

Appearances

HAIR & SKIN
CARE CLINIC
(425) 427-5163



July, 2008

Health Hint:

It is the time of the year when more skin is exposed and fewer clothes are on the body. It is a great time of the year to inspect our skin for irregularities such as moles and problematic spots. Take a close look at moles where one side is different from the other. Look for irregularities in the border of the mole. It may look scalloped, uneven or blurred. Look for color changes. One area may be different than the other and have shades of tan, brown, black, and sometimes white, red or blue. Take note if a mole that is larger than the diameter of a pencil. Watch a changing mole. Is it larger than last month? Keep on top of your skin inspections. Don't hesitate to seek a dermatologist if you have any questions or any of the above symptoms.

Stay Cool:

The heat is killing us all when it comes in waves and we have not had time to acclimate ourselves. Keep cool by applying ice packs to the back of your neck or on the inside of your knees. A fun way to stay cool is to keep a spray bottle of facial toner in the refrigerator and spritz it under your knees or anyplace under your clothes. We put the kiddie pool out last week and our son's dog, a retriever, was in before the kids. Who says the pool has to be 6' deep? Try using your hot tub as a cool tub. The kids love it. **Send us your favorite keep cool ideas. skincarepro@comcast.net**

Plant it yourself:

It isn't too late to plant more flowers. My favorites have become dahlias and upright fuchsia. The blossoms last until frost, draw hummingbirds, butterflies and they will winter over with a little care. Any tips on growing tomatoes? I get a good crop that is usually ready about the time of a good freeze.

Skin Care:

Take care to clean your skin especially well this summer. Never go to bed with makeup on. It takes only a few minutes to take it off and pays big dividends in promoting healthy beautiful skin! Remember the sunscreen. I have Jane Iredale's products on sale for 20% off any items I have in stock. We are carrying RevitaLash, for darker thicker lashes. EVERYONE has had great results!!

New Service:

Reflexology has been used for centuries to heal and strengthen the body and bring it to homeostasis sooner. We are offering 60 to 90 minute treatments and have discounts for monthly treatments. Only 10 spaces left for the monthly club!!

D-stress:

We are trying to have a monthly meditation class. Let me know if you are interested. Send any questions to skincarepro@comcast.net.

Happy Sunshine to us all!

Joy Swapp, Appearances



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Expiration date: January 31, 2008