

Westshore has Sweetest Day Gift Certificates...I should get one for my friend. This is wonderful! And October 17th is coming up fast.



## Westshore Skin & Health Center Newsletter

Skin Care  
By Lynn Dellapasta

Continued from our Westshore Summer newsletter, Here are tips on how to make the best choices for your age.

### Look Younger on Your Next Birthday!!

#### 30's

Acne can plague us even into our 30's. Now is the time to think seriously (if you haven't before) about a skin regime that will promote cell turnover. Diamond microdermabrasion, salicylic acid treatments and the proper at-home products make all the difference. Glycolic gel, salicylic acid for at-home cellular repair gel and retinoid serum all help to diminish large pores and keep skin healthy and glowing. All of our products are non-acne causing.

#### 50's

Your fifth decade brings certain skin challenges that do not have to be permanent. Years of sun exposure before we're 20 cause age spots (melosma) to appear now. Also, perimenopause and menopause can cause skin to become thin and dry-looking. Laser treatments with our Nd: YAG laser can peel off unsightly brown spots in one to three treatments (\$250 per treatment for spots; \$350 for full face). Diamond peel microdermabrasion is always helpful at this age as well as chemical peels. And again, using products at home twice daily with the proper chemistry can make remarkable changes in your skin.

### Nice Nails Lynn!

I have been testing (believe it or not) an organic gel treatment for nails that is wonderful. It does no damage to the natural nail plate unlike acrylic nails. There is no odor and within 5-6 months your own nails are much stronger as well as longer. This product is for all women like me who are in water all day and have thin, weak nails. My nails after 4 weeks are miraculously improved. Call and let us know if this is something you might be interested in. Shelley is willing to start offering this natural gel nail treatment. We need to know if there is any interest so we can supply ourselves with enough product to do the services.





## Healthy Choices

With all the focus on health insurance – our best insurance starts at home. Taking care of ourselves & really getting serious about our wellness.

Eliminate the negatives that reap havoc on your system. Here are Lynn's top suggestions for a healthier and more beautiful you. Both inside and out!

### Lynn's Corner

- Eat healthy organic, whole foods.
- Take time each day to meditate or pray.
- Drink lots of water - save money & have good health
- Get off that couch! Find an activity you can live with – and longer.
- Rest well – for a rested body is a healthier body

With the focus on healthcare right now, the main topic that I think we should all be aware of and discussing is preventative wellness. Our nation has become a nation of sick, overweight individuals who rely on their doctors and pills from pharmaceutical companies to 'get better'. Drugs will never be a final solution to anything. All drugs have side effects. Most doctors in our country treat symptoms – not the cause of the illness.

It is up to us as individuals to take full responsibility for our health. This means having a perfect balance of mental, physical and spiritual health. We need to blend joy into our lives (and plenty of it), a good night's sleep every night, eat healthy whole food, drink plenty of clean filtered water, and have moderate exercise 4-7 days a week. Try to start with one of each.

To relieve stress, find an activity that will get you off the couch. Take a walk with your partner or dog or ride a bike. Drink plenty of filtered water from a special BPA-free bottle or a stainless steel bottle. Save money by not buying bottled water. These bottles leek chemicals into your water that cause cancer.

Take time each day to meditate or pray. Keep positive thoughts and hopes in your mind. If you feel a negative thought sneaking in, replace it with something positive. Force your mind to think this way and pretty soon you will do it effortlessly. Shop at organic sections in your local grocery stores, Trader Joe's, whole foods market or the local farmer's market.

If you think that you can't afford to eat healthy, think of it this way: Spend your budgeted money on good healthy food or spend it on co-pays to see your doctors.

I recommend buying whole chickens, fresh or frozen organic vegetables and fruits and using the slow cooker for convenience. Your body will thank you by using the dense nutrients in that food to keep you well while help eliminate cravings.

### IN APPRECIATION...

*Thank you for your support over this past year. Until the economy restarts we will continue to keep our discount prices effective.*