

# European Skin Care & Holistic Center

May 2018

◆◆ Newsletter ◆◆

## SPRING IS ALREADY HERE

### IS YOUR SKIN 'SUMMER READY'?

*little things you can do to get ready for those beach trips and party dresses...*

**You know it's coming...**the beach trips, the backless dresses, flip flops, shorts and tank tops-- the sun is rising sooner and soon the weather will be warmer. But is your skin ready?

**Let's start at the bottom.** Or rather, let's start at the feet! Are cracked heels your problem? Try massaging a deeply moisturizing cream into your feet at night and top with cotton socks. In the morning, gently slough away calluses and rough skin with a pumice stone or rub in a cream that contains an exfoliating Alpha Hydroxy Acid (like glycolic or salicylic acid). Exfoliation is best done in a warm shower or bath, which softens the skin even further! Near a spa? Ask for a professional grade foot scrub with paraffin!

**Are bumpy arms a problem?** Rather than avoid those backless dresses and tank tops all summer, wash the affected area with a professional grade soap-free milky cleanser that deeply cleanses pores while naturally conditioning the stressed skin. At least once a week, ask your local spa for an exfoliating body polish to gently and effectively remove dead, dry skin. This can help de-clog pores and hair follicles to reduce overall irritation.

**And the dreaded cellulite...** There's nothing that can truly, permanently, get rid of this pesky uneven skin tone problem-- but you can sure reduce the appearance of it! Professionally intensive, firming body wraps combined with effective ultrasonic and red-light LED technologies has been proving incredibly effective at increasing circulation. What's more is this type of treatment penetrates the skin-firming product even deeper than traditional methods to drastically increase its overall effectiveness. If you couple this routine with high-quality, spa-recommended home care products, you'll drastically reduce the appearance of cellulite and firm the skin as well! Working out and losing weight? This

particular treatment can help to tone skin as you're losing fat to keep it firm (not saggy!). Unfortunately, this miracle doesn't happen overnight-- so make sure to get a jump start on that summer body and start today!

**Interested in** what we can do to help get your body 'beach ready' in just a month? Call us today to set up a consultation: 951-369-8112

**BACK BY POPULAR DEMAND:**

## BOTOX HAPPY HOUR!

**JUNE 2  
10am - 2pm**

**SPACE IS LIMITED-- CALL TODAY FOR MORE DETAILS!**

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### \$10 OFF our Deep Hydration Facial

Dry winter winds and hot heaters giving your skin a dull, dry look? Try our Deep Hydration Facial to perk your skin back up, giving it a youthful, healthy glow that you'll be ready to show off at all those summer parties!

### 10% OFF Body Services

Choose from Exfoliating Body Polishing to get rid of dull, dry skin and reveal your skin's true beauty, or Body Contour Wraps to firm the skin and reduce the appearance of cellulite! You must ask for Deanna when booking this appointment.