

# Service to Suit YOU

Almost every day when we read the newspaper, magazine, or surf the net, we are enticed about the next miracle product. Given that no two people have the same type of skin and chemistry, it turns out that skin care management is not an exact science.

As a skin care professional with 24 years of experience, my job is to determine what options are best suited for you. We know about the hazards of using and consuming products manufactured in China due to the quality and methods used. We understand that there is truth to the old saying of that you get what you pay for.

I wanted to bring this to your attention because there are more franchises opening up that offer discount facials. Rest assured that the level of personal care, knowledge and expertise offered at *Recapture* will always excel. *Recapture* is always in pursuit of higher education and trends that specializes in age-management and holistic acne services.

Because there are so many enticing retail offers on Amazon, Ulta, etc., I want to match any offer you may find on a similar product. Simply show me the promotion, and I will gladly honor it. As always, I continue to offer exceptional value and customized treatments that not only result in radiant skin... your soul will feel refreshed as well.

## A Healthier 2014

It's that time of the year when we pause, and reflect while resolving to make some changes for a healthier 2014.

Last week, several clients and I did the M'lis Detox. The order in starting to improve your health is for the first step is to cleanse the body through detoxification. This is done through a total body cleansing program where the liver, bowels, kidneys and the blood supply are cleaned. Almost every chronic disease is due to bacterial poisons from the intestine. In fact, 95% of all degenerative disease begins in the colon. A toxic colon is all too common now because of

the excessive sugar, salt, hormones, chemicals, artificial colors and sweeteners we consume. At this time, I will not elaborate on the many benefits of a detoxification. I do encourage you to chat with me about this safe and gentle, however effective method. Schedule a complimentary consultation and prepare to experience the benefits of a cleanse.



## Change of Seasons

Did you know that winter is the most damaging time of the year for your skin? Winter can create the perfect storm for acne, dermatitis, dehydration, rashes and more. With crisp fall air comes an excellent opportunity to repair summer sun damage. Newer younger skin is revealed with the Osmosis Medifacial™

that eliminates dead skin cells and plumps up the skin. Quite often depending on the challenges you are experiencing, *Recapture* will take a medical approach by using the Mabel RF™ skin tightening. The series of six treatments proves to be very successful in improving the quality and tonality of the skin.

## Hydro Dynamo!

Help stave off father's tired hand by switching to a more hydrating moisturizer and night serum. Murad's Hydro-Dynamic Ultimate™ moisturizer is jam-packed with essential nutrients designed to lock in moisture. This package retails for \$75, but I offer this at *Recapture* for only \$49.60.



**Price Match Guarantee!**  
**Recapture will match competitors offers!**



## I have to confess, . . . I am a *junkie*.

Yes! I am junkie for product knowledge and newly released skincare information.

Lately, I've been trying to de-clutter my many file cabinets and folders. After twenty-two years of seminars and advanced skincare education the cabinets

are literally bursting with information! After an entire day of sorting and filing, I found myself retrieving manuals that I had previously decided to toss out. But, after perusing the materials once again I found they were too instructional to pitch. Reintroducing myself to the manuals was fortunate, and I found that I had more to re-file than to recycle.

After this exercise I felt more content knowing that my journey is my destination—and one I continue to eagerly embrace with open arms. It is truly a labor of love to constantly cultivate expertise in this industry I delight in, so that I can share these precious pearls

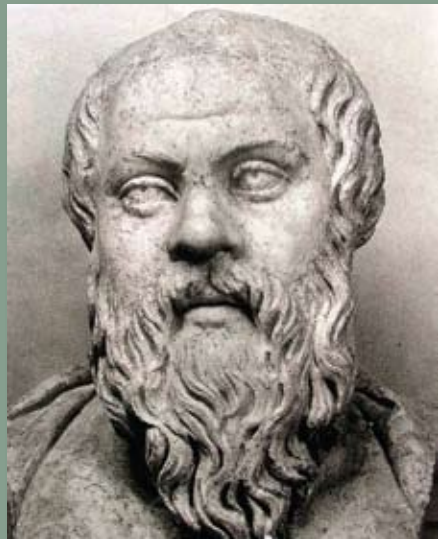
of knowledge with my clients! We know that research results on better skin care is constantly being updated. I want YOU to be confident in knowing that I continually seek out the best and most reliable skincare knowledge and products. It is my goal to earn your business through superior quality and services—making your skincare appointment at *Recapture Skin Care* exceptional.



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# Socrates and Skin

It seems unbelievable that in the 4th century BC, Socrates warned against treating only one part of the body, "for the part can never be well unless the whole is well." I found it appropriate to take personal inventory while making course directions for Recapture. Constant progress in the right direction is the resolution that drives me. Keep moving forward... nothing energizes me more than learning new facts about peptides, stem cells, fibroblasts, telomeres, and growth factors. I take great care in researching product ingredients so I can effectively recommend the most valuable regime for your unique individual needs. I always look for credible science that supports product claims. I can work with your budget while actually saving you money while significantly improving the quality of your skin. Women are beginning to recognize that THRIVING , not simply surviving, is the way to embrace every single wrinkle that was earned with time well spent!

# Polar Vortex Blues?

Did you know that winter is the most damaging time of the year for your skin? If you suffer from acne, however, acne tends to flare up in the fall. Winter creates the perfect storm for dermatitis, dehydration, rashes and more challenging reactions. In order to beat that incessant itch that comes from dry skin, here's a few tips to follow to keep your skin smooth and healthy.

## 1- Change your skin care regime.



In the midst of frigid temperatures, change your cleansing to Babor's Hy Oil, or Murad's New Renewing Cleansing Oil. They are both amazing in easing dryness while keeping the skin supple however very cleaned. For day, I recommend Murad's Perfecting Serum or Osmosis Catalyst, followed by HydraMoist or Quench. It is very helpful to have active antioxidants and anti-irritants. For night, clean with the oil cleansers, changing to once a day only cleaning, followed by Skin Solution Spray. While your skin is slightly damp, gently massage GLYMED Intense Peptide Recovery Complex concentrating on line prone areas.

## 2 — Out with the Old . . . in with the New!

Why put moisturizer on top of dead skin cells? Use a clarisonic and the

body brush attachment. If your feet are causing you distress, check out the new clarisonic pedi foot transformation. Another effective product that delivers moisture back to weather beaten skin is the Vivant's Clear Body Therapy. This was called Lactobase a year ago. For alligator skin, known as keratosis pilaris, back acne, and a facial weekly mask, this product is a must!



## 3 — The delight of a long hot shower...ahhhh.



Why do you ask so much from your weary skin? A daily shower is asking for trouble if you already have depleted skin. Take a bath using pure jojoba in a product called HobaCare. This is great for after a shower as well. Another favorite is the M'lis Buff body exfoliator. This has a dilation effect to activate the metabolism of your skin. If you are experiencing scalp issues, simply spray Skin Solutions or the HobaCare on affected area. If the condition persists, then use the Osmosis Harmonized Water.

## 4 — Get Sweet Revenge . . .



... on those bothersome sun spots (a.k.a. liver spots) residing on your hands, chest or your face. The Skin Solution Spray is very effective at lightening and accelerating active ingredients deep into the much needed structure of the skin. Use Nia24 , a niacin-powered skin therapy, for sun damage on the hands and décolletage, while using the Restore in the Osmosis line. Because the discoloration is often fungal related, the internal Restore will deliver amazing results. In order to continue to enjoy the reduction of pigmentation, always wear gloves or sunscreen to protect your investment. Consider the UV Harmonized Water for neutralizing UV radiation. It also enhances tanning effect from the sun. It's safe even for babies!

## 5 - Aging is environmental.

Exposure to the sun, wind, harsh chemicals, even stress and worry, all have aging effects on your skin. The secret to achieving healthier skin is BALANCE! Vibrant and healthy skin come from the inside out. That has been my mantra for years. So, eat well, reduce inflammation, correct food allergies, exercise, manage stress, sleep well, and give your skin what it needs to stay balanced.



## 6 - Get Humid.



We have all experienced what our delicate , sensitive lips can go through, especially after a cold. Run a humidifier or enjoy a fish in your home to add more moisture in the air. Use your night cream over your lips and then coat with Vivant's Recovery Balm. Remember that drinking water is a key to keeping your skin hydrated while increasing blood flow and releasing toxins.

## 7 - Eat chocolate!

Yes! Dark chocolate can protect your skin. German researchers found that the flavonoids in dark chocolate absorb UV light, help protect and increase blood flow to the skin, and improve skin's hydration and complexion.



**Ask about any of the products suggested in this Polar Vortex Blues feature and get 20% off!**

# The Great Pumpkin



As many of you know, I like to go boating with my family in the summer months, and so I am one who spends a considerable amount of timesoaking up the sun. Of course, I always use sunscreen, however to help naturally reverse summer sun damage and to protect the skin from harsh seasonable changes ask for the Seasonal Peel™.



High grade organically grown pumpkins contain over one hundred nutrients and minerals. This product comes from "A Natural Difference" and is often imitated, but never duplicated is quality. Ask for "The Original Pumpkin Peel™" at only \$78.00 including \$20.00 of bonus bucks!



# Coming Attractions

## JANUARY/FEBRUARY

- **Jars in January!** BOGO on any rose sticker item.
- **FREE Derma Sound Elite Facial** (\$95 value) with Clarisonic pedifoot smoothing system for \$199.
- **14-14 Sale** — All Recapture products and gift certificates are 14% off between February 11-15th. Treat yourself or a special friend!
- **Free Murad travel size samples** with any Murad purchase!

## MARCH/APRIL

- **Dermaquest MicroRoller & GlyMed Anti-Cellulite Cream** - Enhance absorption, reduce stretch marks & acne scarring with the Dermaquest MicroRoller. Receive GlyMed Anti-Cellulite Cream (\$65 value) **FREE** with purchase of roller at \$129
- **You Glow Girl Package** - There is no such thing as too much pampering and attention, is there? Whether its preparation for a wedding, vacation or birthday, here's a deal you will love! HydrFacial MD, Epilar hair removal underarm or bikini, pedi-sonic warm cream transformation of the M'lis Contour Body wrap all for \$189, a value of \$269, a series of 3 for \$509!
- **National Spa Week April 22-26** - \$50 for any service on price menu. Schedule it today!
- **Try Something New!** - Recapture invites you to go the next step in honoring your skin and body by trying one new retail item Buy 2 get 1 **FREE** (mix and match)

## MAY/JUNE

- Stumped for a good **Mother or Father's Day** gift? Recapture wants to reward you with benefits while you enjoy the gift-giving!



- When you spend. . .
- \$100 or more, you receive \$20 reward for yourself
  - \$200 or more...\$50 reward for yourself
  - \$300 or more...\$90 reward for yourself
- **Free Anti-Pathogen Water** (\$30) with Express Clinical treatment . . . a must for any teen with acne.

**Recapture will match both local and online retail prices.**  
Save even more! Receive a 5% discount when you pay a credit card is not used.



## Look Good . . . Feel Better

Recapture has had a 13 year commitment to the **Look Good...Feel Better** program at St John's hospital. This class helps women with cancer manage their treatment and recovery with greater confidence and a renewed spirit.

It is possible to feel beautiful while facing a challenge of a lifetime. *Recapture* also offers a variety of products suited to help the skin recover. Stop in for a consultation while saving 20% on any suggested protocol.

## JULY/AUGUST

- **HydraFacial MD** merges soothing and invigorating spa therapies with advance medical technology to achieve instant, lasting results. Intro price of \$79 while a series of 3 at \$285—that's a 30% savings!
- **Epilar System** is Europe's best kept secret in professional hair removal. Receive Anti-Testosterone Harmonized Water Free when you purchase a series of 3 hair removals. \$30 value!
- **First impressions are lasting impressions.** Since your mouth and eyes are your calling card, we have included a duo that significantly reduces fine lines and wrinkles around the eyes and lips. A \$140 value at only \$99!

## SEPTEMBER/OCTOBER

Did you know that breast cancer and skin cancer are linked? Detoxify-rejuvenate-protect with **Osmosis Skin Transformation System**. With a purchase of \$149 in Osmosis you will receive Osmosis Infusion Treatment valued at \$99 FREE



## NOVEMBER/DECEMBER



Start your holiday shopping right. Early birds coming between 8 am—11 am receive 30% off retail items the Saturday after Thanksgiving. The first 20 customers receive \$20 in travel sizes **FREE!**  
For every \$100 in Gift certificates purchased, receive \$20 in retail bonus bucks! More details coming!

*Recapture*  
introduces:

*Just Heavenly* is a Minnesota-made mineral makeup line (Heavenly Hues) and Goat Milk Soap (Heavenly Scents).

*Just Heavenly* products use all-natural ingredients that are good for your skin!

*Just Heavenly!*  
mineral  
makeup  
that ROCKS!

