

Attaining and Maintaining Healthy Skin

An Introduction to Esthetics

Chrissy Spehar

Everyone wants healthy, glowing skin, but attaining a beautiful complexion often requires a delicate combination of art and science. That's where skin care professionals come in. Often called estheticians, skin care practitioners analyze skin types and provide treatment plans to help clients achieve their skin care goals. Working with the top layer of the skin, estheticians are specially trained and licensed in a variety of techniques and products to tailor treatments for each client's individual needs and desires.

Why a Professional?

Professionals give personal guidance on the latest in skin care maintenance.

by a dermatologist, your esthetician will provide complementary and support therapies. In addition, estheticians are trained to recognize early signs of many medical conditions, including skin cancer, and will refer you to a dermatologist when such care may be necessary.

What Is Right For Me?

"The benefits of seeing a well-trained, licensed skin care professional on a regular basis are multiple," says Alison O'Neil Andrew, a licensed esthetician and founder of Atlanta-based Beauty Becomes You, a nonprofit esthetics foundation for the elderly. She says, "General maintenance, correction, and

Beauty is the pilot of the young soul.

-Ralph W. Emerson



With the proper care and education, you can attain the glowing complexion you desire.

Central to this specialty is the use of creams, lotions, wraps, clay or gel masks, and salt scrubs. Some technicians may also utilize machines to help deliver high-tech services. Esthetic practice is different from dermatology practice in that it specifically excludes diagnosis, prescription, or any other service, procedure, or therapy that requires a medical license. If you're being treated

prevention are all offered through the services of an esthetician." Skin care professionals are experts trained in skin wellness, helping clients balance oil and moisture content and achieve a healthy, youthful complexion. A variety of treatments and products are used to protect skin from environmental

Continued on page 2

Office Hours and Contact

Aphrodite Skin Care, LLC
618-632-2231
618-791-8980
Hours - by Appointment
www.AphroditeSC.com
Nsoto@charter.net

In this Issue

Attaining and Maintaining Healthy Skin
The Health Benefits of Ginger
The Appropriate Portion

Continued from page 1

hazards and combat fine lines, wrinkles, and a dull, uneven skin tone.

Estheticians are also skilled in managing conditions such as acne, rosacea, eczema, and dry skin, to name just a few. Through specialized therapies and remedies, a skin care professional can help ease the burdens such conditions can cause.

Furthermore, skin care treatments are wonderfully relaxing and rejuvenating. If smooth, healthy skin is your aim, a skin care professional will benefit you.

First Timers' Fears

Getting a skin treatment should be relaxing and enjoyable. During your first appointment, your skin care professional will discuss your skin care issues and goals. You will be asked about your genealogy, lifestyle (stress, exercise, diet), and the products you've used, all of which give the practitioner insight into your skin's current condition. She/he will also visually evaluate your skin, observing it up close and touching it to evaluate tone, texture, and sun damage. Once the practitioner has studied your skin, the two of you will work together to determine a course of action to achieve your goals. This plan will likely include treatments, home care, and follow-up appointments. After the experience, you will likely be relaxed, more confident, and looking forward to your next visit.

Education, Homework, and Results

In addition to providing face and body treatments for personal use, skin care professionals educate clients on proper cleansing, exfoliating, hydrating, and stimulating regimens for home care support between visits. Estheticians may also supply you with information on lifestyle choices, such as nutrition and exercise, to further support your skin health. "Skin changes from season to season, year to year, even when you move from place to place," says O'Neil Andrew. "Conditions arise at different points in your life due to stress, hormones, or other physical changes going on in your body. Your skin care therapist will know what you should use and when to change your program."

Types of Treatments

The following therapies are popular treatments you are likely to see on an esthetician's menu of services:

- Chemical Peel: An exfoliation process usually used to minimize fine lines and wrinkles.
- Exfoliation: Removal of dead skin cells, manually or using chemical peels.
- Extraction: Proper pore cleansing, the removal of blackheads, whiteheads, and blocked pores.
- Facials: After analysis, cleansing, and preparation, a mask is applied to the face. Therapeutic ingredients vary based on skin type.
- Microdermabrasion: A technique utilizing a machine to exfoliate the uppermost layers of the skin. Used to

treat hyperpigmentation and uneven surface texture. In some states, microdermabrasion can only be performed by a physician or by estheticians who meet certain requirements and/or who are supervised by a physician.

- Waxing: Hair-removal technique. Warm wax is applied to the skin, allowed to cool, then removed.

Healthy skin is attainable if you set yourself on the right path to achieve it. "Remember that skin care does not have to be complicated or require a myriad of different products," O'Neil Andrew explains. "It just has to be something you do everyday."

See your esthetician regularly and take care of your skin daily, and you will always have the beautiful skin you are looking for."



Your skin care professional can serve as your personal consultant on the path to healthy skin.

The Health Benefits of Ginger

Easing Nausea, Joint Pain, and Allergies

This pungent spice is found in cuisine around the globe, but ginger has also been used for more than 2,500 years for its medicinal properties. The ancient Chinese knew that it aided in the absorption of many herbal preparations and they prescribed it extensively as a digestive tonic.

A native root of southeast Asia, ginger is a potent ally in the treatment of nausea, motion sickness, and joint pain. Current research confirms ginger's efficacy as an anti-inflammatory, GI calmative, and antihistamine. The active ingredients found in ginger -- gingerols and shagoals -- lower levels of prostaglandins, the chemicals responsible for pain and inflammation in joints and muscles. By reducing prostaglandins, ginger can even have a positive effect on heart health and circulation because chronic, systemic inflammation increases the risk of heart attack and blood vessel compromise.

Ginger comes in several forms. Fresh and dried ginger is available in

supermarkets for use in cooking. It's also available in capsules, an extract pill form, prepackaged tea bags, crystallized, and as a topical oil.

Recommended Uses

MOTION SICKNESS AND NAUSEA

Most medications for nausea and motion sickness work to calm the nervous system and can cause drowsiness and dry mouth. On the other hand, ginger calms the digestive tract directly and has been shown to reduce nausea after surgery and chemotherapy. For motion sickness, take 100 mg two hours before departure and every four hours afterwards or as needed.

ARTHRITIS AND MUSCLE ACHES

Massage ginger oil into affected areas and/or take up to 1 g of powdered ginger daily to reduce inflammation.

COLDS AND ALLERGIES

Drink up to 4 cups of ginger tea daily or enjoy authentic ginger ale (made from real ginger).



The ginger plant has many medicinal uses.

The Appropriate Portion

Small Diet Modifications Can Mean Big Changes

Dropping a few extra pounds may mean reversing the voice in your head that sounds suspiciously like your mother telling you to clean your plate. Here's why: eating just one hundred extra daily calories--which may come from finishing everything on your plate, even after you're full--can represent ten added pounds in a year. Conversely, and fortunately, reducing your daily intake by just a small amount can help you manage and even lose weight. Following are a few portion control tips to help you meet your goals.

Eat at Home

Dine in, and fill your own plate. Studies show that most people serve themselves smaller portions at home, but eat more when someone else fills their plate.

Restaurant portions have grown significantly in recent years, in some cases doubling, and research has directly tied obesity with regular dining out. When you dine at home, serve yourself only what you think you can comfortably eat. Store leftovers in individual serving containers, and freeze them or take them for lunch the next day.

Slow Down

Pay attention to how fast you're eating. Slowing down helps you eat less and better recognize when you're full. When you dine out, ask your server for a box. If you continue to pick at your plate while talking with friends, you'll soon eat the whole thing without even thinking about it. This mindless eating can account for a lot of calories.

Divvy up Dinner

Sharing an entree with your dining partner and ordering an extra salad is a great way to avoid eating a large meal. If you're traveling and dining alone, try an appetizer and salad.

You've heard the reports: Obesity is one of the greatest risk factors for heart disease, degenerative arthritis, and cancer, and it's now epidemic in the United States with an alarming 66 percent of all adults obese.

The good news is watching your portions, slowing down, and being mindful of the food you consume can make a difference. Even your mother would agree, you don't always need to clean your plate.

*It is very
necessary to
have makers of
beauty, left in a
world seemingly
bent on making
the most evil
ugliness.*

-Vita Sackville-West

Gift certificates are excellent ideas!

Just hear those Sleigh bells ring-ting tingling! Looking for the perfect gift, a present for your wife, husband, friend, Lover or other family members please keep Aphrodite Skin Care in mind.

We provide many health and beauty services for women, men and teenagers specializing in treatments for Acne, Aging, Sun damage, Rosacea and Hyperpigmentation.

Perfect for any woman are the Anti-Aging/VitaMineral treatments, or that Permanent Cosmetics application that she has been wishing for. Any teenager with problems would greatly accept ACNE Treatments, and for teenage girls Hands On Make-Up lessons would also be a treat. Dad would appreciate a little pampering too; the Gentlemen's Facial would be an excellent start.

For continuing home care, our Clinical strength Products would be excellent gifts for anyone. Please visit www.AphroditeSC.com for more information.

Nadiya Soto

FVH 618-632-2231

MVY 618-791-8980,

MEMBER

