

Woman's Intuition

The secrets to the Best Summer Skin!

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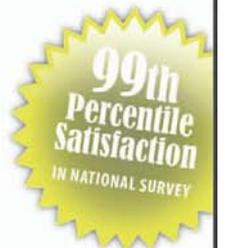


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The secrets to the best summer skin!

With summer approaching, many of us are realizing that our skin isn't as young as it used to be. I've found a few little secrets that can turn back the clock, or simply slow it down.

First, the most important thing is to keep your skin protected from the sun. Be sure you're using a skin-care line that has UV and SPF protection in it. It's simple to find both of those, even in drug store cosmetics, so there is no excuse to not protect your skin from the sun!

If you have dark circles under your eyes, try Multi-peptide Apiderm DeCircling Serum for Eyes. The product illuminates dark circles, visibly relieving puffiness under the eyes. Firming almond proteins are blended with energizing hydrators in this advanced skin therapy, delivering immediate age-fighting remodeling the skin's surface with results that can be seen and felt in seconds!

Go oil-free! With summer heat, it's more important than ever to keep oils away from your face. One of the best firming and toning products I've found, is also oil free! Advanced Firming Complex, is an oil free skin firming serum using wound-healing peptides discovered by researchers at the National Institute of Health. The results of Advanced Firming Complex are seen instantly, firming and tightening the skin. Within 2-4 weeks maturing skin is visibly firmer.

Another secret many are using is a DermaSound™ ultrasonic facial. You may have seen it recently on The Doctors, and it's completely safe, with no downtime. Along with providing a non-surgical answer for anti-aging treatments, this therapy has been used for years by athletes to speed tissue healing and is now tailored for men and women. The system promotes the transport of nutrients back into damaged cells and the removal of waste products, improving collagen and protein synthesis in the cells.

Don't forget about your neck and chest. Even the best of us can see the signs of sun damage and age in our necks. Forget plastic surgery. Try Firm & Repair Throat Crème. It is specially formulated to address the unique needs of often-neglected, prematurely-aged region below the face. This emollient crème contains two highly effective skin remodeling peptide groups. Matrixyl 3000, an oligopeptide and cell-messengering complex, targets tissue-producing cells to enhance firmness and resculpt the jawline and neck.

The best remedy to save money and your beautiful skin in the long run, us to take care of it today. You can do that with just a few simple products, designed to keep your skin looking its best. These products and services are available exclusively at Apiderm Laser and Skin Care Center in Troy. Visit online at www.apiderm.com.



Local hot-spot for smooth summer skin

Looking for smooth summer skin without the hassle of shaving? Local esthetician, Tiffany Piggee-Taylor has the answer. Taylor's business Ms. Esthetician, has spent years perfecting the skill of providing her clients with not only the highest quality in waxing services, but also the knowledge needed to ensure safe waxing. Taylor's techniques are highly recommended for safe, effective hair removal.

With so many spas and salons offering waxing, it's important to find a location that offers safe, licensed and trained estheticians. And men are doing it too! 43 percent of clients that wax regularly are males that travel from as far away as Kalamazoo or Toledo.

Taylor's Tips for Safe Summer Waxing for Men and Women:

- Exfoliate (loofah, sugar scrub, or chemical exfoliant) your skin every 3-4 days.
- Moisturize daily.
- No tanning 24 hours before or after waxing.
- Acne meds and certain antibiotics waxing are not a good combination, be sure to check with your doctor before waxing if on any medications.

Working in Rochester area for the past four and a half years, Taylor was trained in Royal Oak at the David Presley School

of Cosmetology as a licensed esthetician. She then went on to work exclusively with Satin Smooth, a division of the Conair company training estheticians with these unique waxing techniques. Although Taylor recently retired from Satin Smooth, she still teaches local estheticians the keys to safe and effective waxing.

"I loved being a 'wax star' educating other technicians on the importance of technique and sanitation, says Taylor. "It was important for me to be able to spend more time with clients and give them the expertise in the salon that I was teaching to others."

Taylor's method is contaminate-free and customized to each client. No other salon in the area offers this level of clean wax service. During the summer months, many women have regular waxing appointments; what many people don't know is that waxing has a large male clientele. Offering Brazilian waxing to both men and women, Taylor has mastered the art of waxing in a clean and relaxing environment.

"I have some male clients who have been coming to me since I started in the area," said Taylor. "They are amazed at the results."

Taylor's passion for waxing and her vision to see local men and woman with

smooth and healthy skin is the driving force behind her many satisfied clients. She takes extensive time and care with each client to not only provide them with service, but also educated them on the importance of safety when seeing an esthetician for waxing services. From finding out if a client is on medication to checking to see if they have a skin conditions, Taylor ensures that each person has a waxing experience designed just for them.

Unique to Taylor is her commitment to cleanliness and a personal relationship with each client, and the community. Each wax applicator is used only once and then discarded. While most salons use applicators several times on a single client, Taylor reduces the risk for cross contamination and contagious diseases by treating each new area like it is the first area to be waxed. Taylor is also an active member of ABMP and ASCP and recently organized a local waxing charity event, with all proceeds benefiting Grace Centers of Hope.

Ms. Esthetician is located inside of Rochester Esthetics in downtown Rochester. To make an appointment or learn more about her waxing techniques, call (248) 413-7333 or visit www.msestheticianwaxing.com.