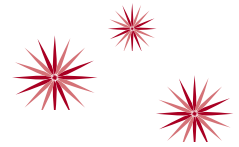




# Skin Unique Newsletter



*Merry Christmas 2009!*

## *Headlines:*



Cosmetic and Healing  
Benefits off LED Light  
Therapy



Anti-aging effects of LED  
Light Therapy



List of benefits of LED Light  
Therapy in Skincare



Advantages of Multi-  
wave system



Time is fast as ever and it is almost time to celebrate! We have been lucky to have quite mild weather so far. I definitely prefer this weather over the large snow banks and deep freeze. As a young girl I enjoyed mild winters and early spring. I want to take this opportunity to

thank all of you for your support and generosity. For the New Year and throughout the Christmas time I wish you into the New Year all the God's blessings and more. As a token of my appreciation I offer you free "oxygen bar" with any treatment you might have in the month of January.

## *Cosmetic and Healing Benefits of LED Light Therapy*

Since the late fall I have been busy with LED Light Therapy treatments in skin care to further help my slowly aging clients. Many of you have been asking me about LED LIGHT THERAPY in more details and this is my opportunity to do this for you.

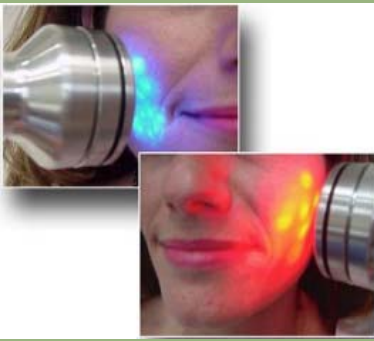
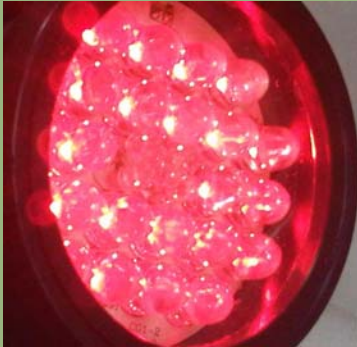
LED Light Therapy is one of the most acclaimed and documented treatments for aging, healing wounds, improving skin diseases such as eczema, treating brain tumors and compromised skin cells (mouth of cancer patients); LED Light Therapy is fast becoming revolution in health care as well as in skin care.

LED Light Therapy is a non-invasive procedure done with panels of red, infra-red, blue, green or amber of light, up to three times brighter than the sun to activate skin cells. It works like photosynthesis for the skin - it converts

light energy already found in skin cells to promote healing and anti-ageing effects. Studies show that skin exposed to LED light wavelengths grows 150-200 % faster. Therefore as LED therapy improves the appearance of the skin it also promotes healing of wounds, burns and scars. This happens because the skin has a high blood and water content so it quickly absorbs the light to produce enough energy to cause a healing response from the body. NASA uses LED therapy to treat muscle and bone atrophy and decrease healing of wounds in astronauts.



## *Anti-Aging effects of LED Light Therapy*



*Gift certificates  
available*

Collagen and elastin are 'the words' in any spa on planet earth. As we age, tan, smoke, wash our face and live within the confines of gravity, elastin and collagen fibers break down and we see wrinkles, creases and folds in the skin that was once taut.

LED Light Therapy can reverse appearance of aging skin, enlarged pores and crow's feet with a light wave that penetrates far beneath the surface of our skin without causing any damage. It also pulls collagen to the surface to fill-in the lines and wrinkles.



### *List of benefits of LED Light Therapy in Skincare*

- Minimizes appearance of fine lines, wrinkles and crow's feet.
- Clears acne, blemishes and minimizes pores.
- Improves appearance of skin tone and texture.
- Restores skin's natural collagen production.
- Reduces melanin that causes brown spots.
- Reduces effects of sun-damaged skin.
- Increases circulation and moisture.
- Reduces skin degradation, redness and flushing.
- Decreases scarring, redness, dry patches, itching and sensitivity caused by eczema.
- Stimulates and activates naturally occurring metabolic functions and nutritional elements.
- Skin appears naturally smoother, tighter and more radiant.

### *What are the advantages of Multi-wave system?*

Most LED system used today offer single or dual wavelength resulting in long treatments. With advanced technology of the multi-wave systems and precisely selected wavelengths for each condition you can achieve maximum effectiveness in a short time with each treatment. To achieve desired results the

number of treatments will vary with each person depending on their skin condition (age, diet and lifestyle). We offer 5 or 10 treatments as a package scheduled once or twice per week, until the desired results are achieved. Always as an add-on to our Facials, Peels, Microdermabrasion... you will see much younger, plumper skin.

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## *Upcoming Workshops*

**January 30<sup>th</sup> - 31<sup>st</sup>**  
REIKI 1 & 2 .....\$360  
*(Repeats welcome \$200)*

**February 27<sup>th</sup>**  
Aromatherapy 1 ....\$95

**March 27<sup>th</sup>**  
Aromatherapy 2 ....\$126



## *A special message from Alena*

*You can decide to stop being  
affected by the outer world and,  
instead, to affect the world around  
you with your peace.*

*Inner peace comes from within not  
from without.*

*You have a part of you that looks  
over and observes your other parts –  
it is your higher self, your God-self.*

*What are the requests of your soul?*



*Best Wishes  
for a  
Merry Christmas*

