

## 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.

Continued on page 2

### Office Hours and Contact

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### In this Issue

**Skin Care Through Changing Seasons**  
**Stay Hydrated**  
**3 Skin Care Considerations**

**Continued from page 1**

- 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."



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**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](http://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

## 3 Skin Care Considerations

"Before raiding the pantry for an at-home skin care recipe, remember that many ingredients in their natural state are neither safe nor effective for skin," says Ellen Clark, a licensed esthetician and founder of Control Corrective Skincare Systems ([www.controlcorrective.com](http://www.controlcorrective.com)). And even the safest ingredient may prompt an allergic reaction. Clark urges do-it-yourselfers to consider the following before formulating at home:

1. Perform a patch test. Before experimenting on your skin, you should ideally see an esthetician for a complete skin analysis and personalized recommendations for appropriate at-home skin care. At the very least, perform a patch test by putting a small amount of the product on your neck just behind your ear; wait until you're sure it has not caused any adverse reactions.

2. Natural isn't always skin-friendly. Many ingredients must be formulated for skin and are not safe in their natural state. For example, if left on too long, natural acids found in citrus can cause burns and irritation.

3. Professional skin care is the best recipe. Adopt a professional regimen that is specifically formulated for your skin type. And don't forget to visit your esthetician regularly!

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

-Larry Dossey

A SPECIAL NOTE FROM LORI:

My special note this newsletter is about CONSISTENCY. As you may know, I have a holistic focus to skin care. When customizing a facial, I analyze each zone of the face. Noticing exactly where on the face you may be experiencing a concern can help to identify a potential source of the condition, as our face can be a direct reflection of what may be going on inside the body. Taking into account the whole of the person, as opposed to a specific symptom, helps to ensure wellness and lasting results. I have partnered with Osmosis Pur Medical Skin Care products because they are clean, healthy and cutting-edge products. They are powerful and effective in their ability to work at the cellular level as they deliver a dramatic transformation. As we make our way through the winter season and all of 2018, gently remind yourself of the power of consistency. Let us partner together so that you may rest confidently that small steps are what create big change when done with persistence.

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MEMBER

