

Appearances

HAIR & SKIN
CARE CLINIC
(425) 427-5163



October, 2009

Hi all,

I can't believe it. Fall seems to have arrived after a delightful Indian summer. I have more tomatoes and blossoms than I have ever had in my yard. I hope your yard is bringing you as much pleasure as mine. I was feeling pretty proud of mine until I let a few potted plants get too dry.

Now is the time to find those plant specials in the nurseries. Those perennials that you love, that are out of season and no longer beautiful, can often be bought at a discount at this time of the year. Get them in the ground before the winter cold and while we have a good rain and you will be surprised how the plants will come into their own in the spring. Lots of flowering shrubs and lilies are out there at a fraction of the cost that they will command in the spring.

School is back in session and we are all trying to get back into the swing of things. I hope you are considering coming to Appearances this fall for regular facials and those reflexology treatments that get the qui flowing and the loose ends untangled.

We've had a lot of fun with the drawings for the 12th Ave Café. We will be doing the drawing again in October and November until we have 10 winners. Every time you come in for a treatment or purchase product, I put your name in a jar and draw out a winner at the end of the month. Ten prizes are given out and what fun it is to go the café and eat lunch for practically nothing! The coupons are valued at \$5 to \$10.

Come in and get your FREE eye shadow, a \$17 value. We are giving away the Jane Iredale shadows that we have in stock. Come and pick your favorite color of stock on hand.

Lots of you are becoming empty nesters and now you have time to do all those projects that have been waiting for you. I hope one of your projects is to come and meditate with us on the 3rd Thursday of the month. Light chat, herb tea, and heavy burdens can melt away as we learn together the art of meditation. Please RSVP to (425) 427-5163 or skincarepro@comcast.net

Dieting tips:

- Keep a food diary.
- Use smaller plates.
- Drop one unhealthy food at a time. Exchange it for a healthier choice. Drop the chips and keep fresh cut-up vegetables on hand.
- Change your activities. If watching TV makes you want to eat, read a book or get on the treadmill instead.
- If you can't eat a food, don't have it in the house or at your desk.
- Body wraps for inch loss and detoxification are back again at Appearances. To get you excited, we are offering them at a discount before Christmas. Save \$45 with the new price of \$85. I will guarantee inches loss of two inches or more.

Pandemic Pandemonium: What Can YOU Do to Protect Your Family?

Duthie Hill LDS Building - Presentation Open to the Public
26529 Duthie Hill Rd, Issaquah, 7:00-8:30 p.m. Thurs, Oct. 1
Bellevue LDS Stake Center
Spanish translation available
14536 Main St, Bellevue
7:00-8:30 p.m. Tues., Oct. 6

The LDS Church Relief Society will be hosting two Enrichment Evenings to discuss practical steps people can take and preparations they can make to protect and care for themselves and their families in the event of widespread sickness arising out of the Swine Flu or any other health emergency. You are welcome to come to either evening, depending on your schedules. Invite your friends and neighbors to these events. The evening will include:

Slide presentation on pandemic preparation and what you can do. Q & A session with Dr. L. Tom Fife, an infectious disease specialist. Displays and Presenters as follows:

- Social Distancing/Social Distancing Toolkit – Carmen Hart Jensen
- Communications – Maryann Heine
- Medical Supplies and Medicine Cabinet Supplies=2 0– Carolyn Conover
- Water Storage – Lynn Harmer and Sindy Montague
- 3-Month Food Supply (including comfort foods and food preparation when ill) – Jeanette Gould
- Long-term Food Storage and Cannery Resources – Mori and Karen Day
- Rehydration – Ginger Bonnell
- Doctor Support/When & How to seek Medical Help – Connie Stromberg Sanitation/Preventing Spread of Illness in your home – Elisabeth Swan

H1N1
Flu Info
www.flu.gov

And remember: "If ye are prepared ye shall not fear"