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## An Investment in Your Future

How you treat your skin today affects the skin you will have ten or more years in the future. So, Advanced Beauty Care provides skin care that will not only help you look better today, but also maintain a youthful appearance in the years to come.

**Our star treatment is the Hydradermie facial.**

**What makes it a star?**

- The secret behind the treatment is ionization.
- Soothing massage movements of the rollers help the plant based active ingredients penetrate more deeply into the skin, deep cleansing it and revealing its inner beauty.
- The high frequency action oxygenates and energizes your skin to leave it relaxed, radiant and clear.
- A customized mask and lifting massage boosts the skin to leave your complexion balanced, healthy and glowing.



**Q: How does the Hydradermie facial cleanse the skin compared to the traditional European facial that uses steam?**

**A:** It's a myth that steam opens the pores of the skin, steam weakens your skin and makes it more susceptible to damage and wrinkles; if you think of a piece of meat when it is raw, it is very firm and has a nice pink texture, but when it encounters hot water, it starts to turn brown and break apart. The same thing happens to your skin... The mild galvanic current of the Hydradermie and the specific gels applied to the skin contain Sodium acid carbonate that helps deep clean your pores and rid your skin of impurities - *gently*.

**Q: Why does Sarah recommend lavender oil for treating blemishes?**

**A:** Lavender is an amazing little plant, and its pure oil (extract) can be used direct on the skin unlike other essential oils. **Lavender is naturally antiseptic, anti-inflammatory, anti-germinal** and accelerates cell renewal for healing the skin. Apply one drop over a blemish to reduce the redness and swelling, pat one drop over an insect bite to reduce the sting and cool the area, and apply immediately to a skin burn to help prevent blistering. Another common remedy is mixing lavender oil with aloe vera gel to relieve sunburn (keep the aloe vera gel in the fridge for extra cooling).

*... I would consider no one else for my skincare...*

*"Friends make the best referrals"*

# Skin Care Is Health care



**There is nothing frivolous about protecting your health starting with the first line of defense - the skin.**

Restore Youthful Radiance with our daily beauty ritual steps:

1. Step one in our skincare ritual is cleansing, aim to **massage your cleansing milk for 2 minutes**, gentle circles over the face and neck before rinsing with tepid water. Why? The massage action stimulates cell function, lifts dead skin and impurities.
2. Remember to use your toning lotion, often overlooked, it is your **second step in cleansing and your first step in moisturizing**. Apply using a cotton pad and wipe up and out over the face and neck.
3. Exfoliate! Exfoliate! Exfoliate! **Removing dead skin instantly lifts a dull complexion to reveal healthy radiant skin.** Gently and regularly exfoliating your skin will keep it youthful and ensure all the active ingredients in your

moisturizers absorb to keep the skin supple. Oily skin: once a week. Normal skin: twice a week. Dry skin: three times a week if necessary.

4. Face masks are a fabulous way of taking your skin health to the next level. Chosen carefully a mask will restore suppleness to a dehydrated skin, deep cleanse and purify an oily skin and renew radiance to dry skin. Apply after exfoliating, twice a week, leave 10 minutes and remove, tone the skin and apply your favorite serum and night cream. Bliss!

The Advanced Beauty Care Youth Recovery program is a customized skin care ritual that addresses the concerns of ageing by combining spa facial treatments and key Guinot skincare products used in a specific sequence to obtain visible results.

**Why not start your Youth Recovery Program this Spring...**



## Double Peeling Facial

Anti-aging cell renewal  
Youthful Radiance  
Anti-pigmentation



## Rejuvenate the Features

Instant 'lifting' treatment  
Tones the Skin and Firms the Face  
no injections!



## Youthful Glow

Rejuvenating-lifting facial  
Redefines the Skin  
Tightens the Features

**Advanced Beauty Care....**  
*Luxury... Privacy... A Sanctuary*