



Appearances LLC
April Newsletter 2008

Have you realized that you are having trouble keeping all those resolutions you made at the first of the year? It has become apparent that all the things we do for ourselves brings us great pleasure, but we seldom feel entitled to make self-care a consistent priority. Good products that feed our skin and regular facials pay big dividends over time. It's rather like expecting our gardens to do well with little attention when we neglect ourselves. New products and ideas are all around us and the temptation is to continue to try on our own to learn what products we should use. It is important to know that someone who is proficient and skilled at skin care can save you a great deal of time, frustration and money by teaching proper skincare techniques and recommending products that will help the skin reclaim or maintain it's youthful appearance.

Appearances LLC is coming out with a new skin care line called MD Corrective from Matis. This line is going to get us over the hurdle to managing our skin. Roseaca, acne scars, dull, and congested skin will all benefit from this lovely line of products.

Helpful hint: Now is the time to be using sunscreen on all exposed areas of the body, including the face and hands and arms.

Helpful hint: ALWAYS CLEAN YOUR SKIN AT NIGHT. The dirt and grime from your day is stuck on your skin even if you wear only a moisturizer or sun block. Then we spend all night grinding it in our skin as we sleep. A month of cleaning your skin nightly will do wonders for your complexion.

Helpful hint: Drink a lot of water. If you usually drink none, try drinking at least one full glass of water a day. If you drink water, make sure you drink filtered water. We have chlorine in our water here in Sammamish and public water tends to have fluoride added as a decay preventative. Fluoride has been shown to be a stressor of the organs of the body. This hydration will show in your skin all over your body and especially your face. It has been said that the brain is 75% water, so drink up to better skin and clearer thinking!

We are going to start a MEDITATION CLASS IN MAY. If you are interested in attending beginning on (date), please call 425-427-5163. There is no cost for this class. It will be at my home. Let us clear our minds and bodies and make room for the abundance that is all around us thanks to our Father in Heaven.

QUESTION: I have a fungus under my toenail. I talked to the doctor and she suggested a prescription that sounds pretty toxic to me. I've tried over the counter treatments and even soaking my nails in Listerine, but nothing seems to work and the prescription scares me. Do you know of any remedy? Sharon.

ANSWER: There is a product that is made by a company called Elon. It is a paint-on product that is great. I gave a bottle to my sister-in-law and she had dramatic results. Her nail had even started to lift. The nail is perfectly clear now.

QUESTION: I know I need to wear a sun blocker, but it makes my skin break out. What are my other choices? Nick.

ANSWER: The process in making sunscreen makes it drying and congesting to the skin. I have found a sunscreen from Visual Changes, called Ultra Protection with an SPF of 30 that seems to be effective without the problems of other sunscreen products.

QUESTION: My hands and feet are so dry. They have been dry in other years, but this year my heels are cracked and my cuticles are a mess. What can I do? Rosemary.

ANSWER: More water. Drink more water. Use a heavy moisturizer and give yourself a home care treatment by heating some oil in a shallow baking dish and soaking your hands and feet in it for 20 minutes. I use olive oil or almond oil in glass bread pans and heat it in the microwave. You can also treat yourself by putting lotion on your feet and hands and then cover with a plastic gallon bread sack. Use a heating pad to keep warm for 20 minutes. This works great for TV time and helps the lotion penetrate deeper into the skin. One of my favorite things is a paraffin dip. You can get one free at Appearances with any other service through May.

If you have any questions, please send them to skincarepro@comcast.net and we will try and answer them when we publish our next newsletter which should come out about the 15th of the month.

Think Spring!

Joy Swapp

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