

# MORE INFO & SPECIALS FROM

# Westshore



## SKIN & HEALTH CENTER

**FALL**  
2010 Newsletter



### WHY THINK ABOUT THE HOLIDAYS NOW?

## LYNN'S CORNER - COMBAT THE NEGATIVE EFFECTS OF FALL

You may be surprised to know that your natural hormones change in the fall triggered by changes in the exposure to UV light influenced by the changing day lengths. This is according to the French endocrinologist, Alain Reinberg, who studied annual rhythms in testosterone production in humans. And we all know how hormone changes are one of the biggest reasons for break outs in teens. Add the stress of going back to school and the combination is a sure reason for acne flare-ups for young people. However if you are an acne-prone adult, you may also have this trouble in October. Here are a few suggestions to keep on top of this breakout culprit!

- Talk to your Aesthetician about changing your skin products for the cooler weather and review the strength of your Gabriel Corrective Blemish Control Gel or Glycolic Gel to head off that possible breakout.

- Stay on top of your skin treatments. Whether it is the Glycolic or Beta Frost treatments – they help to keep your pores oil-free, tight and clear.
- Ask for our acne "Tips For Success" brochure. It lists more than a dozen tips for clearer skin. Here are the top 4 tips:

1. Avoid fabric softeners in your laundry.
2. Avoid iodine in the diet such as salty snacks, fast foods, popcorn, processed foods, peanut products, iodized salt, shell fish and excessive dairy products (cheeses). Especially peanut butter!
3. Keep hydrated – continue to drink water out of PBA free bottles. Especially at the games or with any holiday event.
4. Get at least 7 – but preferably 8 hours of sleep.



## FEEL YOUR SKIN WILL NEVER BE YOUTHFUL AGAIN? READ ABOUT THIS TREATMENT

Summer is over and as the weather begins to change, days are cooler and shorter and our sun exposure is less. This is the perfect time for a major skin repair treatment – after the sunny weather and before the holidays.

If you are one of the men or women that are looking for turning back the hands of time and preserving a youthful appearance, have dark spots from sun damage or fine lines and wrinkles are starting to really show - a chemical peel may be the answer. The results from a treatment like this can be spectacular! It is also a solution for 'drying' out active acne and scarring.

Chemical peels were originally developed in the 1930's and since then the technique and ingredients have been perfected.

They were designed to remove the upper layers of skin for either a light or deep peel, leaving you with a new, smoother and tighter complexion.

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Westshore Skin & Health Center  
30400 Detroit Rd. LL-10  
Westlake, OH 44145  
440.250.1535

## FREE SERUM!

### WITH ONE COMPLEXION PEEL

As recommended by your skincare professional.

**Expires 1-8-2011 Limited one per customer.**

**Present coupon at time of service.**

[www.WSskinandhealth.com](http://www.WSskinandhealth.com)



**FRIEND US ON FACEBOOK & FIND HELPFUL TIPS AND SPECIALS!**



## WESTSHORE SKIN & HEALTH CENTER

### THE RESULTS ARE IN...

Clients are raving about their hair removal treatments. With the combination of Laser and Electrolysis treatments, hair removal treatments have expedited many results. Less hair means freedom from shaving and tweezing and gives a huge confidence boost. Consult with Chelsea to see if a combo treatment of Laser and Electrolysis will work for you. We have clients coming in from Pittsburgh and Chicago due to our reputation and successful outcomes.

### Dry Skin Solution For Your Best Friend

It's true! Our **Sailor Soap™** works so well that even Fifi will love the after-effects of soothing skin and a flea-free coat.

One dollop of our concentrated soap on your pretty pooch and watch the suds. Give it a try! The all natural ingredients includes Aloe Vera, Australian Tea Tree oil, Eucalyptus\* oil and is pH balanced. Leaves them soft, clean and flea-free.

*\*\*These may be allergens to some animals. Spot test on your dog before using.*



### Procrastinating = Severe Breakouts

If you are away at school and realize you are out of your Gabriel Corrective Blemish Control Gel, don't wait until you're back home or think that other products can substitute for what you know has been working all along. Call us!



We can ship your product and you will be back in your skincare routine within a day or so. Moving onto other products or not using your products, along with the stress of school, the time change and different eating venues will all add up to a break out.

Plan ahead and book your skincare appointments now, as soon as you know which weekends you'll be back in town. We're here for you – Shelley, Rachel, Lynn and staff.

### FREE PHONE CONSULTATIONS Plus FREE SHIPPING!

Special ends October 30th, 2010  
Free shipping for new clients only

### FREE SKINCARE ADVICE FOR YOUR 1ST GABRIEL CORRECTIVES SKINCARE KIT

Our products have been successful for clients in Northern Ohio since 1990. We have had many local clients continue with our products even after they move out of state. Now we can do the same for you - at no charge for a limited time! (In-person skin consultations are normally \$30.) We can consult you on the phone about your skin type, your problems and your goals and recommend a regime that will get you results. Whether you have acne, an aging problem or just want to refine your complexion - we can help!

Compared to department store brands our prices are reasonable as well as mostly natural and organic.

Call us and if our three skincare professionals are busy with a client. We will schedule a 15 minute 'appointment' to review your needs. Orders are then shipped via UPS and you are on your way to having your very own personalized product line. Call us today and schedule a free 'phone consult'.



## TRICK OR TREAT?

### ESSENTIALS TO BETTER HEALTH & SKIN

Fall is the time of year we look forward to the cool down from summer and the beautiful fall foliage along with the fun of the autumn hay rides and scare crows. Along with the harvest fun we can enjoy candied apples, pumpkin pies and halloween candy. These fall "treats" also bring along extra calories, saturated fats and processed ingredients which in turn can "trick" you into that comfortable mode of eating whatever you like or even bingeing on junk food. This over-eating can lower your mood and in the fall we can easily hide that extra weight by layering our clothes. However our skin won't hide it! Soon you will see the effects of poor food choices with a cycle of break outs or just dull dry skin.

This time of year Essential Fatty Acids (EFAs) are super important

because they support our emotional health, helping ward off mood swings and just as important help raise our good cholesterol (HDL) and lower the bad (LDL).

EFAs are Omega 6 and Omega 3 which were discovered as essential nutrients in 1923. Recently they were found to be even more important to us as EFA deficiency is linked to many diseases such as cancer, heart attacks, depression, diabetes, Alzheimer and ADHD. EFA's can't be produced in our body so it is vital to get them from the right foods. A good balance of Omega 6 and omega 3 would be a 3 or 2 to 1 ratio. In our western world we over load on Omega 6 and consume about 20 to 1 ratio.

Some foods that will help you get

your Omega 3 and ward off the negative effects of EFA deficiency are: cold water fish (salmon & sardines are excellent), flaxseed and flaxseed oil and walnuts. Lynn also recommends a good fish oil supplement like Nordic Naturals®, a pure fish oil from Norway. They guarantee exceptional product purity and freshness levels\*.

So don't get tricked by fall's comfort foods but look at the cooler season as an opportunity to enjoy a brisk walk or hike and stay true to a good diet of healthy foods and fish oil supplements. A healthier you on the inside will display a more beautiful complexion on the outside - plus you'll be smiling which always adds beauty!

*\*Nordic Naturals can be found at the Vitamin Shoppe. Also go to NordicNaturals.com and look for retail stores near you.*

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### FEEL YOUR SKIN WILL NEVER BE YOUTHFUL AGAIN?



Depending on your individual needs, two or more treatments may be needed. Different levels of peeling are available, depending on your needs and preferences.

In many cases research shows that by removing the stratum corneum (upper layer of skin) safely and effectively, the bottom layer of the epidermis or basal layer, which is the growing layer, is stimulated. The basal layer is always regenerating new cells that are then pushed up to the surface. With age and

environmental damage the rate of new cell growth is impaired, affecting the skin's regeneration abilities. By peeling the epidermis, the skin will appear healthier and radiant. Two of the treatments we offer:

- Complexion Peel - A light peel that can be repeated every 4 weeks if necessary. Recover time 2-6 days. (1 hour treatment)
- Flash Peel or Half-Flash Peel – A modified, quicker version of our Complexion Peel. This mini-peel results in a brisk flaking and sloughing

which occurs with 2-3 days and gives a much smoother appearance to the skin without having to hide away for days. Also helps control acne flare-ups.

Make an appointment today with one of our skincare professionals to see if this treatment is the one for you. Get started in the fall season and have a more youthful and beautiful complexion by the holidays!



EARN \$\$ WHEN YOU SHARE YOUR SUCCESSFUL SKINCARE SECRETS!

REFER A FRIEND & EARN A 40% COUPON FOR YOUR 1ST & 2ND REFERRAL.

UPON YOUR 3RD - EARN A \$20 GIFT CERTIFICATE!



## GABRIEL™ PRODUCTS FOR MORE YOUTHFUL SKIN!

### 5 KEY INGREDIENTS = ONE ADVANCED AGE REVERSING SERUM

VITAMIN C + HYALURONIC ACID + VITAMIN A + ALOE VERA + JOJOBA OIL

The fastest way to correct your summer damage is by taking care of yourself both inside and out. For your outside we recommend Gabriel Correctives Organic-C Serum. It helps to fade sun spots and discoloration, refines skin texture and reduces wrinkle formation as well as minimizing existing wrinkles. Many products contain vitamin C but ours has the highest form of active, bio-available C for beautiful skin. Hyaluronic acid is known to plump skin cells and protect and restore, so adding the Vitamin A - a safe Retinyl derivative along with the well known Aloe Vera and Jojoba Oils and you have the perfect cocktail for youthful skin.

### CONVENIENT NO DOWN TIME SKIN SOLUTIONS

#### Westlake Location Offering Botox and Juvederm – 1st Monday of Each Month!

One trip to the doctor for an easy, no down-time wrinkle fix and you're good to go! This treatment can be done on your lunch hour. Get rid of frown lines and crow's feet with **Botox®**. Results vary but normally this treatment only takes 2-10 minutes in our office and within 2 – 4 weeks you see the results. And most last for several months.

If you have deepening of the lines between your nose and mouth (called the nasolabial fold), or your mouth corners start to droop, and you start to develop lines and hollow areas underneath the corners of your mouth (sometimes called the marionette lines)

**Juvederm®** is the answer! This is an in-office, non-surgical treatment that is a growing popularity for both men and women alike.

The Juvederm treatment is an injectable liquid gel made of Hyaluronic Acid. Hyaluronic Acid occurs naturally in your skin and joints and is therefore a very safe and natural way to fix these problems. Using a very small needle, Juvederm can be injected just under the skin or into the lips. With this method, wrinkles surrounding your mouth can be filled in, hollow areas can be filled up, lip volume can be restored, and sagging mouth corners can be lifted.

**40% Off** 

One Gabriel Correctives

Organic-C Serum

with one Microdermabrasion  
Westshore Skin & Health Center

440.250.1535

Expires 11-15-10 Must have coupon for discount.

### WANT TO LOOK AS YOUNG AS YOU FEEL?

For anyone that has loose or sagging skin around the jaw line and cheeks – Dr. Gerding offers the **Weekend Facelift**. This economical facelift has shorter recovery time and can be done in the office, avoiding costly anesthesia and facility fees. **Call 440.717.2023 for a consultation with Dr. Robert Gerding MD FACS**

This procedure has very little downtime (mild swelling, redness, and bruising which all quickly resolve) and the effects are immediate. Juvederm injections usually last 6-9 months and then gradually wear off as your body slowly breaks down the product. The procedure can then be repeated.

**For an appointment with Robert Gerding MD FACS call: 440.717.2023**

Dr. Gerding is also available in Broadview Heights. Be sure to mention the location that works best for you.