

Newsletter November 2016

November 2016

MEMBER



Skin Care Through Changing Seasons

Keep your skin looking and feeling great

With the change in season, many people will begin to notice a difference in the way their skin looks and feels. Many people find that as we move closer to winter, their skin becomes more dried out and flaky. The good news is there are things you can do to keep your skin looking good as the seasons change.

"Winter approaching doesn't mean your skin has to look dull and dry," says Katherine Goldman, celebrity esthetician/waxologist and owner of the Stript Wax Bar. "It also doesn't mean you have to turn to chemicals in an effort to maintain some of your tan throughout the fall and winter. There are much better options available to everyone who wants to take advantage of

how to maintain a good balance. Some people suffer from dry skin and others suffer from dehydrated skin; they look similar but are very different. Dry skin lacks oil, which is essential to the skin, while dehydrated skin lacks water. Finding what your skin needs will help, so finding the right moisturizer is important.

Here are some additional tips that can help keep skin looking and feeling great as the seasons change:

- Dull skin can be countered by having regular facials done by a professional. Facials remove dead and flaky skin and help restore the natural glow that people long for. They give skin an overall

*"Joy is the best makeup."
Anne Lamott*



A little effort will keep your skin looking good year-round.

them."

According to Jess Gianatasio, the lead esthetician at Stript Wax Bar's Los Angeles location, regular exfoliation will always keep the skin looking fresh year-round. But finding a balance for your skin is key, especially through the winter. When going in for a facial, she advises talking to your esthetician about

healthier appearance.

- When winter approaches, it is important to moisturize the skin so it doesn't become dried out. After cleansing, always follow with an anti-aging serum and apply a good quality moisturizer.

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Office Hours and Contact

Poppies and Peaches
Lyssa Gritton
4252951462

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- Bypass the chemical tans that come in take-home spray bottles and lotions. They usually contain chemicals you should avoid putting on the skin and will most likely not provide the natural tan look most people seek. Tanning booths are not a good route either, because of the risks they impose. Instead, opt for an organic spray tan.

- When it comes to hair removal, stick to going to a waxologist, so skin irritation and problems can be avoided. Having hair professionally waxed will keep the skin smooth and unblemished.

- Drink plenty of water to maintain youthful cells. If the skin doesn't get enough water, it will look aged and dehydrated.

- Opt for healthy foods that benefit the skin, such as strawberries, tomatoes, salmon, edamame, tea, carrots, broccoli, and avocado. They each have nutrients that help protect the skin and keep it looking great.

"Keeping skin looking radiant through the winter can absolutely be done, but it takes a little attention in order to make it happen," Goldman says. "A little effort in this area can go a long way toward helping you look fabulous through the holiday season and beyond."



Look your best all winter long.

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.

Sleep and Your Skin

Shelley Burns

We have all encountered a sleepless night or two. Upon waking, we look in the mirror and are traumatized by what we see: puffy eyes, dark circles, droopy eyelids, and sallow skin. Poor sleep for a prolonged time is a recipe for disaster.

There are three hormones affected when we don't get adequate amounts of sleep. These are cortisol, growth hormone, and melatonin, and they all have a direct effect on how our skin ages.

- Cortisol is our stress response hormone. When we are not sleeping well, we're like a battery that does not have the chance to recharge. Our body identifies this as a stressful situation and starts producing cortisol. Like a jolt of caffeine, this spike in cortisol keeps us moving, but at a cost. Elevated cortisol levels break down collagen, resulting in less skin elasticity.

- Growth hormone is responsible for building muscle, bone, and tissue--including skin. It is one of our antiaging hormones that replenishes as we sleep, rehydrating the skin and

allowing for cellular repair.

- Melatonin is our sleep hormone, and it also plays a role in the immune system. It is a significant contributor to the functional and physical integrity of our skin.

Without quality sleep, growth hormone and melatonin are not produced in sufficient quantities, while cortisol is overproduced. The result is overall poor skin condition, including dryness, dullness, fine lines, and wrinkles.

Even how you position your face on your pillow affects your skin. Sleeping on your back will avoid the risk of "sleep lines."

While there are some over-the-counter supplements to remedy sleeplessness, it's far better to eat well, exercise regularly, and develop healthy sleep habits to let the body regulate its hormones in a natural way.

So, get your beauty sleep--at least seven uninterrupted hours every night--to

achieve radiant and healthier-looking skin.

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

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

HAPPY HOLIDAYS!

This is my favorite time of year, but as sure as it is my favorite, it is also my busiest. There is so much to plan, accomplish, and try to enjoy that time seems to just fly by. If you are like me, you may find yourself staying up later than usual, rushing about with tasks from morning to night, and basically running yourself down. While some habits are hard to break, we can still strive to take better care of ourselves, our skin, and our health. I hope you find these articles as helpful as I have. Enjoy, and Happy Holidays:)

Lyssa Gritton
Poppies and Peaches

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14931 251st Pl SE
Issaquah, WA 98027-8229

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