Second Nature News!

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BOOK NOW FOR CHRISTMAS! BOOK NOW FOR CHRISTMAS! BOOK NOW FOR CHRISTMAS!

Hello Ladies,

And welcome to our Winter/Christmas 2009 issue of our newsletter. Hasn't the year passed so quickly – summer has long gone and we are into our winter woollies once more!

Winter can be a time of extremes – one minute we are bundled up against the cold – the next preparing to sparkle in our party dresses. It's these extremes that can hit our skin the hardest, so to help your skin cope with the winter ahead read on.

We often search high and low at this time of year for that perfect party outfit, but don't neglect the 'outfit' you wear all the time - your skin! When your skin is radiant you feel pretty and confident, however when it misbehaves it doesn't matter how fab that party frock is – most of us don't feel at our best. Naturally the subject of skin and skincare is a huge one, but in this issue we will help you to understand the basics of how skin functions, and how to help it look glowing no matter what your age.

Skin is actually the body's largest organ and as such has a myriad of functions apart from keeping your insides in! Skin defends us against invading bacteria, protects us from the sun, regulates our temperature and water balance and gives us our sense of touch – and pain!

It's divided into two main layers – the lower deeper layer known as the dermis and the upper layer - the epidermis. The dermis is where our collagen and elastin fibres are found – the scaffolding of our skin that helps give it its bounce and resilience. The epidermis varies in thickness depending on its body position – the soles of our feet and palms of our hands are dramatically thicker that elsewhere with the finest skin being around our eyes. The surface of the skin is slightly acidic due to the 'acid mantle' – a mixture of oil and sweat that helps to destroy any bacteria or ward off potential infection. Skin cells are continually being formed in the deepest layer of the epidermis where over the course of approximately a month they migrate to the surface where they are sloughed off. It's this process that slows as we mature, causing skin to look duller and less radiant as we age.

Skin ages in two main ways – what's called intrinsic ageing, which is influenced by our genes and hormones, and extrinsic ageing, the type we can influence as it's controlled by poor lifestyle choices such as diet, smoking, stress, and sun exposure.

Each of us is unique, however skin can be divided into some main types. Being able to recognise your own skin type helps you to care for it and respond to its needs in the best way possible.

Oily skin – Occurs mainly in the teen years, though can extend into later years. Oily skin feels and looks shiny, often has enlarged pores and can be prone to blackheads and spots if not cared for correctly.

Combination skin –the most common type. The t zone – the area covering forehead, nose and chin is oily, with normal to dry cheeks. This type can be a challenge to care for and needs a routine that responds to the needs of each area.

Dry skin – Usually has fine pores, can look rough or flaky and often feels taut and uncomfortable. Drier areas can often if unprotected show up as reddish patches.

Normal skin – The Holy Grail that we all wish for! Normal skin has even colouring, is neither taut nor oily, looks clear and suffers from neither irritations nor breakouts. Usually owned by the under 12's or the very, very lucky!

Sensitive skin – Is what we all have actually – skin should always be treated with care, however this type often flushes easily, is inclined to rashes and irritations and may be prone to broken capillaries. Any of the skin types above from dry to oily can be sensitive, however it's more common amongst fair/freckled or Celtic types.

Mature skin – Is what we all will have one day – how quickly we get there depends on our genetics, our lifestyles and how we care for our skin. Mature skin may be drier and will have visible lines or wrinkles.

With just a little time and effort good skin can be achieved – yes, really!

Following the Good Skin Rules will help every skin stay healthy and happy.

The Good Skin Rules

- Always cleanse skin properly, twice a day with an appropriate cleanser – whether you wear makeup or not. This removes dirt, grime, excess oil and dead skin cells. It's the foundation of good skincare – as nothing else will work if it's fighting it's way through a layer of dirt and grime. Soap is never a good idea – skin functions optimally at a PH of 5.5 – most soaps are about PH 9.5 causing our skin to be come too alkaline and therefore more prone to damage.
- Protect your skin from not just strong sunlight on holiday, but UV rays which are present all year round and are the major cause of skin ageing.
- STOP SMOKING!! Smoking destroys collagen and elastin, and restricts oxygen flow.
- Our mums were right – you are what you eat – and drink! Eat a varied diet rich in fruit and veg, drink plenty of water and watch alcohol consumption, (boring we know – but true!).
- Regular gentle exercise can really benefit skin and can help alleviate one of skin's enemies – stress. Stresses and strains can be hard to get a handle on but their effects can really show in our skin. Yoga, warm baths and plenty of sleep all help to keep us calm. Pop a cupful of Epsom salts into the bath and have a long soak. Epsom contains magnesium – 'nature's tranquilliser', and really does help assist a restful nights sleep.
- A good skincare routine can benefit everyone – every skin type and every age and stage in life. Our Algotherm range is brilliant at caring for skin and can take you just that bit further towards the skin you've always wanted – but don't just take our word for it! Below are a selection of customers who have kindly volunteered their thoughts on the range. It's worked for them – why not try it yourself?

'I've been using Algotherm for 2 months and feel there is a noticeable difference in the look and texture of my skin. My face seems fresher and the serum definitely gives the appearance of the skin around the eyes being tauter. I'd highly recommend giving these products a try.' **Jennifer, Cambuslang**

"I suffered from very dry and sensitive skin on my face and neck for a number of years, and tried many different skincare brands to soothe my skin, with little or no success. Lynne introduced me to the Algotherm Ino Sensi range at the beginning of the year and the results on my skin have been fantastic. My skin is now more hydrated and much less reactive. I would recommend Algotherm products and facials to anyone – and not only are they great for the skin they are reasonably priced too. **Sally, Clarkston**

"I have loved using Algotherm products over the last year. My skin is much brighter and clearer, I am delighted with these amazing results. **Jennifer, Netherlee**

"My skin was very flaky and uncomfortable – I could use little on it, I started using Photo corrective cream – my skin is now soft and feels perfect! **Moira, Clarkston**

"One gets to that certain age where perhaps they should have paid more attention to their skin. I decided to try a few high street products that promised results, needless to say they failed in their task. I decided to give Algotherm a go, I have not been disappointed in my choice. It's the first product I pack when I go away. I would recommend Algotherm to everyone and I do. **Sheila, Muirend**

We hope that's inspired you! Why not pop in for some free advice and experience the Algotherm difference for yourself?

Looking ahead to our offers of the month we begin December with The Big Chill, our ever popular relaxing treatment – forget the stresses of the party season with a fab one hour facial, teamed with an aromatherapy back, neck and shoulder massage. Or why not hit the town in style – get ready to party with a full body Fake Bake and receive a free Mavala nail polish. As we say hello to the New Year, why not treat yourself to Fresh Face and experience Algotherm for yourself with a one hour facial matched with our Bright eyes treatment – just the thing for post party faces. Come February why not try our luxury manicure – just in time for Valentines!

What's New at Second Nature?

Recommend a friend

It's good to talk! When you recommend a friend to Second Nature you will each receive 10% discount. Just fill in the coupon at the bottom of the newsletter.

Gift Time

We have some fabulous last minute gifts in Salon now – Fantastic Mavala polish sets, beautiful crystal mirrors and Algotherm skincare packs as well as fantastic Lily Lolo gift boxes at brilliant prices that won't break the bank!

Reward Time

Every time you spend £35.00 or more in a single transaction, you'll receive a 15% discount voucher to use January 1st – 7th February. You'll also be entered into our prize draw giving you the chance to win a fabulous goody bag worth over £70.00!

Say hello to Rebecca

Gillian has moved on to pastures new and we welcome Rebecca who joins us from a Clarins Spa in Glasgow.

Get gorgeous for the party season with

Party Angel

Enjoy a fabulous Fake Bake and receive a Mavala Nail Polish absolutely free!!

Just £28

Or why not relax and unwind with

The Big Chill

Feel tension melt away with an Aromatherapy Back Neck and Shoulder Massage followed by a one hour Algotherm Facial

Just £35

January

Fresh Face

Wake up winter skin with a glorious one hour Algotherm facial combined with our Bright Eyes treatment to revitalise tired, puffy eyes.

Just £28

February

Magical Manicure

Treat yourself to the facial for hard working hands! Includes exfoliation, massage mask and perfectly painted nails.

Just £12

Thank you for you loyalty and support over the last year – may we wish you a joyful Christmas and a very happy New Year,

Best Wishes,
The girls at Second Nature

Recommend A Friend

Please fill in this coupon and ask your friend to bring it with them on their first visit to us. Your friend will receive her discount at her first treatment. Your discount will be applied automatically on your next visit to us.

Recommend A Friend

Current Customers Name: _____

My Friends Name is: _____

Date: _____

Valid for 6 months from date above. Discounts cannot be applied to any other offers or discounted treatments. Does not apply to products. No cash alternative is available.

WE WILL BE CLOSED FOR REPAIRS THE 1ST WEEK IN JANUARY.