

Exfoliation Fundamentals

Refresh and Revive Your Skin

Chrissy Spehar

Professional exfoliation, followed by at-home care, is key in maintaining healthy, radiant skin. While it's important to not over-exfoliate--which could lead to a chronically red, irritated complexion--proper application of this technique can be the difference between a dull skin tone and a fresh glow.

The exfoliation process involves gently sloughing off the outer layers of dead skin cells with the use of an abrasive tool--such as a loofah sponge or brush--and/or a coarse product, such as a skin cleanser containing sea salt or ground nut shells.

By removing dead skin cells, which can block pores and cause blemishes, the

Exfoliation 101

There are three ways to exfoliate:

- 1) Using a tool that scrubs, like a loofah, or washcloth;
- 2) Using a product containing abrasive particles, like a walnut facial scrub;
- 3) Using a product that contains gentle exfoliating acids, like alpha-hydroxy, beta-hydroxy, or salicylic acids.

The first two options require rubbing action on the skin. The third does not; instead, the product removes the outer layers of skin by reacting chemically with dead skin cells.

*Autumn the
year's last,
loveliest smile.*

-William C. Bryant



Proper exfoliation can facilitate clear skin for a fresh, glowing complexion you'll love.

exfoliation process leaves the skin healthier and more vibrant while allowing other products, like moisturizers and serums, to penetrate more effectively. Any area can be exfoliated, including the face, neck, chest, back, arms, or legs, but it is important to always use products intended for your skin type.

"Going to the spa and getting a great exfoliation is the easiest way to kick start healthy skin," says Mary Blackmon, founder of Spa-addicts.com. Professional exfoliation, including microdermabrasion and chemical peels, is often more intensive than at-home treatments. After a professional session,

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explains Blackmon, you can follow up with exfoliating treatments at home using a tailored product specifically for you, as recommended by your esthetician.

At-Home Exfoliation

Exfoliating can be a great home care tool for maintaining the results you experience after spa treatments. For instance, if you exfoliate regularly after a waxing session, you will be less likely to experience ingrown hairs and blackheads on the waxed area.

If you and your esthetician have determined at-home exfoliation should be part of your skin care plan, following a few simple steps will increase the efficacy.

When exfoliating your face, use products specifically designed for this purpose. "Be gentle with your face, especially around the delicate eye area," says Blackmon. "Make sure to use products that are specific to the area of your body that you are exfoliating." Products intended for the body are often too harsh and abrasive for your face, where they could cause irritation, rashes, and/or breakouts.

Exfoliation can dry out the skin, which can cause wrinkles over time. Consequently, if you exfoliate regularly, moisturizing is important. And don't over-exfoliate, Blackmon says. "Twice weekly should be ample."

Your exfoliation needs will vary depending on your age and the climate in which you live. For instance, warm weather can cause sebaceous glands to overproduce, which can lead to the accumulation of even more dead cells. Also, older skin may require less exfoliation since it's dryer and more delicate. Consult your skin care practitioner to determine the best course of action.

When exfoliating at home, use the following guidelines for best results:

- 1) Moisten your skin. Otherwise, you are likely to irritate the skin and the treatment will not be as effective.
- 2) Apply an exfoliating cleanser to your skin or squeeze some into your loofah. If exfoliating delicate areas, like your

face and neck, simply pour the cleanser into your hands. Make sure to use a cleanser that is suited to your skin type, and is not too abrasive.

- 3) Scrub the exfoliating cleanser over your skin using a circular motion.
- 4) Use a sponge, exfoliating gloves, or loofah for more resilient skin, like that found on the arms, back, and legs.
- 5) Rinse skin completely.
- 6) Follow with a moisturizer designed for your skin type.

A Partnership

If exfoliation is not done properly, you could end up with dry, irritated skin. Consequently, it is important to trust the expert--your skin care professional --and follow her/his recommendations on what's right for your skin type.

Oftentimes, professional exfoliating treatments, followed with proper home care, can put you on the path toward healthy skin. Work with your esthetician to determine your best course of treatment.

"The number one desire of all estheticians is to help you face the world with confidence and pride in the way you appear in public," says Alison O'Neil Andrew, an Atlanta-based esthetician. Your skin care professional will help you find the products right for you, and it's your job to communicate with your practitioner your skin care goals, what's working, and what isn't.



Follow professional exfoliation treatments with at-home care to maintain clear skin.

The Health Benefits of Ginger

Easing Nausea, Joint Pain, and Allergies

This pungent spice is found in cuisine around the globe, but ginger has also been used for more than 2,500 years for its medicinal properties. The ancient Chinese knew that it aided in the absorption of many herbal preparations and they prescribed it extensively as a digestive tonic.

A native root of southeast Asia, ginger is a potent ally in the treatment of nausea, motion sickness, and joint pain. Current research confirms ginger's efficacy as an anti-inflammatory, GI calmate, and antihistamine. The active ingredients found in ginger -- gingerols and shogaols -- lower levels of prostaglandins, the chemicals responsible for pain and inflammation in joints and muscles. By reducing prostaglandins, ginger can even have a positive effect on heart health and circulation because chronic, systemic inflammation increases the risk of heart attack and blood vessel compromise.

Ginger comes in several forms. Fresh and dried ginger is available in

supermarkets for use in cooking. It's also available in capsules, an extract pill form, prepackaged tea bags, crystallized, and as a topical oil.

Recommended Uses

MOTION SICKNESS AND NAUSEA

Most medications for nausea and motion sickness work to calm the nervous system and can cause drowsiness and dry mouth. On the other hand, ginger calms the digestive tract directly and has been shown to reduce nausea after surgery and chemotherapy. For motion sickness, take 100 mg two hours before departure and every four hours afterwards or as needed.

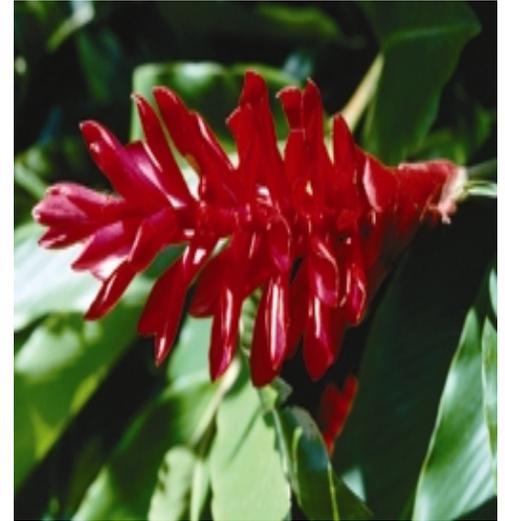
ARTHRITIS AND MUSCLE ACHES

Massage ginger oil into affected areas and/or take up to 1 g of powdered ginger daily to reduce inflammation.

COLDS AND ALLERGIES

Drink up to 4 cups of ginger tea daily or enjoy authentic ginger ale (made from real ginger).

While ginger has no known side effects, it's always a good idea to consult your health care practitioner to make sure it's right for you.



The ginger plant has many medicinal uses.

Foods to Boost Your Mood

Don't let your diet get you down. If you're looking for a quick pick-me-up that will boost your mood but go easy on your calorie count, consider these "superfoods" recommended by Mehmet Oz, MD, vice-chair and professor of surgery at Columbia University and contributor to Oprah.com.

KEFIR MILK

Try it if: you're looking to calm down.

Made by fermenting more traditional milk with kefir grains, this drink is high in the amino acid tryptophan, which produces a relaxing effect on the nervous system. As a bonus, the drink also contains a healthy amount of B vitamins.

ASPARAGUS

Try it if: you're feeling low.

This vegetable is loaded with folic acid, which is good news for your mood, as low levels of the vitamin have been tied to depression. In fact, one 5.3-ounce serving contains 60 percent of your recommended daily folic acid allowance. Plus, asparagus is low in calories and

contains no fat or cholesterol, so it won't ruin your diet.

ORANGES

Try it if: you're stressed out.

Why? Vitamin C. This powerhouse nutrient can help support your immune system, skin, and more, but its stress-fighting powers come from its effect on your blood pressure. Studies have shown that consuming 500 milligrams of vitamin C daily can dramatically lower cardiovascular and stroke risk. One orange contains about 80 milligrams.

*Autumn shows
us how beautiful
it is to let things
go.*

-tinyBuddha.com

Autumn, don't you just love it? The colors, smells, sounds are all so vibrant, just makes you want to jump into a pile of leaves!

It's a busy time of year for all of us. The holidays are right around the corner. Small Business Saturday is all consuming right now. I'm busy getting all the gifts, stocking stuffers & skin care products ordered & restocked. Green Bamboo will be open on Saturday November 26th from 8:00-11:00 a.m. So Save the DATE!

- 11.26% off everything on the shelves
- free gift with purchase
- raffle every half hour
- chance to win FREE facial
- FREE refreshments

Coming up ~ Green Bamboo's 12 Days of Christmas! Another chance to win a FREE facial, just by shopping locally. Details will be announced on Facebook & Instagram or contact me @304-279-3109 or greenbambooskinicare@yahoo.com.

Happy Thanksgiving ~ gratefulness abounds

Merry Christmas ~ joy, love & peace

Best ~ Carol

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MEMBER

