

Skin Care Through Changing Seasons

Keep your skin looking and feeling great

With the change in season, many people will begin to notice a difference in the way their skin looks and feels. Many people find that as we move closer to winter, their skin becomes more dried out and flaky. The good news is there are things you can do to keep your skin looking good as the seasons change.

"Winter approaching doesn't mean your skin has to look dull and dry," says Katherine Goldman, celebrity esthetician/waxologist and owner of the Stript Wax Bar. "It also doesn't mean you have to turn to chemicals in an effort to maintain some of your tan throughout the fall and winter. There are much better options available to everyone who wants to take advantage of

how to maintain a good balance. Some people suffer from dry skin and others suffer from dehydrated skin; they look similar but are very different. Dry skin lacks oil, which is essential to the skin, while dehydrated skin lacks water. Finding what your skin needs will help, so finding the right moisturizer is important.

Here are some additional tips that can help keep skin looking and feeling great as the seasons change:

- Dull skin can be countered by having regular facials done by a professional. Facials remove dead and flaky skin and help restore the natural glow that people long for. They give skin an overall

Healthy skin is only a touch away.

-Lori Murtagh



A little effort will keep your skin looking good year-round.

them."

According to Jess Gianatasio, the lead esthetician at Stript Wax Bar's Los Angeles location, regular exfoliation will always keep the skin looking fresh year-round. But finding a balance for your skin is key, especially through the winter. When going in for a facial, she advises talking to your esthetician about

healthier appearance.

- When winter approaches, it is important to moisturize the skin so it doesn't become dried out. After cleansing, always follow with an anti-aging serum and apply a good quality moisturizer.

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Office Hours and Contact

Lori Murtagh, LE
Licensed Esthetician-Oncology Trained
412-741-9600
lorimurt.healthyskin@gmail.com
lorimurtagh.skincaretherapy.net
www.facebook.com/salonbernabo

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- Bypass the chemical tans that come in take-home spray bottles and lotions. They usually contain chemicals you should avoid putting on the skin and will most likely not provide the natural tan look most people seek. Tanning booths are not a good route either, because of the risks they impose. Instead, opt for an organic spray tan.

- When it comes to hair removal, stick to going to a waxologist, so skin irritation and problems can be avoided. Having hair professionally waxed will keep the skin smooth and unblemished.

- Drink plenty of water to maintain youthful cells. If the skin doesn't get enough water, it will look aged and dehydrated.

- Opt for healthy foods that benefit the skin, such as strawberries, tomatoes, salmon, edamame, tea, carrots, broccoli, and avocado. They each have nutrients that help protect the skin and keep it looking great.

"Keeping skin looking radiant through the winter can absolutely be done, but it takes a little attention in order to make it happen," Goldman says. "A little effort in this area can go a long way toward helping you look fabulous through the holiday season and beyond."



Look your best all winter long.

Stay Hydrated

Jennie Hastings Stancu

Has your therapist told you about the importance of drinking water? After all, our bodies are composed of approximately 60 percent water, and all of our bodily functions are sustained by water. Dehydration is one of the most common detriments to our health, and one of the easiest problems to fix. Make staying hydrated simple and seamlessly interwoven throughout your day.

START EACH DAY OFF RIGHT: Start your morning with a tall, room-temperature glass of water with lemon squeezed into it, before you start taking any tea, coffee, or food. Front-loading hydration is helpful to the body. And be luxurious with your water--for a special treat, add mint, cucumber, or lemon.

HALF YOUR WEIGHT: It is difficult to know how much water is enough. One rule of thumb is to take half your body weight in pounds, and drink that many ounces of water per day. So if you weigh 150 pounds, this would equal 75 ounces of water. If you are working hard, or you

live in a particularly dry climate, you might need to drink even more than this.

WHAT ABOUT BPA?: You've probably seen the phrase "BPA free" on water bottles. BPA stands for bisphenol A, which is a chemical found in polycarbonate plastics and epoxy resins.

According to MayoClinic.org, some research has shown BPA can seep from a container into foods and beverages, and this is concerning because of possible health effects BPA has on the brain and behavior. Look for non-plastic bottles, or look for the "BPA free" logo.

OTHER DRINKS: Drinking herbal tea is a good way to stay hydrated. You can also augment your hydration with electrolyte-fortified water or sports drinks. However, be aware that a lot of these drinks have incredibly high levels of sugar in them. Hydration isn't a healthy habit if you drink a day's worth of sugar in every glass. So check the label before you buy.

Jennie Hastings Stancu is a licensed massage therapist and author.



Stay hydrated to keep your body performing optimally

Handwashing for Your Health

You know that washing your hands is important, but studies suggest that how you wash your hands is even more important. Washing frequently and thoroughly can help keep you, and the people you come in contact with, healthier.

STAY CLEAN, STAY HEALTHY

Researchers in Denmark conducted a study in which students at one school were required to wash their hands three times a day. According to the study, which was published in the American Journal of Infection Control (August 2011), the children that learned new habits significantly reduced their amount of absences due to illness.

WHEN SHOULD YOU WASH YOUR HANDS?

-Before, during, and after preparing food and before eating

-Before and after caring for someone who is sick

-Before and after treating a cut

-After using the toilet or changing diapers

-After blowing your nose, coughing, or sneezing

-After touching an animal or animal waste

-After touching garbage

WHAT IS THE RIGHT WAY TO WASH YOUR HANDS?

-Wet your hands with clean, running water and apply soap.

-Rub your hands together to make lather, then scrub the entire hand.

- Don't forget the backs of your hands, between your fingers, and under your nails.

-Continue for at least 20 seconds.

-Rinse your hands well under running water.

-Dry your hands using a clean towel or air-dry them.

Throughout history 'tender loving care' has uniformly been recognized as a valuable element in healing.

-Larry Dossey

A SPECIAL NOTE FROM LORI

Sometimes we expend a lot of energy running from stress. Let's not forget this holiday season to relax, renew and seek health and well-being. Come in for an Osmosis facial and allow me to nurture you and your skin in a holistic way while you unwind, rest and relieve stress. It will make your "to do list" go so much smoother. After all, the best gift we can give to others is ourselves when we are rested and well!

Salon Bernabo

2612 Nicholson Road
Sewickley, PA 15143

MEMBER

