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FALL SKIN CARE UPDATE

RECAPTURE@SHEA'S

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"REVITALIGHT" NOW AVAILABLE

- **REDUCE FINE LINES, WRINKLES, AGE SPOTS, ACNE & SKINPIGMENTATION**
- **DIMINISHES ROSACEA**
- **INDIVIDUAL SERVICES**
 - FACE @ \$95.00
 - HANDS @ \$50 .00
 - DECOLLETE @ \$65.00
- **TREATMENT SERIES ENCOURAGED FOR BETTER RESULTS**
- **FIVE TREATMENTS**
 - FACE @ \$395 .00
 - HANDS @ \$215 .00
 - DECOLLETE \$289.00

Dear Recaptured friends,

Whoever coined the phrase "never look back," was probably someone looking at a glass that was half empty. As I look back on my career in the ever changing skin care industry, I continue to "stay foolish while staying hungry" for information. I am in constant pursuit of the most beneficial products and technologies that offer procedures that have been proven effective to clients like yourselves.

I am very excited with the improved skincare results that I have seen through the new Photo-light Revitalight Facial when combining microderm with either ultrasound or the photo light facial. By combining these effective rejuvenation technologies, you'll be able to eliminate irritations that microderm can sometimes produce, while enjoying and put-

ting your best face forward!

I am also looking back with fond reflective memories as my oldest child is preparing for his first year of college. It is my desire that my child will march over the next hill ahead while developing skills necessary for his destination. I also hold the same passion and conviction to march over that next hill. I make it a continual professional commitment to always seek out new skincare information, products and techniques that differentiate the value that I can personally offer my clients.

Come on! Let's recapture your appearance and vitality together!

Live long, and prepare well.

Your skin therapist,

Sheila Sigecan



I sincerely appreciate your valued business!

Sheila...

BITS AND PIECES

A German study suggests that eating tomato paste protects you from sunburn. Those in one group of the study ingested lycopene- rich paste with olive oil, while the other group received only olive oil. After week ten, redness caused by UV exposure was 40% lower for those eating tomato paste. Another reason to take Murad pomegranate pills!

A new study revealed that a compound found in broccoli may inhibit reproduction of the herpes simplex virus... another way to minimize the risk of cold sores is to wear sunscreen on your lips while sipping black tea, or Teaology which provides 10-15 times the antioxidants that green tea delivers. .

Lack of sleep can make people very sensitive and irritable, but it also makes the body more sensitive to gain weight. Since sleep loss affects the hormone cortisol, it affects the regular appetite, Sleep loss may interfere with your body's ability to metabolize carbohydrates and cause high blood levels of glucose... (my personal experience and suggestion is to use topical progesterone Natural Woman or Edimi Body Balancer for helping with sleep)

Are you using the best of rich creams for dry skin, but still suffer from sensitive skin? Now is time to reduce (aim for elimination) hydrogenated oils from your diet. They have a tendency to dry out your skin by leaching the necessary fatty acids that would lubricate your hair, skin, and joints. (Dr. Clayton offers a good source of Omega 3 available at Shea's) Remember, it can take up to 90 days to see improvement. Don't give up!

"Wrinkles should merely indicate where smiles have been"

Mark Twain

WORTH A LOOK ... PRODUCTS CAUSING A BUZZ

Great news! Babor just released their new Mimical+Q10 24 hour anti wrinkle cream. Just in time for fall!

Babor reformulated their body line thermal. The new line is based on extensive research and mineralized properties. New to the line is an airy Body Mousse and Thermal Spray. If you liked Babor's line before, you'll love the added daisy extract for lightening age spots in the hand and nail repair.

Vivant's Even Color System for skin lightening provides an ideal home system to complement your professional treatments.

Vivant's Clear Complexion System for Acne Prone Skin shuts down the acne cycle. This is a complete and effective treatment especially when combined with Acne Salon Treatments. Acne can be a debilitating disease; one lesion can lead to a life long scar. Its all about management and control!

WRX PRICE REDUCTION!!! Still an amazing product...topical botox results, but now at half the original price. WRx inhibits neurotransmitters that results in relaxed muscles and less formation of aging skin.

Easiest Wrinkle Reducer.... Yes, the sun causes wrinkles, but so does laughing and brow more furrowing. These stick-ons help pull skin taut so your wrinkles will look smoother over time.

Supersmile is clinically proven to brighten teeth 270% better than leading whitening pastes while inhibiting plaque 9.7 times.



“Self-assurance beats botox ” for smoothing a wrinkled brow. It lasts longer and you give it to yourself.”

DE-STRESS ... TOUCHY SUBJECT

Stress affects people differently. Some feel overwhelmed, irritable, and less patient; some are unable to focus as well. For some it can cause body aches or even increase alcohol or cigarette use. All of these symptoms lead to distressed skin.

Many of you already use “Daily Complete,” but for those of you who do not, I encourage you to try it. Daily Complete is a great tasting, whole food liquid supplement. This vegetarian blend delivers all vitamins, minerals, antioxidants, enzymes, fruits and vegetables, amino acids, herbs, and other important nutrients all in one once a day.

This will improve your energy and reduce your stress. Daily Complete is even listed in the Physicians Desk Reference.

For maximum benefits, take complete consistently with a meal. Daily Complete has always been a great value and is now even better value for the daily consumer at \$82.00 for three bottle, that's a three month supply!

NEED A LIFT?

REVITALIGHT @ \$129

I consider a skin consultation to discuss treatment options for sun damage, dry or sensitive skin. I'll be able to offer you the same or more at a price you'll find of great value. ☺

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Some of you may have read “Need a Lift” from the [Saint Paul Pioneer Press](#) on July 24th, 2006. As I was reading, I agreed with the authors view on that new procedures are giving dermatology- and its patients- a new look. Obviously I am not a dermatologist, but I have been offering many similar treatments all designed to improve skin texture and appearance. I do not offer injections or surgery, or fillers. Certainly there is a place for that.

Advanced LED light technology skin care treatments that can painlessly...

- improve the appearance of lines, wrinkles, age spots, rosacea, broken capillaries on you skin
- help your skin appear more radiant, plum and smooth

I was intrigued by the Javani Facial that uses microdermabrasion to remove dead skin cells and ultrasound to hydrate and rejuvenate.

Note: Weather is fluctuating between hot and cold.. With the extreme heat that most states have felt this summer your skin is doing enough to adjust to the temperature changes. Schedule a facial for fall and we will customize your facial based on your unique needs and lifestyles. Now is the time to attack sun spots!

See September's “Best Values “ (back page) for product recommendations

SUN SENSE OR NON SENSE

It doesn't seem possible, but soon the leaves will begin to change into some of my favorite colors. Just as with any change of season, I like to stop and reflect on some of the failures and successes of the passing season. I will evaluate my "sun-sins" of the summer season. As much as most of us love the therapeutic effect of the sun and the golden glow of bronzed skin unfortunately there is a price to pay. The sun will wreck havoc on us. I need not remind any of us of the acceleration of age spots and fine lines due to sun exposure. Of course, of greater concern is the risk of skin cancer.

There seems to be a lot of controversial theories on sunscreen needs and the benefits of vitamin D. There is misleading information available that leads to con-

fused customers... However I will introduce you to a new theory presented by Dr. Fulton. James Fulton, who is the CEO of Vivant Skin Care and co-developer of Retin-A and topical erythromycin.

Some of you may have heard about one recent study that indicated that those who regularly use sunscreen still have a higher incidence of skin cancer. My personal theory is that those who use sunscreen regularly are those that are the most susceptible because of having very fair skin. In my 16 years of seeing questionable skin lesions, which I refer to a dermatologist, most of my clients do use sunscreen. It clearly protects you from sunspots, premature aging and discoloration. Think of sunscreen like an armor for your skin. No matter what age, slather-

ing on sunscreen can help prevent future sun related skin damages. It takes years of sun exposure to make wrinkles, but the damage has already occurred. By using sunscreen daily, it can delay or even prevent sun induced extrinsic wrinkles.

Most people think that a high number of SPF will double or even triple the sunscreen protection. Research has shown that 95% of the skin cancer causing rays can be blocked by an SPF of 15. A SPF of 50 gives you only 2% more protection. To get to a SPF 50, you are exposing your skin to a much higher concentration of potentially irritating ingredients where I have often seen rashes occur. If you have sensitive skin, I would suggest a SPF of 15 or 30, and reapply when necessary. Please do not forget to wear a hat. Dr.

Fulton not only encourages applying sunscreen at least one hour before sun exposure, as well as taking a step further. By consistently using sunscreen, it will build up in the epidermal level. Dr. Fulton recommends applying sunscreen the night before exposure to the sun, followed by another application one hour prior to sun exposure. This technique will provide optimum protection. It takes approximately 3 days for the SPF to dissipate, so if you forget to apply sunscreen during this period and are exposed to the sun, no need to worry. When you apply sunscreen, it is just like any other lotion, it will penetrate better with moist skin.

The Extraordinary Benefits of Sea Creation (see October "Best Values")

In a three-week test, subjects showed:

- 28% improvement in free-radical protection
- 37% reduction in depth of lines
- 44% increase in skin moisture content

WHAT'S NEW

By now, you may have tried the Glōmineral foundations and powders. I have known many people who were not happy with traditional foundations, but **thrilled** with the results the Glōminerals offers. Glōtherapeutics has also intrigued me with their potent concentrations, pharmaceutical grade and free of dye and parabens.

I am currently offering the new services of Glōchemical Exfoliation using GlōEnzyme, Glōlactic, and Glōmodified Jessners.

Arrange a time so we can discuss the best treatment option for your skin. Glōtherapeutics belief is to exfoliate the skin while repairing, rebuilding, and renewing all at once.

Emergin C Replenogen-b is a rebalancing cream for pre-menopausal, menopausal, and post menopausal skin that addresses hormonal imbalances and improves collagen production. Baby Boomers are going through hormonal changes and breaking out. Acne isn't always acne. What we really need is supplementation that balances. Proprietary Wild Yam . Soy will come to your rescue.

WELCOME ... NEW ESTHETICIAN ... LINDSEY MONET

I am pleased to announce the appointment of Lindsey Monet to the Recapture team. I have know Lindsey for almost 10 years as a client and have first hand experience of her passion for skincare and nutrition. She comes to Recapture with a professional certification and license in Esthology. I am very confident that you will be impressed with her healing hands and skincare knowledge. Please welcome Linsey!