



Mother's Day
Special:

Oxygen Beauty Facial \$109

Oxygen Aromatherapy
Massage \$89



**SPECIAL
EVENTS:**



OPEN HOUSE

Check out what's new!
May 17th



**Oxygen and Light
Therapy Seminar**

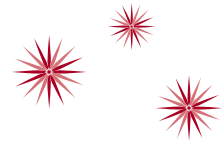
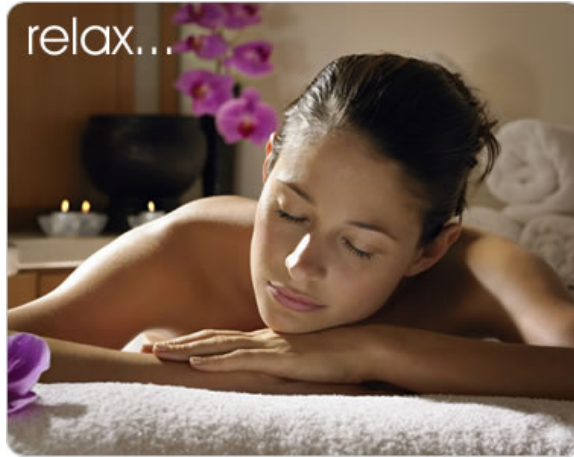
June 7, 2008
Saturday
1pm - 4 pm
NO CHARGE



**Please, confirm
your attendances**



Skin Unique Newsletter



APRIL 2008

Happy Spring from Alena!

Peace to everyone! Spring is almost here, the time when new life begins to sprout all around us. Skin Unique is "sprouting" right along. So come feast your senses in our open house!

Try Our New Beauty Treatments

Oxygen Facial - Madonna's favorite, Oxygen Bar, Pure-Charge Foot Spa, Oxygen Steam Sauna, Total Beauty Detox Packages while sipping on oxygenated water and more. Get a Clean, Healthy Start to a New You!

What are oxygen beauty therapies and who can benefit?

Oxygen is elixir of life! It is the key ingredient to good skin, health and longevity, and it is the natural way to aid in healing and anti-aging conditions.

Atmospheric oxygen level is constantly decreasing due to pollution and loss of forestry. Our cells are starved for oxygen. This leads to premature aging, fatigue, concentration disorders, loss of vitality and performance, exhaustion, depression, and proneness to disease.

Our skin craves for oxygen as much as our body does. Medical researches have shown that the most common cause of aging is Oxygen Deficiency. Your skin loses about 65% of its oxygen by the age of 30.

Who benefits from oxygen skincare?
Everyone can benefit! It is great for clients with dry, irritated skin, wrinkles, pigmentation as well as sun-damaged skin. It soothes and plumps up

the skin after microdermabrasion, improves acne and clogged pores.

How do oxygen and your skin work together?

Your skin is in constant need of oxygen. Oxygen aids in healing damaged, oxygen starved skin, and it is natural cellular detoxifier, reduces inflammation, strengthens elastic and collagen fibers and acts as an anti-bacterial agent. Oxygen also helps to build the important carriers such as Adenosine-Tri-Phosphate and Creatine-Phosphate, improving cell energy.

Whole body benefits with "Oxygen Facial" - 90% of pure oxygen is delivered to the facial area. It is a safe, non-invasive way for skin rejuvenation and adding an anti-ageing preparations, such as collagen, DMAE and Hyaluronic Acid results in smooth, tight, youthful, fresh looking skin - gently, effectively and safely.



*SKIN – What is it?**Part 2*

*“New You”
Complete Beauty
Program!*

In our first issue we talked about the outmost layer of the skin - the epidermis. This is the layer that you see and apply products to every day. It protects your body from infection, invasion of bacteria and other germs. The skin is your body's first line of defense. It is made up of some living and some dead cells which shed and fall off to be replaced with fresh new cells. This is referred to in skin terms as “cellular turnover”. In addition to providing protection, the epidermis also seals in moisture and hydration.

Underneath the epidermis is dermis, the true skin. It is made entirely of living cells. Here we find connective tissues, fibroblasts and microphages with gelatinous matrix containing

collagen, elastin and reticular fibers. This layer provides strength, elasticity, firmness and tone. Dermis also contains blood vessels, sweat glands and nerve endings.

When it comes to dry, itchy, oily, and flaky or upset skin, the chances are there is something affecting the epidermis or dermis or both. When the natural skin care barrier is broken, weakened or off- balance, this opens the opportunity for infection, premature aging, excess pigmentation etc. Know which skin care products are suitable for your skin and only use the ones that are guaranteed to work with your skin and not against it. This skin care knowledge can aid you in making sure your skin always stays at its best.

How to Keep that Dewy Look

So what is a girl to do? How do you hang on to that moist, dewy look of youth? The natural skin care barrier - the acid mantle (as we call it), is produced by a mixture of oils and sweat. It should be slightly acidic from 5.5 to 6.8 Ph.

Unfortunately, over the years the glands that manufacture the oils slow down, and moisture may start evaporating from the skin. Have you noticed how glands always go out on you just when you need them the most? Fortunately there are things you can do to help the body.

1. Take an ample amount of anti-oxidants to keep the free radicals (the major cause of aging) at bay. There are many, many causes of free radicals damage. The best body defenses against free radicals are antioxidants: Alpha Lipoic Acid, 100% pure Goji, Acai, and Noni Juices; Resveratrol, CoQ10, Vitamin E,C, Beta Carotene, Selenium, lots of fruit etc.

2. Buy a vaporizer or humidifier - and use it! Dry heat draws the moisture right out of you. Spray or mist your face often (amber glass spray bottles available). Anything that puts moisture in the skin is a gift.

3. Drink eight glasses of purified, (best oxygenated) water per day. This helps to wash out wastes, toxins and keep your cells plumped up.

4. Consume essential fatty acids - skin's best friend. Genesis 100 % Acai juice contains plenty of essential fatty acids, protein, and much more. Fruit of Acai berry is known as a “Beauty Berry”.

5. Exercise, rest and get proper sleep. Minimum of 8 hours of sleep every night is a must. Fatigue shows on the face in form of dark circles, dry skin, wrinkles, blemishes and speeds up the aging.

6. Proper digestion and elimination is crucial to good skin - your body must rid itself of waste. Full elimination of 3 times per day is essential. Taking a good brand of digestive enzymes, herbal body cleanses and/or bio-oxygen bowel cleanse on regular basis is necessary for good complexion and good health.

7. Good “Beauty Nutrition” - Our food does not contain the nutrients it used to and food supplements are necessary for our glands to work properly - glands make us young but shrink with age.

8. Anti-Aging Skincare Prevention - a solid skin care regime at home, having a good facial every month, the anti-aging facial series yearly, will keep the skin young and slow down the aging process.



*Gift certificates
SPECIALS
for
Mother's Day*

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QUALITY FIRST



*Renew your Mind, Body
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*SATISFACTION
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Visit us at:
www.skinuniqueinc.com

Special message from the Aesthetician

Due to a busy schedule, newsletters are not as regular as I would like them to be, however continual education is always a priority. I will see to it that they will come out as regularly as possible.

Our next seminar is on June 7th at no cost. We will conduct treatments on **Oxygen and Light Therapies**. If you wish to be a model, please contact Skin Unique.

Please let us know what you would like to learn about in the future.



Alena Kytka

Tips of the month

Habits to cultivate

Stillness - there is a great deal of strength and command in being still and quiet. When you take several deep breaths to control your breathing, while purposely relaxing your muscles, pushing nervous energy out of your body, you can begin to appear calm. As you continue you will start to feel calm.

This is called grace under pressure.

