

# Appearances

HAIR & SKIN  
CARE CLINIC  
(425) 427-5163



August, 2009

WOW! Hot and even hotter. What a way to celebrate summer!

Stay cool with long walks in the mall, visiting the library, going to a movie and hydrate, hydrate, and hydrate. Drink lots of water and don't hesitate to spray the cool stuff on the back of your knees and neck. Eat cooling foods that hydrate and are high in zinc. Zinc is great for cell repair.

Eat the fresh fruits and vegetables that are so available now. Vitamin C builds elastin and collagen in the skin. C is in citrus and it is also in red sweet peppers, plantains, broccoli, kale and potatoes. Vitamin A is in fish oil and eggs but also in pumpkin and mozzarella cheese. Vita E is profuse in nuts and avocados but also in ground ginger, soybean-based mayonnaise, and asparagus. Selenium is in fish, red meats, chicken, grains, and eggs and also in garlic. Vitamin C and E are found in most fruits and vegetables and are great for repairing damaged skin.

You can fight inflammation with melatonin. Melatonin is found in cherries, bananas, tomatoes, rice bran and ginger and is a powerful antioxidant that damages free radical activity in the skin, easing acne and redness.

Biotin can help strengthen hair and nails. Biotin is found in nuts, eggs and peanut butter, oats and liver.

Eat lower on the food chain and it will benefit your skin.

Dry skin? Avoid caffeine and alcohol. Add walnuts, oily fish, salmon, and flaxseed oil to your diet.

Eyes swollen? Make chamomile tea and refrigerate the used tea bags. When you have a minute, put the chilled tea bags over your eyes. It helps with the headache that comes from the heat and relieves the swollen puffy eyes.

My all time favorite "cooler" is to use liquid aloe and keep it cool in the refrigerator in a spritzer bottle. Take it out when you're too hot and spritz and spray yourself and someone you love. This is very cooling for sunburns. "Set-N-Me" has a product called Liquid Aloe, yes we have it in stock. Also, remember to wear a sun-screen and reapply often!

When walking or working in the heat, wet a bandana and put it on your neck. You can actually chill several wet bandanas in the refrigerator and take out to replace the warm one.

Come in for your regular treatment through August and September and pick up a FREE Iredale Eye Shadow, you choose the color. (Limited to stock on hand.)

If you have any favorite tips for keeping cool, please email [skincarepro@comcast.net](mailto:skincarepro@comcast.net), you will automatically be entered into a drawing for a \$5.00 or \$10.00 off coupon for the 12th Ave Café in Issaquah.

Keep Cool! Joy.

Thanks for all you do for me,

Joy Swapp  
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