

Thank you for your patronage  
this past year.



Winter 2011 Newsletter

Westshore Skin & Health Center

## *Important Steps in Keeping Your Skin in Top Condition Especially in the Winter!*

### 1. SHOWER WITH LESS HEAT

Everyone loves a nice hot shower to warm up in the winter, but showering with too warm of water along with using a regular soap can be extremely drying to your skin. Especially combined with using a deodorant soap! Regular bar soap will leave skin dry, irritated and in some cases, rough and chapped. It also leaves a soap film alkali build-up that causes uncomfortable itchy skin.

### 2. BATHE & SHOWER WITH A MILD CLEANSER

We offer a natural gentle body cleanser for your whole family that cleanses as well as heals. **Tea Tree Shower & Bath Gel** is an excellent body cleanser that contains Aloe Vera and 3.5% Australian Tea Tree oil. Here at Westshore Skin & Health Center we are geared toward using homeopathic solutions. Showering with less heat and using our mild shower gel will help relieve itchy winter skin for good! For years Aloe Vera and Tea Tree oil have been used as natural healing solutions. Aloe Vera is a well known natural and gentle plant gel to help heal

wounds and burns. Australian Tea Tree Oil is also a wonderful product known to be an effective antiseptic and fungicide that promotes tissue healing. Tea tree oil comes from the Australian paperbark tree and has been used traditionally as a folk remedy by Australian aborigines. This oil is an excellent homeopathic remedy known to be used for a wide variety of ailments from skin conditions to many other issues such as insect bites and ear aches.

### 3. MOISTURIZE YOUR SKIN

**OFTEN 11% Glycolic Hand & Body Lotion** is an unscented non-comedogenic lotion that will relieve dry skin immediately. Use it right after a shower while pores are open to absorb the moisturizers. It has a gentle exfoliation action from the 11% Glycolic which helps remove flaky, dry skin.

Excellent skin care as it can slough off hard dry skin around cuticles as it heals. Use with caution on extremely chapped or cracked areas of skin as

the Glycolic healing action can burn.

**Sailor Soap** is a wonderful every day hand soap. It was originally created to help save and conserve fresh water on vessels by allowing them to shower and shampoo using salt water. It leaves the skin hydrated without the itchy salt water after affect. So it is excellent for daily use. Sailor Soap is concentrated to go a very long way. It also has softeners and healing effects from natural ingredients such as Australia Tea Tree Oil, Eucalyptus and is pH balanced.

### 4. HUMIDIFY YOUR HOME

Adding moisture to the air will be extremely helpful for not only your skin but your sinuses and general health.

**25% OFF!**

**Gabriel Correctives when you buy all 3**

**SAVINGS!**  
Tea Tree Shower & Bath Gel 8oz  
11% Glycolic Hand & Body Lotion 8oz  
Sailor Soap 9oz

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

**440.250.1535**

**www.WSskinandhealth.com**

Sale Ends 3-31-2011

Also call toll free 800-543-SKIN

440-250-1535

www.wsskinandhealth.com

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

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

**This is the time of year to remedy severe acne. We can clear you up by spring break! Call now to get started.**



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## *We Have the Solution for the #1 Resolution!*

It's once again time to reflect at the past year with many news stories looking at the who's who of our favorite people that have passed away or the greatest photographs and events of the year. It brings a melancholy feeling to see where we were and how the events played out over the past 365 days. More importantly we look forward to a fresh start with goals that make 2011 a happier and healthier time. This annual tradition also comes with a comical attitude – just in case we're one of many that might back-slide on that self promise within hours, days or weeks of our resolutions. Yet still be joyful in hope because you know you really can move ahead and do the positive transformation that you want! It's not wishful thinking but real work and with the right help and information available, you REALLY can change.

Here are the top resolutions according to Wikipedia:

- ✳ Improve health (lose weight, firm-up, quit smoking, etc)
- ✳ Improve finances
- ✳ Improve career
- ✳ Improve education
- ✳ Improve self (organized, reduce stress, manage time, etc)
- ✳ Take a trip
- ✳ Volunteer

With this said, if you are really serious about losing weight and are going to do the #1 resolution - we have a found a fantastic weight-loss program. This diet prevents the body from breaking down muscle for energy so you lose abnormal fat. You know, the love-handles or belly and thigh fat that is tough to lose. You'll have increased energy and you will be psyched to stick with this plan. Dramatic FAST weight loss is possible and we have Lynn, Gabe, Shelley and Rob to attest to this. They all have successfully lost over 116 pounds together! This diet has



been around since 1960 but only offered at elite spas by doctors. If you are interested, we

recommend a health check up with your doctor before starting this or any diet.

Lynn will be having her first seminar explaining details on how to get on board with the **HCG Diet** so you too can watch the pounds melt away FAST!

**When: Saturday February 5th**

**Where: Westshore Skin & Health**

**Center in Westlake, Ohio.**

**Time: 3:30 p.m.**

Lynn will help you with:

- ✳ **Understanding the different HCG products offered and which one may work best for you.**
- ✳ **The best food choices and their nutritional importance.**
- ✳ **How to be successful by understanding the complete plan.**
- ✳ **Where to go for the most trusted resource of HCG products.**

The notice is short because so many people have been asking for this help. The cost is \$80 per person (must prepay) and will include a book that is full of information and recipes to help you on your weight loss journey. Couples will be given a \$25.00 discount and 1 book to use between them. That's only \$55 for the spouse! The initial diet lasts 20-23 days and we have seen phenomenal weight loss results! Call now as we need to know how many books to order and seats are limited.

*Disclaimer: We are not and do not profess to be medical licensed doctors or medical professionals. Advice offered at this seminar is merely the recommendations from our experiences. Always see your doctor before starting any weight loss program.*