



(651)636-1406

YOUR SKIN CARE UPDATE

SEPTEMBER 2008

CLIP & SAVE

COME ENJOY!
IT'S OUR WAY TO
... SAY...

**HAPPY
BIRTHDAY!**

**GET \$10.00 OFF
A SINGLE
RECAPTURE
PURCHASE OF
\$15.00 OR MORE
DURING THE
MONTH OF YOUR
BIRTHDAY**

RANDON SUN FACTS

Just to keep us balanced, I wanted to share the key benefit of tanning using the sun rays is the production of Vitamin D.

This vitamin acts as an agent holding back the aging process of cell and tissues. This fact was verified by scientific studies.

The studies observed that people who have higher levels of Vitamin D, age slower. Vitamin D serves as a protective agent against various age linked diseases.

Please remember that sun exposure is good only in small doses, so be careful and use Recapture sun products.



There's something unique about the pace of life in the summer time where leisure in the sun is a natural child-like attraction. As probably like many of you, I was exposed a little too much to the sun. I must perform Save Our Skin (SOS) treatments very soon.

As I look beyond summer and into the fall with two sons off to college, and only one more child at home, I'm grateful that I am involved in a profession that I love. One of the parting seeds of advice that I gave to my most recent college-bound son was that you can make a great living doing almost anything, as long as you love it, and I love serving my customers requirements.

It's also obvious that we are all expecting more of ourselves. We want to look better. We want to feel better. We want to live longer, yet look younger. More people are taking additional steps to improve and maintain their health and appearance. Since the year 2000, the number of face lift procedures has been reduced by 9%, while the use of botox is up a whopping 525%.

I have some new developed cutting-edge technology tools and new products containing powerful ingredients that I was introduced to at the latest International Congress of Esthetics conference. These less invasive alternatives help to fight the signs of aging, and can complement Botox or Restylane injections, or even face lift procedures.

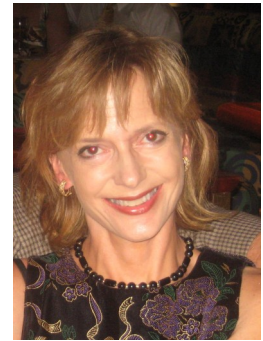
Thanks to the baby boomers that have crossed the threshold before me, we now have all sorts of products to help **recapture** your youthful appearance.

Let's remember when we think on the effects of aging is that, "success is getting what you want; but happiness is wanting what you get". Be hopefully positive.

Thank you for choosing Recapture Skin Care for your skin care needs. Your satisfied results are my primary goal.

In beauty and health,

Sheila Sigecan



Thank you for your business!

Essentials for Naturally Great YOU!

A great joy of mine is to hear customers remind me of how well a product is working. A client shared that her hair has been thicker, her skin having better tone, and that she feels more balanced since using "Edimi" balancing cream.

One way to prevent or lessen wrinkles is to build collagen, which becomes thinner as a woman's hormone level falls. Try "Natural Women Progesterone Cream" or "Edimi Balancing Cream". Rub into the thin skin behind the knees, in front of elbows or on the chest. You'll soon notice better sleep, less hot flashes and a better frame of mind.

BITS AND PIECES

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 "Sipping Beauty" tea 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 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!



As a skin care specialist, I am committed to professionally working with clients in determining their seasonally adjusted skin care regimen and product selections as well as recommending proper diet and body care routines.

NUFACE® SYSTEM

Microcurrent technology is making a comeback! Innovative anti-aging technology that applies low-level current, which strengthens muscle tone, tightens tissues, increases blood and lymph flow. All this will decrease wrinkles, puffiness and dark circles. The NuFace® system is intended for at home use and is the only FDA approved hand held product for improving muscle tone all in just a few minutes a day. It's just like



taking your face to the gym, but in the convenience of your home.

You can purchase the NuFace® system from Bliss at \$450.00, or from me at Recapture Skin Care for only \$379.00. The system includes dema-gel, optimizing mist, instructional DVD, user manual and a one year product warranty. Come in for a demonstration and see the results for yourself!

WORTH A LOOK – PRODUCTS CAUSING A BUZZ

Dermalash — A non-prostaglandin eyelash conditioner that has many people surprised how well it thickens the eyelashes —

LED — The ever evolving world of aesthetics! Recapture is happy to introduce new equipment to offer greater benefits of three, not one, larger probes providing three times the original coverage. LED works by photons entering the tissue and absorbing in the mitochondria. This means rosacea relief and healing of scar tissue. LED simulates the fibroblasts as well where your skin gets tender loving care and new radiance. Also new, we'll be the offering of the **BLUE** LED, approved by the FDA for use on acne because it has been proven to kill bacteria. Continual education and constant investment in equipment sets me apart from many "Facialists"

NuFace® — This is the missing link in anti-aging technology. Over time, muscles respond to repeat use and memorize familiar action. NuFace® delivers gentle micro-current to your cells to rehabilitate and firm muscles.

IP⁵ Illuminating Peel — This professional treatment harnesses the skins own power of self-renewal — but the buzz doesn't stop there. Murad's IP⁵ rapidly resurfaces while Immuno Skin Complex™ and Indian Fig Extract stimulate vital cell function, and plumping the skin. The Eye Lift Concentrate will increase firmness up to 75% in a single treatment. Watch the dark circles disappear. You'll slip into pure relaxation with the mint cooling recovery mask that will soothe and rebalance aging skin. This IP⁵ treatment is only provided at select Murad authorized spas.

OSMOSIS Facial Infusion — As well as the Osmosis Retail line, I'm now offering their new peel that is a patented, non-acid, liposomal retinaldehyde peel that is safe for every skin type and highly effective for every skin condition. I'm serious! If you can handle leaving the salon with a "very orange look" and then going home and leaving it on for the night — this one is for you! There is no pain and minimal downtime.

Epilar® System — Unwanted hair growth is an ongoing problem for many. Europe's best-kept secret in hair removal is now available. This is a system that is inexpensive, but is a very effective treatment that works on all skin types and hair colors. Most people notice that hair re-growth on treated areas is reduced by at least 20% with each application. **Schedule a consultation.**

Derma Refiner — Babor continues to thrill me with new masks, ampoules and body care products that I won't elaborate at this writing, however they are all worth a look. However, I would highlight my excitement regarding their new Derma Refiner System. Stress, hormonal changes and environmental factors damages the skin and increases the effects of natural aging. That is why we are seeing wrinkles, pigment abnormalities, acne and enlarged pores. Using a highly effective Perfection Peptide P3, derma refiner is exceptionally gentle, yet deep reaching. It works by accelerating the rate of cell division which triggers new cells. You'll see your skin surface smoother and with fewer lines.

Original Anti-Aging Pillow — Face saving pillow prevents facial damage because your face never touches the pillow. Stretching and pulling on your face when you sleep on your side is very damaging. You will find you enjoy reading, watching TV and traveling more because of the extra cervical support.

Honoring the full body, mind and skin connections, I became very interested in the benefits of far-infrared sauna. Based on my research following an aesthetic conference, I became convinced and purchased a far-infrared solo sauna. Medical research has show therapeutic benefits of the **Sunlight Sauna** to:

- Relieve pain from joint stiffness
- Burns up to 900 calories (30 minute session)
- Weight loss opportunities (fat become water soluble at 110° F)
- Reduction of body toxins, metals and cellulite.
- Strengthens immune system
- Reduce Stress



I have been very pleased with the results and benefits that the **Sunlight Sauna** provides. Set up an appointment to personally "test-drive" this solo sauna. You can enjoy the therapeutic benefits of this system within the privacy of your home and on your own schedule!

WHAT'S THE DIFFERENCE BETWEEN NATURAL AND ORGANIC?

This is a question that many companies mislead consumers --- excellent question, but very difficult to answer. This is because neither of the terms has been legally defined. The term "natural" typically refers to ingredients derived from plants, minerals or algae. "Organic" describes substance grown without synthetic pesticides or fertilizers.

I always remind clients that "poison ivy" is also called "natural". There are no separate standards for beauty products as there currently exist for food products. A USDA's certified-organic seal for food products means that at least 95-100% of its ingredients must be organic. However, currently there are no similar standards for cosmet-

ics. A standard is currently under development, but as of today "natural and organic" can mean anything, care that you not are paying just for the name.



We know your body can absorb up to 60% of the product that you put on your skin. Because of that fact, it is truly important to honor your body by using a product with quality ingredients.

Recapture has chosen to offer more "Green Factor" products for your convenience. I am pleased to introduce to you my NEW "OSMOSIS" line of products. This new line of offers skin-

care products that have no artificial ingredients (including colors, preservatives and fragrances), however, they still offer the most medically advanced combination of proven ingredients available within the marketplace (13 active ingredients). The products are extremely effective for hyperpigmented and rosacea skin. In fact, OSMOSIS uses the only research proven treatment for rosacea designed not only to calm inflamed skin, but to begin the process of rebuilding the damaged dermis. The products are highly effective, but at the same time, easy on the pocketbook.

You may even notice days where mild exfoliation is occurring after you apply "OSMOSIS Calm". This is a good sign that change is happening deeper in

the skin. This will diminish over time, but your skin will be improved shortly. If you feel like you've tried everything for rosacea/sensitive and discolored skin, you will enjoy your results with OSMOSIS.

I am also very pleased that now GlyMed Plus incorporates only pure pharmaceutical ingredients and antioxidants with certified organically grown botanicals, as well as the EmerginC product line I carry from the State of Israel. Babor, as well, is launching "BABORGANICS" in November. Watch for a full line that will be free of petroleum based, parabens, irradiated and animal based ingredients, and also PEG's.

CHEMISTRY DEGREE

You don't need a chemistry degree to use the latest skin-care products, but it wouldn't hurt. We are talking about words like interleukins, monoclines, interons, EGF, FGF, TGFa and numerous others. Advances in biotechnology have lead to the discovery of peptides to enhance intercellular communications with the primary objective of improving skin tone.

Speaking of exclusive technology --- Murad introduced an amazing proprietary blend of Durian Extract and glycolic acid that form synergistic cell turnover and an effective delivery system. Durian Cell Reform is found in three New Age Reform products. These products reverse signs of genetic aging is noticeable with the first application.

Try the new at-home alternative to a professional treatment. This three times weekly treatment combines the benefits of a peel that loosens the bonds of dead cells to reveal youthful looking skin. You'll love how it brightens the skin while supporting healthy collagen.

SUNALCHOLHICS

It is frightening to know that more than one million Americans use a tanning salon every day! That's one million Americans who are 2.5 times more likely to develop squamous cell carcinoma and 1.5 times more likely to develop basal. If the person is under thirty five years old, it increases melanoma risk by 75%.

Those are statistics that should convince everybody the benefits of self-tan products. I have launched a new face and body self-tan product call "Derma Glow". Since its launch, I have heard so many comments like:

- no obnoxious smell
- short drying time
- doesn't rub off on clothes
- hydrates and softens the skin

I've never been so pleased with the color and evenness!

Through October 15th, check out the following promotion: