have you "**Feel content inside and out**".

Imagine for a moment that you have fungus colonies in your gut that eventually send out little worm-like tendrils that actually **puncture** the intestines and then spread into the bloodstream along with their toxins. This is called "[leaky gut syndrome](#)" and one cause is a yeast overgrowth in the body.

Due to our fast food and "**instant this**" and "**pick up that**" type of eating we have found ourselves trapped in a vortex of sugars and refined and processed meals. In fact, I have found by reading labels that with very few exceptions, all the foods in the supermarket that are found in the centre aisles contain some form of sugar(s) and wheat (becoming less tolerated by us).

We also upset the natural balance of "good bacteria" by having to take **antibiotics**. Some other causes of yeast overgrowth are **stress** and taking hormone medication (**birth control pills**).

Of course yeast dines on sugars (and that includes alcohol drinks, especially wine) and the next thing you know you may be having symptoms of yeast overgrowth ([Candida](#)) that include:

- vaginal yeast infections
- acne and skin rashes
- brain fogginess
- thrush
- abdominal discomfort and distension
- lethargy
- diaper rash in babies
- athlete's foot
- weakened immune system
- food intolerance
- headache

to name a few.

Some of the things I recommend are a "**yeast cleanse**" at least **twice** a year. Your health food store or naturopathic practitioner will be able to guide you to a product. I have used "**CandiGone**" by New Life. Also, if you have to take antibiotics it is best to also take a **probiotic** such as acidophilus to ensure that all the 'good' bacteria and yeast in the body is **not** killed off along with the bad. Again, your natural food store can be of help in your choice of product to accomplish that.

Appointment Cancellation Policy

- **24 hours** notice of appointment cancellation is *greatly appreciated*. Other clients and we thank you for your consideration.

Some Quick Links

- Arbonne products: www.arbonne.com To order online use my ID# 110081781

Nutrimetics products: www.myavalla.com

Enhance Studio website: www.enhancestudio.com

Clearing Confusion: www.ClearGoalsCoaching.com

Lynn & Kristie

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