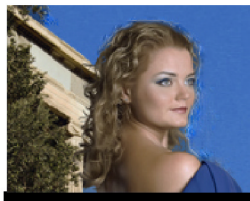

Aphrodoite Skin Care LLC

Jul/Aug 2009

PCA Professional™

Smoothing Body Peel Treatment

Available only from a certfied Esthetician, the PCA Professional™ Smoothing Body Peel Treatment can help your body look as radiant and ageless as your face.

The three-step treatment is formulated with potent ingredients that deeply exfoliate and improve skin tone and texture while lightening any skin discoloration. The first step involves a Pre-Peel Accelerator Mask, which combines conditioning topicals such as urea and malic acid which hydrate and soften skin. The second step is a Smoothing Body Peel combining prescription-strength ingredients like TCA, lactic acid, salicylic acid, kojic acid and arbutin, which penetrate deep into the dermis and dramatically improve the skin's appearance. The third step is Perfecting Face and Body Hydrator SPF-30 an advanced moisturizer helps prevent and improve skin discoloration, recommended to continue using at home for best results.

The PCA Professional™ Smoothing Body Peel is ideal for women and men wanting clearer, smoother skin on their arms, legs, back, chest, hands and feet.

While a single treatment may help brighten the skin for a special occasion, a series of four treatments can help improve the appearance of more mature, photo-damaged skin by offering deeper exfoliation and skin brightening with a toning effect.

During the treatment, which takes approximately 45 minutes, you may feel a warm, tingling sensation while the solution is applied and for as long as it remains on your skin. Immediately following treatment, a soothing hydrating solution will be applied to the treated area. Most clients experience little peeling afterwards. In the days following your treatment, your skin will have increased radiance with improved clarity and texture.

Beauty is only skin deep. I think what's really important is finding a balance of mind, body and spirit.

Jennifer Lopez

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Commonly Asked Questions

Who is a good candidate for the Body Smoothing Peel™?
Any male or female with photo-damaged skin and/or pigment irregularities is a good candidate for the treatment. The Body Smoothing Peel is appropriate for first time chemical peel clients or clients looking for a gentle, superficial peel to improve the appearance of the body.

Is there any discomfort associated with the Body Smoothing Peel™?
You will feel a mild to moderate warming

sensation for a few minutes while the solution is being applied and for as long as it remains on your skin. For added comfort, a fan may be held over the treated area to help cool the feeling of warmth. However, once the peel is complete, you should no longer feel the warming sensation.

How much downtime should I expect?
There is no downtime with the Body Smoothing Peel. In fact you should experience very little to no peeling.

Will I need more than one Body Smoothing Peel?
Most people see improvement in their skin after just one Body Smoothing Peel. However, for optimal results we recommend a series of four treatments spaced two to three weeks apart.

Makeup to Define Your Eyes

How to give your eyes a sexy, youthful shape

By Bobbi Brown , A well-known makeup artist and author of three best sellers on beauty, Bobbi Brown is also the founder of her own multimillion-dollar cosmetics business.

"Can I define my eyelids with eye shadow? Mine look a little droopy."

You can "lift" your lids by recreating more youthful contours with a medium-deep shade of shadow such as brown, slate, or mocha. Starting at the upper outside corner of your eye, sweep the shadow in and down toward the crease of the eyelid. Then brush from the outside lower corner of the eye up to the crease (you're basically creating a sideways V). Other options: Apply highlighter on the brow bone to draw attention up and away from any droopiness. Line your upper lids with thicker-than-usual strokes of a dark powder or liner, and apply two coats of black mascara--doing either makes lids appear more taut, too. Well-defined brows also do the trick.

Cool It!

'Chilling' the Ayurvedic Way

Summer is here and with it the sun, the surf and more exposure to the elements of the great outdoors. Standard skin care concerns center on sun protection and hydration or treatments designed to make us look better on the beach, but Ayurveda looks at care for yourself and your skin in another way.

There's a classic slogan from Ayurvedic texts that says, "Like increases like." That means in summer heat, the sun increases our "inner" heat. An accumulation of this heat makes skin more prone to burning, freckles, heat rashes and breakouts. Our eyes may get red, hot or itchy more often. In Ayurvedic terms, this is called increased pitta. There is a limit to what we can do about the weather. Sure, we can stay inside with the air conditioning, dutifully wear hats and sunscreen or relocate to cooler climates, but there is a limit to how possible or how much fun all of these options would be. But, Ayurveda teaches that with a bit of planning, we can take care of our inner heat. To do this successfully, we have to follow lifestyle suggestions that have been time-tested for more than 3,000 years. So, if you are someone who really suffers in summer you might test out some of these ideas and see if they make a difference.

Wrork

Get enough rest, relaxation and make time to play—summer is the perfect time to stop and "smell the roses." Relinquish control and delegate more if you cannot get away because it is your busy season. At least have a day off, regularly. Keep cool in mind and body. Keep a mister on your desk or treatment room and a cool drink at hand.

Exercise

Choose the cooler part of the day. If you are outside, stay in the shade, **wear a hat and sunscreen**! Swimming, gentle yoga—cool off very thoroughly after hot yoga. Walking, tai chi or other noncompetitive activities are the best options. If you do get hot, be sure to shower and cool off thoroughly and take ample time to relax and integrate your workout.

Mind State

Cool your thoughts. Listen to soft peaceful music; sit quietly in the moonlight; be less critical of yourself and others; try to be more patient and tolerant, heat can make us irritable for no reason; watch less TV and get out into the fresh air. You should even try to get out of town and surround yourself with trees, beaches or lakes.

Teas & Drinks

Hibiscus tea with a little raw sugar looks exotic and really cools the blood. Drink it cool but not ice cold. Fennel tea is wonderful with meals or snacks as it not only cools the body but helps digestion. It can also be used as a spray for heat rashes. Nettle, raspberry, red clover, lemon balm, lemongrass and mint teas, with or without sweetener, beat intense heat—even piping hot. Vanilla flavored tea, and lassi (yogurt with rose water or mango purée) or coconut or sugar cane drinks are good options as well as plenty of fresh water—but hold the ice … it kills your digestive process and will cause gas!

Raw sugar or maple syrup are the best choices for sweeteners as honey adds "heat."

Friuts and Juices

While all fruits are good, some are more cooling and refreshing than others at this time of year. Opt for watermelon, pomegranate, pineapple, mango, sweet apricots and plums, sweet oranges and aloe vera.

Best Vegetables

Like fruits, all vegetables are healthful choices, but some are more cleansing and cooling to the blood like cooked greens—eat them plentifully. Sprouts, lettuce, cucumber, jicama and cilantro should be added to salad and any spicy foods.

Best Protiens

Try to eat less in the heat and you feel lighter, fresher and need less sleep. White meats except pork are good choices, according to Ayurveda. Also, try white fish; egg whites; and avoid red meat and shellfish—especially shrimp.

Skin Tone

Believe it or not the tone of our skin has a lot to do with what we eat and drink and how we care for the body. These recommendations can calm reddened skin tones, ease skin sensitivity, help with sunburn, and soothe rashes and acne conditions. Anyone can follow these Ayurvedic lifestyle recommendations in warm summer climates. These suggestions can also be followed at any time of year if the person has a lot of extra internal heat or pitta at any season. The warmer the weather, or the hotter you are inside, the more you may need to do in your lifestyle. The recommendations are still beneficial even if you are living with air conditioning and are especially helpful if you or your clients experience hot flashes.

Try keeping cool from the inside and experience how much more you can enjoy the heat of summer days.

Top Skin Care Myth

Beauty may be skin deep, but ugly goes clear to the Bone.

- Red Foxx

#4 Acne-prone skin types should use benzoyl peroxide daily on the entire face.

Benzoyl peroxide is one of the most common, and most effective, ingredients in a variety of anti-acne products. The "benzoyl" propels "peroxide" into the follicle, releasing oxygen and killing the anaerobic P. acnes bacteria responsible for acne lesions.

The truth: While benzoyl peroxide does effectively kill the bacteria that are known to cause acne, the side effects are an increased presence of oxygen free radicals, which may affect endogenous cells and lead to accelerated skin aging. Indeed, peroxides and other oxygen metabolites are not strictly selective for bacteria and can also alter the host's cells. The best recommendation for acne-suffering patients is therefore to use benzoyl peroxide products sparsely, selectively, and exclusively on acne-prone areas (i.e., not on the eye contour).

It should be noted that to address this problem, some manufacturers have added antioxidants to their benzoyl peroxide products. However, the concept is flawed. Antioxidants prevent the optimal functioning of the benzoyl peroxide, while the latter, in turn, prevents the antioxidants from functioning effectively. The result: your clients will suffer from both acne and wrinkles!

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Skin Care