

CLAYTON SHAGAL NEWSLETTER

October 2015, Volume 7, Issue 10



How to Boost Skin Renewal...

Your skin can reveal a lot about how well you care for it. When the skin cycle functions correctly, skin cells naturally turn over and collagen production is normal. The skin's ability to renew itself typically ranges from 21 to 45 days...

However the skin's regeneration cycle can be impacted by age, lifestyle habits, skin condition, and excess sun exposure. Boosting your skin cycle improves the texture, clarity, health, and overall appearance of your skin.

Keep Skin Cells Stimulated

Regular exfoliation benefits the skin by removing layers of dead skin cells, unclogging pores, and stimulating new cell turnover. It also refines and smooths skin texture to promote more youthful, supple skin.

For oily skin, focus on areas of excess oil production to unclog pores or reduce pore size. For dry skin, focus on the dry, rough patches of skin to smoothen dull, flaky, or uneven skin areas.

Encourage Better Oxygenation

Smoking and tanning inhibit blood flow circulation and oxygen, which slows cellular metabolism. Better oxygenation increases skin function, nutrient transport, and cellular repair for healthier looking skin.



Skin Care Tips...

How to Exfoliate at Home

If you're using a granular exfoliant, gently exfoliate in upward, circular motion to stimulate blood flow circulation...

Nourish the Dermal Layers

Stimulating the skin with active nutrients, such as collagen and elastin, provides a boost of healthy nourishment to the skin. Serums, for example, have the ability to penetrate deep within the skin layers to deliver concentrated nourishment for moisture restoration, oil regulation, and/or improved elasticity.



Protect the Skin's Barrier

The surface layers of the skin are the first line of defense against damage. Keeping the skin sufficiently hydrated helps to protect and strengthen skin cells.

Get Your Beauty Sleep

Sleep deprivation influences the appearance of the skin and stresses the collagen production in the skin. Deep sleep induces a surge in growth hormones which help repair and rebuild body tissue. As the body rests, there is a slower breakdown of protein and an increase in cell regeneration.

Seek Professional Help

Sometimes the skin needs the assistance of professional treatments. Microdermabrasion, for example, causes trauma to the skin to induce cellular repair and renewal. It also has the effect of refining the skin's texture. Ask a professional for a treatment that suits your skin!

Inspirational Corner...

"Elegance is the only beauty that never fades."

- Audrey Hepburn, Actress



Find us on Facebook

www.facebook.com/ClaytonShagal

Featured Product of the Month...



Ultra-firming and tightening elastin serum to give your skin the lift it needs with 4X the strength!

Clayton Shagal Elastin Serum:

- Intensive firming elastin booster
- Restorative care for skin laxity
- Minimizes redness and inflammation
- Tightens enlarged pores and helps control oiliness

September ~ October Promotion



Clayton Shagal Serums

Concentrated levels of nourishment to increase skin hydration and firmness for a more youthful appearance...