

Facials-- Not Just For Leisure, But A Necessity

Spas, gyms and leisure facilities offer many types of facials to pamper or unwind today's busy woman. The market plays on an oasis of the mind, offering to calm, rejuvenate and restore your inner and outer body, mind and soul. This idea has been tempting women to, "go ahead treat yourself...you deserve it!" Well not only do they deserve it, their skin deserves it!

Facials are not only meant to spoil the privileged, they are specifically tailored for every woman, to every skin type, every skin condition and any pocketbook. Today's facials offered by clinical day spas are founded in science and not simply for leisure indulgence. Professional clinical products are scientifically balanced and meant to treat the skin! Women of all ages, even our young "tweens" benefit from facials for a clinical purpose. These highly therapeutic products, rebalance the skin and address the age of the skin. When considering fighting against the visible signs of aging and skin problems, studies show that women's skin starts aging after the age of 25 and she should start regular facials and skin protection from the elements. Skin care is described perfectly in a press release on an innovative scientific skin care line, AquaFolia which can be viewed on confidentimagechezfrance.com

Our North American climate is unforgiving when it touches our skin. We can see and feel the effects caused by exposure to UV rays, extreme solar or dry furnace heat, extreme sub zero cold and harsh wind, sweat, humidity, air pollution, and other modern-day environmental hazards – like cigarette smoke and fast foods. Our skin takes a beating and we must protect our skin from these elements. Product development laboratories choose specific ingredients to conjugate the pure energy of nature with the power of science.

AquaFolia believes, "Life relies on balance, which brings forth beauty and well-being. Taking in hand the skin's radiance means rediscovering the joie de vivre brought about by unwavering self-esteem. Discovering AQUAFOLIA means making the choice to shine and cherish the environment."

Treating the skin using leading edge biotechnological products and active botanical ingredients such as; Aloe, Avocado Oil, fermented Black Tea Extract, Calendula, Vitamin C, Green Tea, Grape Seed Oil, Jojoba Oil, Kombucha, Macadamia Nut Oil, Olive Oil, Olive Leaf Extract, Papaya, Pineapple, Red Tea, Shea Butter, Sun Flower Oil, White Tea.

The list is extensive for these natural ingredients which are gaining popularity and are becoming a household name. There is nothing leisure about these powerful extracts which can create a change in the appearance of the skin. The antioxidants properties have the natural ability to stimulate cells and return skin to a firmer, smoother, and healthier state.

Ingredient Facts:

- Aloe: - derived from the sap of the aloe leaf - is the most popular botanical used in cosmetic formulations due to its hydrating, softening, healing, antimicrobial and anti-inflammatory properties.
- Avocado Oil: - contains vitamins A, C, D, E, - favours healing - reduce irritation - helps protect the skin from ultraviolet rays.
- Vitamin C (ascorbic acid): - repairs the skin and tissues – stimulates cell renewal.
- Calendula: - anti-inflammatory plant extract.
- Grape Seed Oil: - contains polyphenols - is an antioxidant 50 times stronger than vitamin E and 20 times stronger than Vitamin C. Cold pressed grape seed oil: - protect the skin cells against unstable oxygen molecules (free radicals) - improve blood circulation - strengthen vessels - fight premature aging of the skin.
- Green Tea, White Tea and Red Tea: - strong anti-oxidants - fight against UV rays and their damaging effects - increase skin oxygenation - fights premature aging of the skin.
- Jojoba: - oil extracted from the bean-like seeds of the desert shrub - used as an emollient and moisturizer to nourish and soften.
- Macadamia nut oil: - protects cell DNA - decongests - soothes.
- Olive Oil and Olive Leaf Extract: - hypoallergenic moisturizer for the skin - fights free radicals - anti-inflammatory - anti-oxidant - anti-bacterial properties.
- Papaya and Pineapple: - natural enzymes used for exfoliating dead skin cells.
- Sunflower Oil: - rich in vitamin A, E - helps to regenerate skin cells – protects the skin.

Benefits of a Clinical Facial in addition, offers time to relax your mind, body and soul while highly performing on your skin. Most importantly it will DETOXIFY, REMOVE IMPURITIES and DEAD SKIN CELLS, OXYGENIZE LIVE CELLS, HYDRATE, SOOTHe, REDUCE SIGNS OF AGING and increase production of COLLAGEN and ELASTIN (protein fibres that keep the skin looking young) while NOURISHING your skin for a healthy, radiant GLOW!

It is important to focus on your skin prior to your facial. Take a close look at the colour, tone, texture, touch it, feel the suppleness and thickness of the epidermis (top layer of the skin). Examine the fine lines and wrinkles, the size of your pores, paying closer attention also to the neck and décolleté (the neckline extending about two handbreadths from the base of the neck down the upper part of a woman's torso). The décolleté is often neglected causing crinkling as maturity progresses. Spend the extra time to nourish and treat this area during a clinical facial by adding microdermabrasion, an excellent rejuvenation process to help reduce the signs of aging. Microdermabrasion, combined with clinical products are effective in improving and reducing fine lines, age spots or brown spots, and other superficial skin blemishes. The treatment can also reduce oily and enlarged pores, blackheads, and some acne scarring.

Depending on the objective and skin condition, a series of treatments every week for the first 4 – 6 may be necessary. Typically, a clinical facial should be done once a month to maintain the results achieved from a series and sustain the skin's optimum form.

Look for a clinical day spa that will provide you with information and assist you in determining what skin type you have. Choosing the right facial is essential in restoring the health of your skin and is far more CRITICAL than the indulgence one may want. In my experience, clients who visit my clinic say that they feel empowered when it comes time to select a skin care or facial. It is for that reason that I offer the necessary time during a consultation to discuss their needs and educate my clients when doing a skin analysis. It is vital to their skin care regime in order to achieve an overall "MAGICAL GLOW".

"You may not be a celebrity; however, taking a therapeutic approach to skin care will make you look like a STAR!"



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