



## 10 Bad Skin Care Habits to Break in 2015

By Emily Oster, Retail Sales Manager

### 1. Sleeping with Makeup On

After a full day's worth of oil and sebum production, the last thing you want to do is let your skin incubate even longer in dirt, pollution, and makeup. Make sure to take a few minutes and give your skin a clean sweep to avoid dullness and congested pores. Try: Obagi Foaming Gel Cleanser (\$38)



### Obagi 360

The Obagi 360 system is our newest complete approach to help protect and preserve healthy looking skin. This all-encompassing skincare system is designed to help proactively protect

## 2. Picking at your Skin

We know it's tempting, but picking at a blemish or blackhead can often push bacteria into the skin further, while creating more irritation, infection, and maybe scarring. Avoid attacking your problems and switch to well-timed spot treating as well as a prescription tretinoin (chemical exfoliant like Retin-A), our favorite eraser for persistent issues. Try: .05% Refissa tretinoin. (\$70)

## 3. Thinking your SPF is in your Makeup

Not all sun protection is created equal; we hear lots of clients leaning on their foundation for their SPF coverage. Not always, but usually the SPF in makeup is a low SPF and is not broad spectrum, meaning it would have to be reapplied many times for protection. Switch to a broad spectrum SPF of at least 30 for better defense from advanced signs of aging! Try: Revision Intellishade SPF 45 (\$52)

## 4. Over-Cleansing

This happens more often than you'd think, especially with the low air humidity during Minnesota winters. In theory, it seems like a good idea to cleanse away if you are seeing dullness or buildup in the skin, but it realistically strips the skin of natural oils and damages its protective barrier. Opt for a richer or more nurturing cleanser during the cold months! Try: Obagi Cream Cleanser (\$36)

## 5. Blasting Breakouts

When blemishes begin to surface, avoid over treating them every step of the way. Too many correctional products can often dry out the skin and actually make it so your treatments cannot penetrate through to the actual problem. It can also lead to more sensitivity and irritation, creating more problems than you started with. Try: SkinMedica Purifying Foaming Wash (\$40)

## 6. Intense Exfoliation

and improve the tone and texture of the skin, while laying the foundation you need to retain your radiance. With compliant use of Obagi 360 patients will see a noticeable improvement in the visible signs of skin aging while laying the foundation for fresh and glowing skin.

This system is usable for all skin types, and especially shines for those combatting the fine lines and wrinkles, pore size, dull skin tone and texture, or lack of radiance and resilience. The kit includes full sizes of NEW exfoliating cleanser, 0.5 Retinol, and Hydrofactor Broad Spectrum SPF 30 (moisturizer/sunscreen combo)

Price: \$142

**Patient Must-Have**



If it's got too much grit it needs to be gone! Squeaky clean skin right after intense exfoliation can feel good on impact but causes way more complexion stress in the long run. Excessive exfoliation can contribute to greater oil production and worsen breakouts by spreading bacteria. Opt instead for a more gentle texture for every day, or a chemical exfoliant like glycolic, alpha hydroxy and beta hydroxy acids. Try: SkinMedica AHA/BHA lotion (\$40)

### 7. Neglecting the Eyes

One of the first places we tend to spot the signs of aging, don't neglect your eyes early on! Protect the delicate skin with an eye cream that can help increase the production of collagen and elastin to help hide crepiness over time. Try: iS Clinical Youth Eye Complex (\$95)

### 8. Dirty Makeup Brushes

While sometimes crucial to our get ready routines, makeup brushes are a catch-all for germs and bacteria as makeup and skincare products collect on bristles over time. Not only can they spread pore-clogging pests but your products will apply less evenly and look dulled down with continuous double dipping. Wash or sanitize brushes weekly, especially those used for foundation or powder!

### 9. Skipping a Serum

Serums are some of the most efficient types of skincare products, meaning there is a serum to fit anyone's needs. By eliminating heavier ingredients meant to lock in moisture, serums hold super concentrated amounts of active ingredients that your skin can absorb quickly and efficiently address different problems. Try: iS Clinical Active Serum (\$128)

### 10. Ditching Products too Quickly

This may be the most paramount piece of info to keep in mind with your skincare. We often will say goodbye to skincare products too quickly, not giving them enough time to compound on their results. The key to long term correction with skincare is finding products that work



**By Amy Lindquist,**

Fashion & Image  
Consultant

I've been a client of Skin Rejuvenation Clinic's since they opened 10 years ago and I've learned so much about my skin, especially after having more issues than any other person I know, (rosacea, cystic acne, acne scarring, hyperpigmentation, melasma, deep nasolabial folds, large pores, you get the picture). I've come to understand that there is no one, single magic bullet to making your skin look better. It's a combination of high quality skin care products, (meaning products that have higher concentrations of the active ingredients so you can see results faster), quality facials and laser treatments, high quality makeup with pure ingredients so as not to

Key to long term correction with skincare is finding products that work for you and giving them enough time to correct the skin, usually at least six weeks of compliancy.

Try: New! Obagi 360 System (\$142)

## **Radiant Resolutions** *Features & Promotions*

**Get rid of unsightly sun damage, brown/age spots with a BBL for your face, decollete, neck and hands. Just \$675!**

Your skin's true beauty can be diminished by unsightly spots and pigment. A Forever Young Broadband Light (BBL) treatment is what you need to clear or improve spots that accumulate from the sun. The no -downtime BBL will slough and fade spots in just 7-10 days For more stubborn sun damage, more than one treatment might be required but most patients see a very nice result after one BBL.

Remember, your unwanted skin pigment has a “memory” so to keep sun damage at bay—pair your BBL with one of our medical-grade lighteners and a quality sunscreen for lasting results.

*Offer Details: Not valid with any other offer, discount, certificate or sale. Service must be purchased by 2/28/15.*

**Buy any Forever Bare™ Laser Hair Removal Package and Get a 2nd Package for HALF-PRICE!**

Forever Bare BBL™ from Sciton is a revolutionary technology in hair removal. Traditionally, hair removal devices apply all of their energy to any given area all at once. By sending multiple lower fluence pulses at a high repetition rate; Forever Bare BBL provides a treatment that is safe, fast, effective and very comfortable. Additionally, the motion BBL

irritate the skin, and as I age, injectable treatments that help me love what I see in the mirror.

I started injectables (Botox & fillers) when I turned 40 but if I knew how much I was going to love the effect, I would have started sooner.

In my opinion, it's imperative to have individuals who are gifted at administering injectables because it's very much an art form. The doctors at Skin Rejuvenation are aesthetically gifted so they know exactly where to inject each product and how much in order to achieve a natural look.

Great injectables are rarely noticed – and that's a good thing. My new favorite service is the Sculptra filler! It's a filler that has the power to instantly lift AND help boost your collagen production so your own body fills itself in. Also, it lasts for up to TWO YEARS! I love, love, love it!

technology allows for extremely even heating of hair follicles, minimizing missed areas that occur with traditional hair removal devices.

*-Must be purchased by 2/28/15. 2nd package must be of equal or lesser value. Not valid with any other offer, discount coupon, or certificate.*

## **Kick off 2015 with an Obagi JumpStart for your Skin:**

### **Get our NEW Obagi 360 3-step skin care system and be Entered into Drawing to Win a Free Obagi Radiance Chemical Peel (a \$125 value) - 6 Winners Drawn!**

The Obagi 360 system is our newest complete approach to help protect and preserve healthy looking skin. This all-encompassing skincare system is designed to help proactively protect and improve the tone and texture of the skin, while laying the foundation you need to retain your radiance. The kit includes full sizes of NEW exfoliating cleanser, 0.5 Retinol and Hydrofactor Broad Spectrum SPF 30 (moisturizer/sunscreen combo)

The Obagi Radiance Peel is a quick and easy salicylic acid-based facial chemical peel for all skin types that exfoliates and helps improve overall complexion.

### **Buy up to 3 Latisse Kits (5mL) and Get up to 3 Kits (3mL) FREE! (savings of up to \$360!)**

This is a very rare opportunity to stock up on Latisse eyelash enhancing product and SAVE. In fact, this is the best Latisse offer ever presented by Allergan, the manufacturer.

For skin care products, hands down, my favorite line is the Obagi skin care system. Although it is a multi-product system, each product is clearly labeled for easy application and the great results are that it helps keep my skin looks it's absolute best.

#### **Employee Fun Facts**



Name: Heather Olson

Hometown: Rochester,  
MN

How long have I worked for SRC: Since April 2014

Favorite vacation spot: The Caribbean

Most listened to song on my ipod right now: Carrie

Offer details: *Free kits will be mailed to participant within 4 to 6 weeks after purchase of 5mL kit(s). Offer only while supplies last, offers are limited to first come/first serve. Not valid with any other offer, discount, certificate, free trial etc. from Allergan or Skin Rejuvenation Clinic.*



**40% Off All In-Stock Colorescience Including Sunforgettable® SPF Brushes!**

**20% Off In-Stock Clarisonic Pro Models (while supplies last)**

Underwood's Greatest Hits album

Favorite quote: "Love the life you live and live the life you love." –Bob Marley

The best meal I ever had (what and where): Salt Lick BBQ, Austin Texas

Bucket list item: To see all 50 states with my husband and kids

Last book I read: Currently reading Before I Go to Sleep

Celebrity I've been told I resemble: Lauren Conrad

If I could be a professional athlete, my sport would be: Surfer

When I have 30 minutes of free-time, how do you I pass the time: Looking up new recipes on Pinterest

What would I name the autobiography of my life, so far: "I Don't Know... But Something Needs to Change".

**\$PRACTICE\$:\$ADDRESS1\$ \$ADDRESS2\$-\$CITY\$, \$STATE\$ \$ZIP\$**

ph: \$PHONE\$ - email: [\\$EMAIL\\$](#)



\$APPOINTMENT\_REQUEST\$

\$TESTIMONIAL\_CAPTURE\_LINK\$