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# 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

*Those who  
bring sunshine  
into the lives of  
others, cannot  
keep it from  
themselves.*

-James M Barrie



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

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### Office Hours and Contact

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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.

# Happiness is Contagious

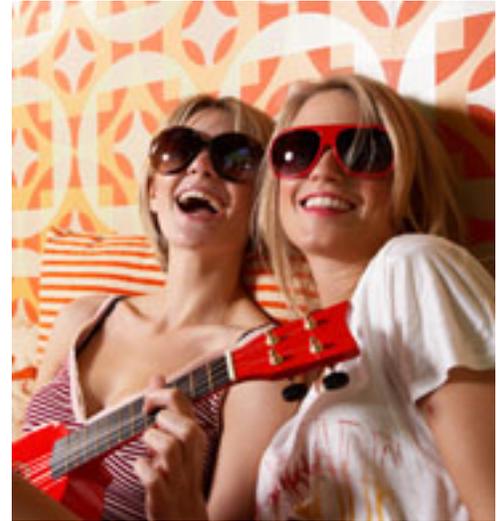
Maybe mom was right. Research suggests that surrounding yourself with friends and family who are happy can actually increase your own happiness.

Scientists at Harvard University and the University of California, San Diego, found that emotions, particularly happiness, have a viral effect in how they spread from one person to another. For every happy person in your physical social network, you have a 9 percent chance of increasing your own happiness. The effect is more pronounced the closer someone is to you geographically, and it does not seem to include electronic communications. The study, "Dynamic Spread of Happiness in a Large Social Network," can be found online in the British Medical Journal ([www.bmj.com](http://www.bmj.com)).

This is especially good news considering the potential health benefits of happiness and positivity. A study published in Stroke magazine has indicated a "significant association" between optimism and a reduced risk of

stroke. This is in addition to studies that have linked optimism to a healthier immune system, faster wound healing, and a lower risk of heart disease. While the exact cause of the benefits is not clear, one theory is that optimistic people are more likely to take care of their health. In addition, there is hope that teaching optimism could become part of a preventative program for various conditions.

What's one way to get happy? Pamper yourself! Exposure to stress, a contributing factor to unhappiness, over a long period of time can increase the rate of neural degeneration and increase the risk for Alzheimer's disease. Luckily, a study from Umea University in Sweden has shown that just five minutes of massage has the potential to lower stress, and 80 minutes of massage has a tremendously positive effect on stress levels. Get pampered, get happy, and cheer up your friends and family!



Surrounding yourself with happy people is healthy!

## The Sunshine Vitamin

*Shelley Burns*

In the world of skin health, we focus on ways to improve skin quality. We work to prevent acne, cellular damage, dryness, and wrinkles. It is less common to discuss how a skin-care strategy may increase risk of developing other health conditions.

Skin cancer is one example. To prevent skin cancer, we protect ourselves with sunscreen--especially during the summer months. But by using sunscreen we are blocking the absorption of vitamin D, the "sunshine" vitamin.

Vitamin D is fat soluble and contains powerful antioxidant and anticarcinogenic properties that can prevent premature aging and cellular damage. Solid research indicates that vitamin D plays a role in reducing the risk of cancer, specifically breast, colon, and prostate cancers. Vitamin D has been associated with preventing diabetes by reducing insulin sensitivity. It also improves heart health, reduces the risk of multiple sclerosis, strengthens bones, and decreases the effects of seasonal affective disorder.

Vitamin D can help resolve skin

conditions like psoriasis, as it plays a role in skin cell regulation, including cell turnover and growth. Vitamin D can be effective in reducing the itching and flaking associated with this disorder. Ultraviolet B (UVB) treatments have long been used successfully in treating psoriasis because UVB produces vitamin D in the body.

Getting between 5-10 minutes of direct sun exposure daily on the arms, face, hands, and back (without sunscreen) can provide enough vitamin D to meet your daily requirements, though sun exposure does present a risk. Because it is difficult to obtain enough vitamin D through food, many prefer to use supplements. Research on the health benefits of ingesting vitamin D led experts to advise an intake of 25-50 micrograms daily.

*Shelley Burns is a doctor of naturopathic medicine and completed studies at the Canadian College of Naturopathic Medicine. She has certification in complementary and integrative medicine from Harvard University.*

## FALL FOR FLAWLESS FALL BEAUTY

As the unofficial last day of summer has passed... the days are getting noticeably shorter...

This is a great time to get into a skin care routine, switch over your summer home care products - to more hydrating and nourishing cool weather products. Complimentary consultations are available by appointment, to discuss your skin concerns and learn which treatments might benefit you.

Planning a winter vacation? Its also a great time to start a series of

Seaweed Body Wraps to detox and slim & firm your body.

Purchase 3 wraps and receive a bonus 4th.

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MEMBER

