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'Tis the Season to be Beautiful

Winter Skin

Dave Waggoner

As you embrace the holiday season, explore new products and services and nurture your skin during these cold months.

LET IT SNOW

Cold temperatures, windy weather, and low humidity all make it harder for the skin to retain moisture--and that's only half of the problem. Indoors, the heating systems we use to warm our homes make the skin even dryer, further compounding the issue.

The mainstay of winter skin care is increased use of moisturizers. Your goal should be to keep the skin hydrated. If you don't already use a creamy daily

Similarly, you should avoid taking too many long, hot showers, which will also dehydrate your skin even further.

We wash our hands multiple times a day, and the skin on the hands is thinner than on most parts of the body, so moisturizer needs to be applied more frequently to them than to the rest of the body. A good hand cream is essential in winter.

RED-NOSED REINDEER

Many winter woes are simply a result of skin irritation from the weather and can be solved with proper hydration and protection, but others may need to be medically managed. Eczema, psoriasis,

Learning to ignore things is one of the great paths to inner peace.

-Robert J. Sawyer



Follow these cold-weather tips for beautiful skin.

cleanser, now's the time to start.

THE DRYING EFFECTS OF WATER

Each time we wash, we strip moisture and natural oils from the skin. Harsh soaps increase the damage. Hot tubs and heated pools, so appealing in the chillier months, are especially drying because of their chlorine and bromine content.

seborrheic dermatitis, and xerosis (extreme skin dryness) are all worsened by cold, dry weather. Rosacea flare-ups can be caused by emotional changes, such as depression, seasonal affective disorder (SAD), and stress--all common this time of year. Though there's no way to eliminate rosacea,

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lifestyle changes and prescription medication can relieve the symptoms.

A FEW OF MY FAVORITE THINGS

Look for anti-inflammatory moisturizing ingredients when building a winter skin care routine. Some good, natural ingredients to consider include beeswax, calendula, comfrey, marshmallow root, and olive oil. What else is good for skin hydration and protection? These are a few of my favorite things:

GLYCERIN

Glycerin, also called glycerine or glycerol, is a humectant (an ingredient that helps your skin retain moisture). It is a sugar alcohol and is also used in foods like sweeteners or thickeners. Skin care products that contain glycerin will be goopier and heavier than those that don't. Give the skin a couple of weeks to get used to the consistency and the heaviness will soon be unnoticeable.

HYALURONIC ACID

If you prefer gentle, natural ingredients, don't be frightened away by the "acid" part. Hyaluronic acid is found naturally in the skin. It is a great plumper, capable of holding up to 1,000 times its own weight in water. The amount our bodies produce declines with age, so topical products with this ingredient can have a great effect on aging skin.

SHEA BUTTER

Naturally rich in vitamins A, E, and F, this natural nut oil moisturizes, revitalizes, and softens skin.

SUNSCREEN

Perhaps the most common skin care myth during winter months is that you don't need to consider ultraviolet (UV) protection. But UV exposure is UV exposure, regardless of the season. Winter sports enthusiasts should always wear a broad-spectrum sunscreen on the slopes. Apply generously, using enough to create a barrier between the sun and your skin, and be sure to reapply frequently if you stay outside for a long time.

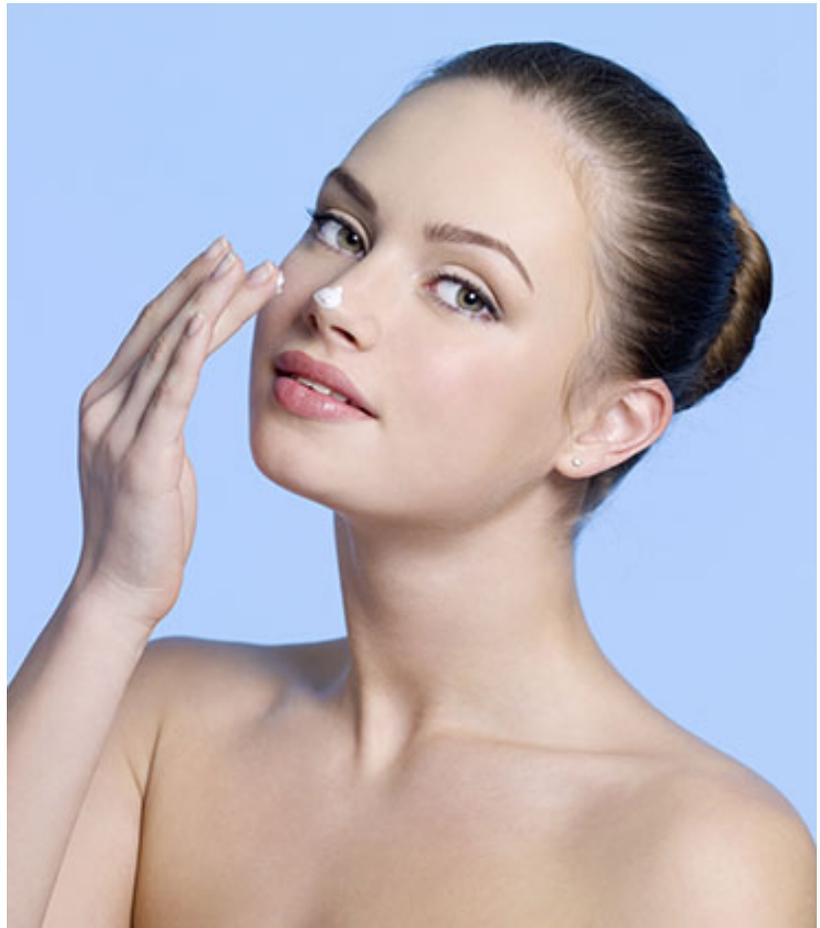
SKIP THE SCENTS

Perfumes with alcohol content can irritate the skin and disrupt your body's natural ability to maintain appropriate moisture levels. Best to keep the application of perfume to a minimum in the winter months.

THE MOST WONDERFUL TIME OF THE YEAR

The end of a calendar year is a traditional time to reflect and revitalize. There's a natural tendency to review where you are and where you want to go. It's the most wonderful time of the year! Here's to a safe, happy, and successful holiday season for all of us.

Dave Waggoner is director of education and public relations at Skin Script Skin Care in Tempe, Arizona. He is a licensed esthetician with experience as both an educator and a practitioner.



Apply moisturizer frequently in the winter months.

Healthy Holidays

Five Tips for the Natural Traveler

Planning a vacation or business trip? Consider packing a small kit of natural remedies before you go. Unfamiliar surroundings, unusual foods, and jet lag can make you vulnerable to viruses, stress, and gastrointestinal (GI) upset. Colorado Naturopathic Physician Michael Sutton suggests the following items:

1. GRAPEFRUIT SEED EXTRACT

This extract fights and prevents viruses and helps reduce symptoms of diarrhea and GI upset. It can even be used to decontaminate water (4-5 drops extract per quart of water). A few days before you leave, mix 4-5 drops with juice or water and drink it before bedtime, and continue for the duration of your trip. If you do catch a cold or flu, you can drink as much as 8-10 drops, 3-4 times a day.

2. AIRBORNE

Available in natural products stores, Airborne is an effervescent tablet containing herbs, antioxidants, vitamin C, and amino acids. It helps prevent and

fight colds, as well as motion sickness, when traveling.

3. MELATONIN

To ease jet lag, Sutton suggests leaving your watch set for the time zone from which you're departing. When your watch shows your normal bedtime, take 3-6mg of melatonin, then go to sleep to regulate yourself quickly and easily to the new time zone.

4. BACH FLOWER RESCUE REMEDY

To calm nerves and reduce anxiety, place a few drops of this remedy under your tongue when you're feeling anxious, or add 5-6 drops to your water bottle and drink throughout the day.

5. WATER

H₂O is essential to healthy travel. Drink lots of water and avoid alcohol, as dehydration is a major cause of travel-related illness.

By packing a few natural remedies and paying attention to your body's needs, you'll be able to fully enjoy your trip.



Staying healthy is key to a good vacation.

Probiotics for Skin Health

Trust Your Gut on This One!

Shelley Burns, N.D.

Digestive health plays an important role in how skin appears on the surface. When digestion is not working optimally, it allows toxins to be reabsorbed in the body instead of being eliminated. The body then mounts a state of emergency as it's overwhelmed by toxins, some of them bad bacteria. These manifest directly on the surface for all the world to see, in the form of wrinkles, blotchiness, skin rashes, and acne.

This is where probiotics come into play. Probiotics contain potentially beneficial bacteria found in the digestive tract--what some call good gut bacteria. They help strengthen the digestive system but they also play an important role in skin health. Probiotics consist of *Lactobacillus acidophilus*, *Lactobacillus bulgaricus*, and *Bifidobacterium bifidum*. They have anti-inflammatory, anti-pathogenic, and antiallergenic properties and can be used prophylactically and therapeutically.

There have been many studies showing benefits of probiotics to skin health. For example, there's a correlation between an imbalance of good and bad bacteria and the onset of acne. When bringing natural bacteria back into balance with a probiotic intervention, acne improves, in some studies, as much as 50 percent of the time.

There is no recommended daily intake for probiotics, but good food sources include buttermilk, kefir, miso, tempeh, yogurt, and other fermented foods. Supplements are generally higher in potency and are used for therapeutic purposes in treating irritable bowel syndrome, Crohn's disease, colitis, and many other conditions.

While probiotics are essential for healthy skin and digestive health, there are many other appealing benefits to encourage their use, such as strengthening the immune system, replacing good bacteria after a course of antibiotics, and contributing to general health and

well-being.

One note: Some probiotic supplements come from dairy sources and may not be suitable for individuals with dairy allergies or sensitivities.

*Personal beauty
is a greater
recommendation
than any letter
of reference.*
-Aristotle

Happy Holiday Season!

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MEMBER

