

# We Wish You Happy Holidays!

## And...

# Love Peace & Hope

Westshore Skin & Health Center Holiday 2010 Newsletter



### *How To Keep That Healthy, Beautiful Glow Throughout The Holiday!*

If you really want to keep a balance of health and happiness, make a promise to yourself that you CAN maintain a healthy regime for the utmost happy holiday spirit.

Our staff practices what they preach. Their skin and health are proof that you too can make great choices and look your best, even when the holiday rush puts you in a panic!

Here are Lynn's 'best practices' to keep your skin glowing, your energy level up and look fabulous for that holiday party!

Boost your immune system with the following vitamins:

- Vitamin A (beta carotene)
- Vitamin C
- Vitamin E (May cause breakouts in acne prone skin)
- Selenium (In combination

with Vitamin E)

- Zinc

Should you feel like you've been exposed to a cold or flu:

- Echinacea
- Goldenseal
- Black Elderberry Syrup

Be prepared! Have healthy choices on-hand at home. Stock your refrigerator with fresh veggies and fruits for that snack attack or before dinner munchies. Before you go to a holiday dinner or gathering, snack on healthier choices first to help you maintain control around the high-calorie and high-fat treats.

Some of our favorite healthy snacks are: organic yogurt, fresh fruits and veggies, fresh fruit smoothies or sorbet and mixed greens.

Get your rest! With the hectic

holiday rush, 7-8 hours of quality sleep will be your best friend. Helps to maintain that festive cheery attitude even when you are running behind.

Alcohol in moderation! Guests generously offer fancy holiday 'cheers' this time of year and who can't resist a Chocolate Martini or Butterscotch Rum in their hot chocolate. But too much and your sleep is compromised, and the morning after the Grinch will be in your head to upset your plans for the day. We suggest looking for wines that list 'organic' on the label. They don't contain metabisulfites (preservatives) that can cause asthma attacks and other allergic reactions (headaches).



## Attention College Students!



Call now to make your appointments on your holiday break. We're booking fast!

440.250.1535

*Happy Holidays!*

### DRY SKIN SOLUTIONS

- One of the best things to do for dry skin in the cold weather is to turn on the humidifier. Not only for your skin but it also helps prevent dry nasal passages. Even your pets will benefit. Less pet dander means less sneezing.
- Drink plenty of fluids and watch your caffeine. You may not realize your fluid intake is minimal and this can effect your skin's condition.
- Fish and flax seed oil soft gels will also work to help your skin stay smooth and healthy from the inside out. The Omega 3 fatty acids in these oils are also great for your hearth health. If you are acne prone opt for the flax seed.
- Take shorter showers with less heat and use a mild soap like our **Sailor Soap™**. It is a super gentle anti-fungal, anti-bacteria body wash for ocean voyagers that bathe with salt water. However it is used across the country for everyday use due to it's

healing and gentle cleansing properties. Concentrated so a little goes a long way.

- For extremely dry and cracked skin, before bed apply an antibacterial ointment and cover with gauze or a bandage, depending on the size of the area. Thin cotton gloves can be purchased for your hands. This will help heal and soften.
- If dry skin is persistent all year round, it could be a sign of a Vitamin B complex deficiency.

Our moisturizer is non-comedogenic and actually *heals while it moisturizes*. **So try Gabriel Corrective's Glycolic Hand & Body Lotion with 11% Glycolic Acid.** Apply 3-4 times a day and immediately after bath for best results. The Glycolic will also help to eliminate thickened skin around nails and feet. Also great in helping to prevent stretch marks.

However use with caution as it may burn if used on extremely chapped and cracked areas.

### *Gifts that Give Back!*

Buy One certificate, get One! This includes all treatments, including Massages, Permanent Cosmetics and Laser.

KEEP IN MIND College students that need products shipped to them.



A gift certificate will help keep their complexion in check through-out the season.

Buy a \$50 Gift Certificate - Get a \$5 gift certificate

Buy a \$100 Gift Certificate - Get a \$10 gift certificate

Buy a \$150 Gift Certificate - Get a \$15 gift certificate

Buy a \$200 Gift Certificate - Get a \$20 gift certificate

\*Does not apply toward Dr. R. Gerding procedures.

### COATS FOR KIDS

This time of year, many children are in need. Bring in a new or gently worn child's coat and get **\$5 off your treatment.**

440-250-1535

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

30400 Detroit Rd., LL-10 Westlake, OH 44145

♦ 303 E. Royalton Rd. Suite 202 Broadview Hts., OH 44147