

January, 2006

What's New?

- **Our new Menu, Skincare Pricelist, and Makeup Pricelist will be available on our website by January 15th. The prices in these will become effective March 1. Be sure to check out the changes—especially the new services and products!**
- **Paul Mitchell's new Express Style Products are here! They help reduce drying/styling time!**

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The Glow Gazette

New Year's Resolutions—Resolve to reduce stress!

Among the list of lose weight, quit smoking, get more organized, get a better job/house/life, add stress reduction to your list of new year's resolutions. Stress is one of the most significant causes of premature aging and health problems in our society today. Some of its adverse effects are:

- Raised blood pressure
- Sleeplessness
- Lack of focus/confusion
- Over/under eating
- Exacerbation of existing

health problems and, (where we come in)

- Dull and/or broken hair
- Dull skin
- Acne inflammation
- Rosacea inflammation

Please make stress reduction a high priority for yourself and your family this year! There are many ways to achieve this. Our personal favorite is for you to come see us (of course!) for one of our many relaxing spa treatments. We also recom-

mend having an occasional massage, getting regular exercise, and setting aside a few minutes a day that are dedicated just for you to recharge. Use it to meditate, read, or just sit quietly. Also, drinking plenty of water and having a more healthful diet can help your body better respond to stressors that it encounters. A Happy and Relaxing New Year to you all!



January Philanthropic Cause: St. Jude Children's Hospital

Mission Statement:

The mission of St. Jude Children's Research Hospital is to find cures for children with catastrophic diseases through research and treatment.

Taken from their website - www.stjude.org

This hospital treats every child regardless of his family's ability to pay. Please help them treat as many children as possible.

Only 5.5% of their donated funds go to administrative costs. 9.4% goes to fund raising efforts, and the remaining 85.1% goes to the current and future needs of the hospital.

Please visit their website for more information and ideas for ways you can help. It also offers excellent resources for patients and parents. Please pass on to anyone you feel could benefit from this information.

Web site:
www.stjude.org

Find out how we can make a difference together on page 2.

Products & Services for the Cause:

Besides going on to the St. Jude Children’s Hospital website and giving a monetary contribution, or volunteering your time, 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. We match this donation dollar for dollar.
- When you purchase Bed Head Girl Toys or Boy Toys from us during the month of January, we’ll donate \$2.00 per product to the St. Jude Children’s Hospital.
- Come in for a European Facial and we’ll donate \$5.00 of the service price (\$60) to the St. Jude Children’s Hospital.

Feature Product: Creative Nail Rejuvenator

This copper peptide complex helps the skin’s ability to repair itself. The product also contains aloe & panthenol to provide moisture and allantoin to protect the skin from damaging environmental factors. Apply to the cuticle area regularly for beautiful skin and nails!

Regular Retail Price: \$13.95

Monthly Feature Price: \$11.95 (through 1/31)



Feature Service: Ultimate Manicure

Begin the new year with soft, smooth hands tipped with smartly polished nails. This pampering service starts with a citrus soak to cleanse nails and soften cuticles. We continue with shaping the nails, grooming the cuticles, and buffing (if necessary). We complete the service with an exfoliation, massage, refining masque, and paraffin dip—followed by polish chosen from one of our 75+ sophisticated shades.



Regular Service Price: \$40.00

Monthly Feature Price: \$35.00 (through 1/31)

Beauty Tip of the Month:

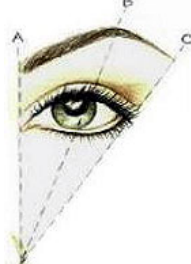
For an on-the-run fix for flyaway hairs or unruly “baby” hairs (short, fine hairs at the hairline), rub a fine sheen of lip balm on fingertips (making sure there are no clumps!) and smooth gently over hair surface. Guys, you can use this trick too for the perfect “bed head” look!



Beauty Seminar: Beautiful Brows

To tweeze or not to tweeze (or wax, or thread, or trim...)? That is the question. At this seminar, we'll review the ideal brow shape based on your individual features, compare hair removal procedures, and I'll show you how to maintain and enhance them for flawless brows every-

day! We'll also cover how to repair brows that are asymmetrical, formerly over-tweezed, or are a color that varies widely from your haircolor.



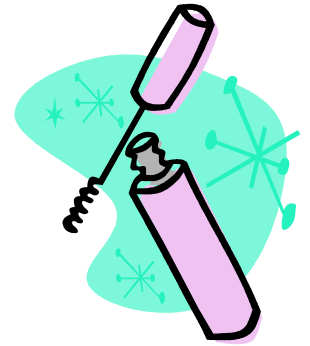
The Details:

Where: Polished Salon/Spa

When: Sun. Jan. 22 3:00-4:30

Cost: Free!

This seminar requires a minimum of 3 participants and is limited to 5. Please register to reserve your spot!



"It's said that the eyes are the windows of the soul. But the truth is, the eyebrows are. They're the ones that really express your emotions best. (Imagine trying to look surprised or angry without your brows!)"

--Nancy Parker

Beautiful Brows



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 Makeup 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: Dihydroxyacetone

Hey, have you been at the beach or is that just a great self-tanner?

AKA: DHA, Glycerone

Sources: It is a result of raw sugar can fermentation with glycerine.

We offer: Our Got Polish Self Tanners

Did you know?: When combined with lawsonone, Dihydroxyacetone is a Category I (approved) UV protectant.

Benefits: Dihydroxyacetone

- is sometimes used as a color additive
- reacts with the amino acids in the skin's epidermal layer causing it to stain a darker shade
- negates the exposure to UV light formerly necessary to tan
- is also an important intermediate in carbohydrate and lipid metabolism

For more information: (Sources) Milady's Skin Care & Cosmetic Ingredients Dictionary 2nd Ed. by Natalia Michalun; www.dermmaxime.co.za/ingredients/dihydroxyacetone.htm, www.expasy.org/cgi-bin/get-entries?KW=Glycerol%20metabolism



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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: I have thin lips. How can I make them look fuller?

A: First, to make the lips look more full, apply a lip plumper product when you first begin your makeup application. Let it sit for 3-5 minutes and reapply. This will not only plump the lips, but also smooth them giving them a more youthful appearance. Next, adjust the shape of your lips with a lip liner pencil in a shade that is one to two shades lighter than your intended lipstick color. Draw the line just outside the natural line of your lips and color in toward the center

of the lips. This will prevent a line being left behind if your lipstick wears off. Next apply lipstick color. Blot gently with tissue. Next apply a loose, pale powder (our Eyelights shadow dust in Queen or Icon works well) in the center of the bottom lip. This gives the illusion of fullness there and creates a "pout". Next top with a clear or light colored lipgloss. If more fullness is desired, you can use concealer to completely cover your

natural lipline and exaggerate it with the lip liner. Be cautious about over-doing this. Like chocolate, too much of a good thing can be bad and in this case can be really fake looking and less attractive than thinner lips!

Send your question to:

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

