



Second Nature News!

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Welcome to the **Spring 2009** edition of our newsletter. Isn't lovely to see the first signs of spring appearing all around, and feel the days stretching out just that little bit longer? We've plenty to keep you feeling gorgeous as the days lengthen, so read on, and when you're finished, give us a call to book what you fancy!

You may be surprised to know that more people suffer from sun damage in early Spring than at any other time of year. It's easy to be fooled by the gentle sun, (when we are lucky enough for it to shine!) in these months, and although we may remember to be diligent about sun protection during the summer, or when in warmer climes, we are often careless at other times. Sun damage is caused in two quite distinct ways – firstly by UVB rays – the type that cause the burning, and UVA – the rays that cause deeper cellular damage and are responsible for the signs of ageing such as lines, wrinkles and 'age' spots. UVA rays are present all year round, all over the world, and can cause the same amount of damage on a mild spring day in Scotland as a baking hot sun in the south of France. With that in mind, at Second Nature we recommend you protect exposed areas all year round. We prefer to get our protection for the face in the form of a separate product from moisturiser – our method of choice is mineral make-up. Minerals contain non chemical sunscreens that actually form a physical barrier from the sun by actually bouncing harmful rays away from the skin, rather than absorbing them as chemical sunscreens do. Our Jane Iredale Mineral make-up has a natural SP20, protects against both UVA and UVB rays, and did we forget to mention, looks fab! Many mainstream ranges seem to be jumping on the mineral bandwagon, but we believe that Iredale's is not only one of the first, but one of the best. Have a look at the What's New section opposite to see our very special offer on this very special makeup. (Please remember though that when in intense sunshine or sunbathing, a separate sunscreen cream, plus mineral make-up should be worn for reliable protection).

Our offers of the month kick off in March with Marvellous Mum, a blissful back, neck and shoulder massage, paired with an amazing Algotherm facial. For most of us our Mums hold a special place in our hearts, so why not say 'thanks' this Mothers Day with this special treat, or perhaps persuade someone to thank you to for being Mum? (Don't worry if neither of these applies to you – it's a lovely treatment for anybody in need of some pampering!)

With April showers in mind, next up is 'No Sun – No Problem, our fabulous Fake Bake offer, guaranteeing the safest most natural tan this side of the equator, coupled with a file and polish, (choose hands or feet). You'll be looking and feeling sunny, even if the weather isn't!

Last in the line up is Small Wonders – the little things that make the big difference – a mini facial to get skin glowing, coupled with a file and polish, (again choose hands or feet.).

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

What's New at Second Nature?

MOT

Spring is a great time for fresh starts, so why not have some Make- Over Time? Experience Jane Iredale Mineral make –up for yourself and receive a free colour matching service, guaranteed to find your best shade match, along with a half price Handi Brush for perfect mineral application. And to top it all, with every make – up and brush set purchased, you will receive a Magic Mitt worth £7.50 (rrp £15.50) – a brilliant new way to cleanse skin when you're in a hurry without the need for cleanser. Reserve your space to discover minerals for yourself. – Offer available for March

Loyalty Cards

We know how much you are loving Algotherm facials and products, and we'd like to reward you for that. Every time you spend £20.00 on an Algotherm Facial or product, you will receive a sticker on your Loyalty Card and collect 10 stickers and choose either a product or treatment to the value of £20.00! Ask in salon for your card and start collecting now!

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