



Second Nature News!

*Second Nature 415 Clarkston Road Glasgow G44 3LL
Telephone 0141 633 1144*

Hello Ladies,

Welcome to the **Summer 2009** edition of our newsletter. Like us you are probably hoping for a better summer than last (not a difficult target to beat!) and looking forward to hopefully long hot sunny days from now until autumn.

We have plenty to keep you looking and feeling beautiful for summer, so put your feet up, read on and give us a call to book your appointment

Summer can be one of the most enjoyable seasons, but with it can come beauty challenges. Even if you are not lucky enough to be holidaying abroad this year and baring all on the beach, for most of us summer can bring worries about weight and of course the dreaded cellulite. Until recently some doctors argued that it was really just a fancy term for fat, however most experts agree now that it really is different from ordinary fat. So what causes it, and maybe more importantly what can be done about it? Most of us are familiar with the orange peel textured; dimpled skin on thighs, bottoms, upper arms and even tummy and it's reckoned that over 90 percent of women have some cellulite. It seems to be caused by the way that fat cells are 'packaged' that causes the problem – when the cell membrane is weak or damaged, the fatty tissue does not lie neatly, but forms lumps. Collagen and elastin fibres, the 'scaffolding' of our skin, pull on the weak cells causing a puckered look. So why is this a very female condition? The link is thought to be the hormone oestrogen – male hormones prevent cellulite occurring in men, whereas oestrogen promotes it, along with water retention. It is no respecter of weight – even the very slim may

have cellulite. Skin is also an organ of elimination, just like the kidneys and liver, and if the body is overloaded with toxins due to poor diet cellulite can look worse.

So that's the low-down on what it is – what can we do about it? Many cosmetic companies have claimed to have discovered the definitive answer to the problem, but in reality a multi-pronged approach is required – we don't believe there is one miracle cream that's the instant cure.

Lifestyle | A diet rich in fruit vegetables, lean protein and plenty of water will always pay dividends for skin. Improve circulation with exercise and cut out or down on sugary snacks, caffeine and alcohol – boring we know, but effective!

Body Brushing | This is an easy and inexpensive way to improve circulation helping to eliminate toxins more effectively. Body brush once a day, on dry skin before a bath or shower with long slow strokes always in the direction of the heart. Start at the soles of the feet, work up the legs, and over hips and bottom. Work over the tummy and back and avoid the chest area. Never body brush over tender or broken skin, or over varicose veins. Stick with this and you will see an improvement in skin tone and texture of skin after a month. After showering firmly massage in a good cream or gel to help further improve circulation paying particular attention to problem areas. See our What's New Section for a very special offer to help you get started.

Tan It! | The saying goes that if you can't tone it, tan it.....Good advice we reckon. Skin always looks better with a bit of colour and lumps and bumps always seem minimized when we have a tan. Just make sure your colour comes from a bottle – for the most glamorous and believable colour we recommended Fake Bake. Have a look at August's offer.

There are loads of costly and time consuming salon treatments out there too, but we say save your money – buy a really cool pair of shoes instead! And give our advice a try – you could be pleasantly surprised! It's important however to remember that there is no such thing as the perfect body – even supermodels have their hang-ups, but there is plenty we can do to help ourselves look and feel that bit more confident and happy in our own skin.

Our Offers of the Month begin in June with some TLC for that often neglected area – our feet. Spring into Summer is a fabulous pedicure guaranteed to get you out of those winter boots and into sandals in no time!

Next up in July is Cloud Nine, a perfectly timed relaxation treat to help you stay sane and stress free in the school summer holidays. It's a brilliant back massage coupled with a mini facial – the perfect pick me up for parched summer skin.

Last up is Gloss and Glow – an expertly applied full body Fake Bake Tan with a marvellous Mavala nail colour to take away. Just the thing for beach confidence.

See overleaf for full details of these great offers, and get booking now!



What's New at Second Nature?

Beautiful Body Offer

To help you on your way to feeling great this summer, we've put together a very special offer. When you purchase an Algotherm Body Milk or Firming Cream you will receive a Body Brush at half price! Stocks are limited so pick up your duo now. Remember for every £20.00 you spend on Algotherm products or treatments you will be rewarded with Loyalty Points. Offer only available June to August.

Join our e-mail Club

If you haven't done so already, why not fill in the coupon below and opt to do your bit for the planet by receiving your Newsletter via e-mail. Don't forget to recycle your old newsletters too!

Ask the Experts

My skin always looks so shiny in hot weather, and my make up has often disappeared by lunchtime. Help!

Switching to a lighter moisturiser in the summer months can often help to reduce shine and make-up melt down. Unless skin is particularly dry, avoid moisturising the t-zone – chin, nose and forehead. And perhaps switch to a rinse off cleanser for a fresher feel without added oil. We recommend Original Moisturising Gel as a moisturiser for normal to dry skin in summer months, and Matifying Cream Gel for oilier skin types. Marine Emulsion is a great wash off cleanser that thoroughly removes all makeup grime and perspiration. On the make up front why not try an oil control primer underneath makeup to help absorb oil and keep skin looking fresh. Primers are usually colour free and provide a smooth canvas on which to apply makeup – the really clever ones help minimise lines and pores too! Our favourite is Jane Iredale's Absence, which also offers an SPF15 too.

I've started to notice more and more little hairs on my upper lip and chin – they bother me, but I've heard that waxing will make them grow back stronger and thicker. Is that true?

Absolutely not! If anything, waxing over a period of time will actually cause hair to become weaker and finer. Upper and lip and chin waxes are a fast and easy way to deal with those annoying hairs that many of us have, so don't worry – let us take care of the problem!

Monthly Offers

June

Spring Into Summer

A Luxury pedicure that's guaranteed to make you feel like you are walking on air! Includes exfoliation, foot mask and massage plus perfectly painted toenails.

Just £18.00

July

Cloud Nine

If the school holidays are stressing you out, why not be transported to Cloud Nine with a heavenly aromatherapy back, neck and shoulder massage followed by a mini facial that's guaranteed to make you feel angelic again!

Just £28.00

August

Gloss and Glow

A radiant glow from head to toe – enjoy a full body Fake Bake and receive a Mavala nail colour free of charge

Just £27.00

We hope you have enjoyed our Summer newsletter – here's to long, sun filled days and a warm welcome at the small, friendly and professional salon that really cares about how you look and feel.

Join our e-mail Club

E Mail Address:

Client Name:

