

Lovely Lips

Give some attention to the most neglected part of the face

Noreen Young

Lips can say so much without uttering a sound. They do a lot of work on a daily basis. But in the facial room, we tend to expect more attention on the face, eye area, and neck. Why not give this part of the face the attention it deserves?

As a beauty and skin therapist, I am in love with lips and have a fascination with them. I have made lip treatments my signature service and complement this by offering retail products especially for the lips and the mouth area. Lips are also my favorite part of the face to make up.

During a Facial

mouth-shaped and comes in packets for individual use.

Another lip protocol you can ask for during your next facial is a soothing jade facial roller. This is a cool tool in more ways than one. Facial rollers made of jade or gold were used for centuries by Chinese royalty and can be enjoyed either at room temperature or chilled. This little marvel rolls away the stress and is soothing, smoothing, and truly relaxing.

Most rollers are double-sided. The large side is great for the face, and the smaller roller is most commonly used very gently



Give your lips the attention they deserve.

As part of your facial routine, if you do not already do so, ask for a lip mask to soften, condition, and plump the lips. There are a few different specialty masks to choose from that are both an instant gratification and a quick add-on to a makeup application or facial service. I personally like Satin Smooth's milk and honey collagen lip mask, which is

on the eyelid and surrounding areas. However, I use the small roller on the lips and around the mouth, after applying a facial serum or moisturizer. This secret weapon makes products penetrate the skin beautifully, too.

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Office Hours and Contact

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Sun 1:30 to 6:30 p.m.

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Sat 7:00 to 11:00 a.m. & 4:00 to 7:30 p.m.

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If your esthetician also does makeup, a great way to end the facial is going beyond just moisturizer, eye cream, and lip balm, and asking for a dash of color to your lips and face as well.

At Home

Spa and salon guests are becoming ever more aware of what they put on their faces and in their bodies. Green and healthy is a trend that is here to stay. Here's an exfoliating lip scrub to help you take care of your lips in between professional treatments. This moisturizing and soothing mini treatment is especially good for dry, peeling, dehydrated lips. Simply combine 1 teaspoon of brown sugar and 1 teaspoon of olive oil, and mix to make an exfoliating paste/scrub.

Apply it to clean lips and leave on at least five minutes, rubbing gently back and forth with a finger or a baby's soft toothbrush. My clients are believers, and they love this simple formula for softer lips.

Extra Care

Sometimes, your lips may require a little extra TLC. Lip damage and fine lines around the mouth often go along with other skin conditions caused by smoking. Address these conditions with moisturizing lipsticks and lip balms, creams, lip conditioners, and serums. Vitamin E and green tea are both good ingredients to use.

Sun-damaged lips are another big concern. When I moved to sunny Florida from New York City, I was in for a rude awakening. I see all types of skin conditions affected by sun damage and have had a bout with skin cancer myself. Now, I am never without a lipstick or lip conditioner that contains sunscreen. Always use a sunscreen on your lips, as well as on the rest of your face.

Men need a protective lip balm with sunscreen, too! Did you know men get

cancer of the lips more often than women?

So, go ahead, "kiss and make up" when it comes to this neglected area. When your lips are just as happy as your skin, the results will surely make you smile.

Reprinted courtesy of Noreen Young (www.noreenyoungpro.com). Noreen is an internationally known makeup artist, author, speaker, and educator.



Ask your esthetician for a special lip treatment.

Nature's Nutritional Wonder

Cruciferous Vegetables

Cruciferous vegetables are powerful foods that can help prevent many forms of cancer, reduce existing cancer tumors, and aid in the prevention of heart disease. Broccoli, cabbage, cauliflower, arugula, kale, and Brussels sprouts all contain isothiocyanates--a group of chemicals that break down carcinogens in the body, helping to metabolize toxins. Studies show that people who eat two to three servings of cruciferous vegetables each week lower their risk of breast cancer, colon cancer, and lung cancer. A National Cancer Institute study found that eating three helpings of crucifers a week dropped prostate cancer risk by 50 percent. The powerful chemicals in these veggies also reduce homocysteine levels, a known precursor to heart disease.

Cruciferous vegetables are low in calories and high in fiber and the chromium found in these foods helps regulate blood sugar and insulin function, key factors in keeping diabetes at bay. Even with all the benefits that

crucifers provide, many people refuse to eat them because of their strong taste. But a little creativity can go a long way in making these wonderful foods palatable: try cream of broccoli soup, cauliflower au gratin, stuffed cabbage, or the recipe below--the possibilities are endless.

BRUSSELS SPROUTS FOR THE MEAT-AND-POTATOES EATER

1 pound fresh Brussels sprouts, washed, stems trimmed, and outer leaves removed

1 tablespoon extra virgin olive oil

2 tablespoons unsalted butter

3 tablespoons cider vinegar

1/4 cup grated Parmesan cheese

Salt and pepper, to taste

Thinly slice Brussels sprouts, either in a food processor fitted with a slicing blade, or by hand. Heat a heavy, nonstick skillet. Add olive oil and butter, swirling the pan so that the butter melts. Saute sliced Brussels sprouts for 5 minutes. Add cider vinegar and grated Parmesan, stirring briefly to incorporate. Add salt and freshly

ground black pepper to taste. Serves four--who will all be healthier for it!



Cruciferous veggies help ward off disease.

High Time for Tea

Discover the Healing Properties of Taking Tea

The health research is enough to make you forego the latte for strong brewed tea instead. Name your color -- black, white, green, even red -- teas are packed with disease-preventing antioxidants (more than some fruits and vegetables) and contain vitamins, minerals, and at least half the caffeine of coffee.

Fortified with free radical-fighting polyphenols, tea drinkers have a reduced risk of many different cancers, in particular stomach, colorectal, and even skin cancer. Tea drinkers also have a lower risk of heart disease, stroke, and high cholesterol. Containing anti-inflammatory and arthritis-preventing properties, tea also helps stimulate the immune system and protect the liver against toxins.

But you have to drink up. Most research points to five or so cups of brewed tea each day to reap the health benefits. Decaf tea loses some but not much of its health punch, due to extra processing.

All traditional tea -- white, green, oolong, and black -- is derived from the leaves of an evergreen tree called the *Camellia sinensis*, and all contain the health-promoting polyphenols. White tea is made from young tea leaves, dried in the sun without fermentation or processing. Green tea is dried with hot air after picking, so it retains its color but is not fermented. Oolong tea, sometimes referred to as "brown" tea, is fermented but not processed to the point of black tea. Black tea, on the other hand, is fully fermented, which

accounts for the color of the leaves and its stronger flavor.

Rooibos, or red tea, is naturally caffeine-free and from the *Aspalathus linearis*, a shrub that grows only at high altitude near Cape of Good Hope in South Africa.

Herbal teas are made from a variety of plants, roots, bark, seeds, and flowers and are technically herbal infusions rather than tea. Though they don't contain the same antioxidants and haven't received the same research-based accolades as traditional tea, the herbs in these infusions have certain healing properties that have been used for centuries to treat many common health issues.

My passion is to offer skin care and massage services that preserve the health of "Your Whole Body." Your health should be one of your main priorities. My prayer is that these monthly articles inspire you to live a healthy and productive life continuously. After you read the articles please email me and express how the information has impacted your life.

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