

August, 2005

# The Glow Gazette

## What's New?

- We now have **Paul Mitchell's Awapuhi Moisture Mist in the travel size aerosol! An absolute must for proper skin hydration for those of you who frequently utilize air travel.**
- Also for you travelers, we now have **comprehensive travel size skin care sets (by skin type) contained in their own hard-sided plastic tote. Throw them into your suitcase and you're all set! They are a perfect compliment to our Face-in-a-Case Makeup set.**

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## Spa Service Virgin? Here's what to expect:

What you should expect on EVERY visit is a clean, comfortable atmosphere with a warm, competent and efficient staff. The staff wants you to be relaxed and comfortable with them and with your surroundings; therefore, if at any time you are not, tell them so.

What might make you uncomfortable? It depends on how modest you might be, and how comfortable you are with being touched. For most services, the staff will ask you to change into a nice fluffy robe. This is both to protect your clothes from the products used during your service, and a psychological way of removing you from the rest of your day. More specifically:

For facial treatments, you will be asked to wear a cloth wrap (much like a towel after your shower). You should expect your therapist to work not only on your face, but your décolletage (upper chest), upper arms, neck, throat, and shoulders as well. For full-body treatments and baths, you will be asked to wear a spa panty and a towel across your chest. If you prefer, bring an old swimsuit or undergarments to wear instead. The idea is for the treatment to cover as much of you as possible, but if there are areas you don't wish to have worked on, tell your therapist up front. For full body waxing, the attire will be similar to that of full body treatments, but you must realize that in order to do a good job, your therapist will have to have access to and touch you in those areas which you would like to have waxed.

Advice for finding a good spa? 1) Ask a friend — who enjoyed her spa experience — about the staff, the environment, and the service she had. You might like to have one of the same! 2) Call several spas in your area. Ask to speak to an esthetician or massage therapist and ask them questions about the services you are interested in. They should be more than willing to talk to you and you can trust the impression you get over the phone. 3) Visit a spa and ask for a tour and a menu. This is the best way to get to know the staff and environment. This will give you a clear impression of how you will be treated during

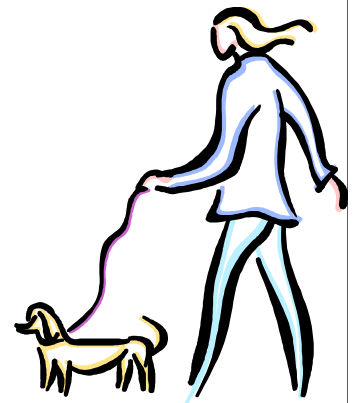
## August Philanthropic Cause: Wake Co. SPCA

In honor of the Dog Days of Summer, our August cause is the Wake County SPCA. Please check out their website for extensive information regarding adopting, volunteering, and other ways you can help!

From their website: [www.spcawake.org](http://www.spcawake.org)

Founded in Raleigh in 1967, the Society for the Prevention of Cruelty to Animals (SPCA) of Wake County is dedicated to creating a more humane community where every adoptable animal has a home. Each year the SPCA rehomes over 3,000 animals through its innovative adoption programs and lost and found efforts!

Continue on to page two for information on how we can help make a difference together!



**Products & Services for the Cause:**

Besides going to the SPCA and giving a monetary contribution, volunteering your time, or adopting an animal, here’s what you can do to help!

- Come into the salon and make a monetary contribution. For every \$10.00 you donate, you’ll be entered into a drawing for a \$50.00 Polished Salon/Spa Gift Certificate. (FYI—the salon matches this contribution dollar for dollar!)
- When you purchase OPI Nail Enamel from us during the month of August, we’ll donate \$1.00 per bottle to the Wake County SPCA. If you purchase OPI Nail Envy, we’ll donate \$3.00 per bottle! (Gotta keep your paws looking good!)
- Come in for a Spa Manicure and we’ll donate \$5.00 of the service price to the Wake County SPCA.

July cause update: Together we donated \$30.00 to the Make-A-Wish-Foundation!

**Feature Product: Bed Head Masterpiece Hairspray**

This new hairspray from TiGi’s Bed Head line offers a soft, touchable hold with shine! It is perfect for longer hairstyles and soft short styles. It is also a great working spray for complicated styles and up-do’s (just finish these with a squirt of Maxxed Out).

Regular Retail Price: \$17.95

Monthly Feature Price: \$14.95 (through 8/31)



**Feature Service: Lustre + Gloss**

Want shinier, healthier looking hair? Want to revive summer-ravaged color and tone down the brassiness? Then this service is for you! We’ll start by shampooing and conditioning your hair, then we’ll apply the product according to your hair’s specific needs. We’ll process you under the dryer for 20 minutes (think power nap!) then remove the product with another shampoo and finish with a conditioner.

Regular Service Price: \$35.00

Monthly Feature Price: \$30.00 (through 8/31)

*Beauty Tip of the Month:*

*To make hair super shiny at home, always finish your shower with a quick cool water rinse. This helps to smooth the cuticle of the hair down and makes hair appear shinier. Also, once weekly, give it a rinse in apple cider vinegar. This also tightens down the cuticle and helps to detangle unruly hair!*



## Beauty Seminar: Hair Product Knowledge

What's the biggest difference between a hairdresser styling hair and a client styling hair? Product! Products give us much greater control over the hair texture, condition, and appearance. Don't know the difference between pomade and gel? This seminar is tailor-made just for you.

We'll cover:

How to choose the best products for your hair type and the desired style result. I'll also show you how to properly layer them to get the best results! Plus, I'll show you how to use product "cocktails" to make them even more effective for you.

**The Details:**

Where: Polished Salon/Spa

When: Thurs. Aug. 25th,  
7:00-8:30pm or Sun. Aug.  
28th 2:00-3:30pm

Cost: **FREE!**

Please choose the session that is convenient for you and pre-register. Each session is limited to 5 participants!



*"Beauty is in the eye  
of the beholder and it  
may be necessary  
from time to time to  
give a stupid or  
misinformed beholder  
a black eye."  
—Miss Piggy*

## Makeover of the Month

So, how brave do you feel? If you're up to it, I'd like to offer you a completely complementary Color, Cut, and Makeover Application! The catch? And, yes—it is a big one. You'll be completely at my mercy! However, you'll get a whole new look—for FREE! To maintain your new look, you'll also get a 30% discount off any products you purchase the day of your makeover. Plus, you'll get a write-up here the following month. We'll outline how we achieved your new look (so everyone can start to copy it!) and provide before & afters! So, who's game? Keep in mind, I'm only offering one makeover opportunity per month! Just let me know if you're interested!

## Ingredient Spotlight: Papaya

Papaya is best known as a yummy tropical fruit, but it offers excellent benefits for our skin!

AKA: Papain (enzyme), Paw Paw, Papaw (Australia), and Mamoá (Brazil)

Sources: Green (unripe) Papaya

We offer: Papaya Cleanser, Papaya Toner, Exfoliating Enzyme Scrub, Enzymatic Resurfacing Masque, and our Enzymatic Facial with a high-dose Papaya Exfoliant

**Benefits:** Studies have shown that Papain:

- can break down Keratin (a fibrous protein in our skin that helps hold it together—making dead cells more difficult to shed)
- helps accelerate wound healing
- can reduce swelling and has anti-bacterial and anti-inflammatory properties

Did you know? It is also used as a meat tenderizer.

For more information: What's in Your Cosmetics? By Aubrey Hampton; Milady's Skin Care & Cosmetic Ingredients Dictionary 2nd Ed. by Natalia Michalun; [www.crfp.org/pubs/ff/papaya.html](http://www.crfp.org/pubs/ff/papaya.html); [amdwww.geocities.com/nutriflip/Supplements/Papain.html](http://amdwww.geocities.com/nutriflip/Supplements/Papain.html)





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Our Mission:

To provide our clients with high-quality products and services to polish their self-image as well as to promote the health and vitality of the hair, skin, and nails while also providing relaxation and stress relief for the mind and body.

We also pledge to utilize continuing education opportunities and to research the latest product/styling innovations to provide you with the best. We also relish feedback from you as to how we can serve you better. We may not always be able to immediately implement ideas and changes that you suggest, but they are a very important factor in determining our current success as well as plotting our future course! Please let us know what you like or feel needs improvement regarding our facility, products, services, etc. We love to hear from you!

Your Beauty Questions Answered:



Q: If I have acne, can an esthetician help me?

A: Yes ~ in certain cases. If your acne is mild or you have only occasional break-outs, an esthetician can successfully treat you. However, if you have infected acne (white heads), millia (small, hard, white bumps), or if you have a severe case of acne, a dermatologist should be consulted.

If you have a borderline case and aren't sure exactly which category you fall into, meet with a skin care thera-

pist for a consultation. She will be able to tell you whether or not she can treat you.

Also, an important part of the equation is you. Whether you are being treated by an esthetician or a dermatologist, it is imperative that you follow their instructions on how to use their prescriptions and/or products properly. Over-use or mis-use can result in

greater problems for your skin and skin care regimens only work when used consistently!!

Send your question to:

Carla@BePolished.com and look for the answer next month.