

magic2beauty

MESSAGE TREATMENTS BY APPOINTMENT

INNER TEMPLE
HAIRDRESSING

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www.inner-temple.co.uk

Newsletter
September 2010

dermalogica®

Stop suffering from breakouts.

Ask today for your free Face Mapping skin analysis and free sample of our new MediBac Clearing products, designed to treat, clear and prevent adult acne around-the-clock for healthy, consistently clear skin.



mediBac clearing™
it's the end of the line for adult acne.



Spotlight on Medibac

In this extended newsletter we look at adult acne and the ways of controlling breakouts. With the right understanding and how to treat our skin we can say goodbye to spots!

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guidedogs.org.uk



Charity Month!

25% of the proceeds of manicure/pedicure combos this month will go to my chosen charity Guide Dogs for the blind UK

My aim is to raise £1700 by April 2011
visit www.guidedogs.org.uk



Exclusive September offer:

XEN-TAN £25

"Xen Tan - The Louis Vuitton of The Self Tan World" – Evening Standard

In order to keep your holiday tan we are offering you a spray tan for £25 in September! Book now!

dermalogica

ST. TROPEZ

essie

nailtiques

ONLY YOUR SKIN CARE X
Holistic Botanicals

Lash Perfect

The Beauty Room at Inner Temple

17 Fleet Street London EC4Y 1AA T:0207 3537453 www.magic2beauty.com

We now accept card payments. Please respect our strict 12 hr cancellation policy. No shows will be charged.

Extended Newsletter edition September 2010

In this quarterly issue we tackle the difficult issue of acne. Not just a condition that affects teens but a wider problem now days especially for the 30 something crowd. Recent studies indicate 40-50% of adults between 20-40 have low-grade persistent acne & oily skin problems.

As June saw the end of National Acne awareness month we recap on the latest developments in treating adult acne.

Acne facts:

Acne is described as a disease that affects the sebaceous and hair follicle of the skin. This causes a malfunction of pore, which is characterized lesions ranging from comedones to pustules to cysts.

The first event leading to acne is stimulation of the sebaceous (oil making) glands by testosterone. Next, the pores plug up and trap the oil inside. Bacteria grow in the trapped oil, causing the production of irritating chemicals. Finally the body's immune system comes into play. There is both good and bad news about this immune response. While it fights the bacteria, it also causes the redness, swelling, pus-like fluid and later scarring which make acne so unsightly. Adult acne is more persistent than teen acne and scarring is more prevalent due to skin losing its ability to repair itself because of aging.

Acne triggers:

Stress-not in the way you may think; having acne is often stressful, but stress itself won't cause acne, but it can aggravate hormones that do.

The higher the stress level, the higher the occurrence of acne, especially in women who work in high-pressure jobs.

Genetics: Acne is a genetic disease and those who inherit acne have a defect in the structure & workings of the skin.

Environmental causes

Pollution, cosmetics, uv, lifestyle, all these factors makes the skin response with an increased protective mechanism which can result in acne lesions

Hormones

Acne can be set off by the effects of the family of hormones called androgens. Testosterone is the most important of these, often thought of as male hormones, this is misleading because adult women also have active testosterone levels in their blood.

Suggested home care program for an acne skin condition

Dermalogica have developed a complete skin care line for combating adult acne, it's called Medibac clearing system.

It's designed to provide a twenty-four hour treatment system formulated to address specific factors involved with acne. Each product, with its unique acne clearing ingredients, it's designed to be layered upon the skin to provide maximum control of the factors that contribute to acne.

Pick of the bunch:

Clearing skin wash

A naturally foaming cleanser that is the perfect start to around the clock control of breakouts, comedones and excess surface oil. Contains no artificial fragrance or color

Overnight Clearing gel

An overnight treatment that helps clear skin, calm inflammation and prevent impaction plugs and eliminate bacteria.

Gentle Soothing Booster

A concentrated oil-free complex of ultra soothing botanicals and healing honey that calms and hydrates irritated or sensitized skin

To read more: please visit www.dermalogica.com

Hands Off:

Never squeeze or pick at your pimples, since that will only contribute to infection, inflammation and scarring

Magic2beauty suggests Id Bare Escentuals or Susan Posnick mineral make up which is very gentle to the skin and free of preservatives, talc, oil, fragrance and other harmful chemicals. It provides impeccable coverage for every skin type, skin tone, and concern yet it doesn't feel like you're wearing any makeup at all.

<http://www.bareescentuals.co.uk>

What's next?

There are many treatments available today for acne prevention & post acne scarring. Laser is one of the most popular one with microdermabrasion and light skin peels to follow. Skin must be free of active acne before these treatments can go ahead. It can take 3-6 weeks for the skin to heal after a break out.

Inner Temple treatments list

Medibac Clearing treatment

It is the end of the line for adult acne with this new powerful treatment that jump-starts acne clearing and helps prevent acne well beyond the treatment. We'll start with a thorough deep cleansing, followed by professional exfoliations to remove pore clogging cells and extractions to help clear current breakouts without spreading acne-causing bacteria. The application of our professional masque system detoxifies skin while calming irritation and redness, we use oil-free hydration to rehydrate skin and control excess surface oil. Dermalogica Medibac skin care treatment is recommended in a course of 6 treatments. Depending on the severity of the acne the intervals of the treatment varies from weekly to bi monthly.

Single treatment cost £55
course of 6 £275

Only Yourx gel peels

A skin peel is a regenerating technique that reveals smoother, healthier skin beneath. In our peels we use natural botanical extracts (Alpha Hydroxy Acids or AHA's) combined with state-of-the-art ingredients so they are extremely effective but less irritating than deeper peels. Using natural AHA- ingredients exfoliates the skin and encourage new skin cells to form in the basal layer which smoothes out scarring & blemished skin

Single treatment £55
Course of treatment £275

We are here to help!

If you have any questions or concern about your skin or treatments please call in and have a chat with Dermalogica skin care therapist *Jenny Hayward*. Having been affected by acne myself since early teens and later in life I can fully relate to both physical & mental issues regarding acne. We are open Monday – Friday 10am to 8pm. If you don't have time to come in, simply send us an email and we will get back in touch with you.

email: mail@Magic2beauty.com