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juve facial rejuvenation salon A younger, healthier you.

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Join our mailing list!

Season's Greetings!

In addition to providing you with quality skin care and holistic health care services we would also like to share information applicable to alternative living and anti-aging methods. Take advantage of our monthly newsletter to discover tips, articles and advice to help achieve a younger, healthier you!

Top 7 Causes of Aging Skin:

Being aware of lifestyle choices

- 1. Cigarette smoke:** Research has proven that smoking, or exposure to smoke significantly increases skin wrinkles and dryness. Cigarette smoke deprives the skin of oxygen and depletes your body of Vitamin C, which is the key ingredient for maintaining moist skin.
- 2. Sun Exposure:** Excessive exposure to the sun increases brown spots, wrinkles, dryness and sagging. However, damage is avoidable and correctable if prevention starts now. Always be sure to use a sunscreen that protects against UVA and UVB rays and with a SPF of 15 or higher. Also, remember to reapply sunscreen throughout the day for optimal prevention.

3. Lack of Exercise: Keeping the body active improves circulation, increases endorphins helps tone muscles and enhances energy levels, which ultimately make you feel good. The better you feel, the better you look.

4. Exposure to cold weather and low humidity: Low temperatures contribute to dry skin; it is important to use a good moisturizer throughout the day. Perhaps consider a humidifier to help moisten the air in your home during the winter months.

5. Alcohol use: Alcohol dilates small blood vessels in the skin causing redness, as well as dehydrating the skin.

6. Stress: Skin aging related to stress can be reduced by meditation, yoga, gentle exercise or other relaxing activities like reading a book or taking a bath. It is also important to be aware of your facial expressions. Try to recognize when you are frowning your brows or frowning and relax the muscles in your face.

7. Lack of Sleep: Dark circles, redness and sagging skin are all results of lack of sleep. Research has proven that adequate rest and quality sleep have proven to enhance optimal performance. It is recommended to maintain a sleep routine by going to bed at the same time every night. Also, limit caffeine and food intake at least two hours before bed.

[Find out more....](#)

Skin Food: From The Inside Out.

Truly healthy, glowing skin comes from within: Foods that help preserve and replenish your skin.

Avocado: High in Vitamin E which works as an antioxidant, helping to protect the skin.

Olive oil: If you want a Mediterranean glow eat more olive oil. It is known as the 'good fat' and helps prevent dry skin.

Yogurt: There is a correlation between good skin and a healthy digestive system. Yoghurt is high in L. Acidophilus, Bulgaricus, S. thermophilus and bifidobacteria culture, all of which help maintain a clean digestive system, leading to healthier skin.

Blueberries: High in antioxidants which slow the effects of aging on the skin. Blueberries also contain a compound

called anthocyanosides which helps slow the effects of aging on the organs. The skin is the body's largest organ.

Vitamin C: Essential for healthy skin. Eat plenty of broccoli, berries, citrus fruits, kiwi fruits and tomatoes.

Fish: Contains natural omega 3 fatty acids which help nourish your skin and act as an anti-inflammatory. If you have a distaste for seafood you can supplement with flaxseed oil.

[Find out more....](#)

Promotions

Feeling festive?

Try our Pumpkin Peel treatment: exfoliates and draws impurities out of the skin while restoring vitamins, enzymes and nutrients back into the skin to create a healthy glow.

Our Price: \$100.00

[Learn More](#)

Join us next month for our segment and information on hormones and the skin, and exploring the mind- body connection. Have a beautiful day, take time for yourself, and remember beauty works from the inside out!

Sincerely,

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