Lavish Life

**Issue Number 6**

Benalla’s complete guide for all things beauty!

**Trying to be a beautiful swan in a sea of white.**

Hi it’s Louise from Lavish, Well on the 24th May 1996 I was presented to the community in my official coming of age, my Debutant Ball back then. They were taken so seriously.

I went with my mum to the Shepparton BUSH Market and got my dress off the sale rack and it couldn’t have been more perfect. I had to have it altered just slightly, when I put it on for my final fitting the dress maker had put a bow on it to cover the eyelet for the zip. If any of you knew me back then, it was a big step for me to wear a dress- let alone white, my dress was so plain and it was fitting for there. The next thing I had to do was organise my hair and makeup. I was going to do my own make up but one of my friends was going to get hers done so I joined her. We went to have a trial and the beautician said it would be a great idea to have my eyebrows waxed and tinted, I said yes sure as I didn’t know what that even was, as obviously she knows best. On the day she done my makeup it was ok, but I didn’t feel overly comfortable in it.

It’s so funny now 20 years on and I am now in her position educating young girls on what they need to do before the big night. We now have so much more to think about, We need to be looking after our skin, What colour tan we need to match the colour of the dress (we all know there is not just one shade of white), What colour and shape our nails need to be, What our eyelashes are going to look like, What shape our eyebrows need to be and What make up look best suit the dress and your face shape. These are just some of the questions that we sit down with our Debutants and go through with them. We all know it’s about the dress- so we bring it all together for them. At the end of it all we want our Debutants to be comfortable in their skin so they feel confident and most of all like a princess.

So why is the debutante ball so important for so many girls?

Because, as one girl explained, it allows them to feel like a’ princess for a night”. Which does seem a little odd given that they will probably be lost amid a sea of white?

Happy Reading.

Louise Adkins, Happy Salon Owner
Lavish Skin Therapy Clinic
Spécial Invitation ONLY for women who care about their skin’s health and wellbeing.

FREE 30 Minute Professional Skin Analysis (Valued at $30) You will receive:

- a detailed, documented report on your skin type, texture, elasticity and resilience, using our purpose-designed skin analysis technology
- Advice and recommendation for on-going treatment by our qualified, highly-trained Skin Therapists
- A written recommendation for products which suit exactly your own skin type, texture, age and desired outcome.

BUT - this offer is available ONLY for the first 17 ladies to book!

Lavish's highly qualified beauty therapists and skin treatment specialists Louise Adkins, Sheridan Fazzolari, Jo Cooper and Keeli Johnson. All Lavish staff are trained to Australian Beauty standard and between them have 25 years of experience in detailed skin therapy and maintenance.

CALL LAVISH SKIN NOW ON 57628404

BEAUTY NEWS FOR THE MODERN WOMAN

'What do beauty therapists do when they want their skin to look young, smooth & glowing with health?'

Your body's skin is by far its largest, most complex, and yet the most exposed, organ. The average person has two square metres of it!

For its entire life, your skin is battered by the effects of sun, wind and chemicals, not to mention the buffeting it gets from physical contact with objects, synthetic clothing, bruising through accidental knocks, household detergents and the natural processes of aging.

Even the very air you breathe contains particles of dust, foreign substances, and bacteria that settle on your skin.

And for its entire life, your skin has more work to do than any other organ.

#Protection: skin is an anatomical barrier from pathogens and damage to other organs
#Sensation: skin contains nerve endings that react to heat, cold and touch.
#Heat regulation: skin contains a blood supply that is far greater than its own needs, which allows precise control of energy loss.
#Evaporation: the skin provides a relatively dry and semi-impermeable barrier to fluid loss
#Storage: it acts as a storage centre for water, as well as a means of synthesising Vitamin D
#Water resistance: the skin acts as a water resistant barrier so essential nutrients aren't washed out of the body.

It has a LOT to do.

So is it any wonder that the condition of your skin has a direct and dramatic impact on how others see you and judge your overall health and attractiveness? And yet, most people take their skin for granted. Think about it - most people take more care of their shoes than they do of their skin.

But most people are no better educated or trained in how to look after their skin than they are in space science, computer engineering or international law!

"But supermarkets sell an endless range of skin care products, don't they?" They sure do. And there's nothing inherently wrong with supermarket skin care products. If you know exactly your skin type, thickness, surface condition, elasticity, blood flow and a dozen other factors that have a dramatic effect on the way any skin care product interacts with your skin's cells. Not to mention how often and in what quantities to apply the products.

After all, you wouldn't ever consider swallowing a drug - a legal one anyway - without professional advice from a qualified doctor, would you?
Welcome back Sheridan after only 8 months on maternity leave Sheridan has returned back to Lavish. Sheridan is available for appointments every Wednesday from 9.30 (We are closed for Staff Meeting from 9-9.30am) and Every 2nd Saturday from 9am-2pm.

This Mother’s Day, make sure you take some time to appreciate everything your mum has done for you, and treat her to something truly special.

Show how much you love the woman who loves you most.

This Mother’s Day, give your mother some quality ‘me’ time and book her in for this exclusive ‘Mother’s Day’ package that will leave her feeling like a whole new woman!

Say thank you to the woman who raised you!

Do something useful this Mother’s Day! Give your wife some well needed time-out where she gets to de-stress at Lavish

Say thank you this Mother’s Day by booking your mum a pampering Mother’s Day $99 package

Phone us on 57628404 with your credit card details – we’ll even post out the vouchers to you!

2. Drop in and see us at 23 Carrier Street, and pick up your vouchers in person. If you drop by personally, we will even gift wrap the vouchers for you at no additional charge!

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Fact or Myth

Myth: My grandmother or mother had (has) beautiful skin so I just use what they’ve always used.

Fact: While your linage may include naturally perfect skin, using skin care products formulated even more than ten years ago would be a mistake.

It would be similar to saying, my grandmother was a great writer, so I’m going to use the same typewriter that she used.

The same rule is for skin care products. What we know now days about formulations, ingredients, how the skin functions, sun damage (we now even know to use sunscreen), exfoliation, healing, PH scales and so on.

The fact of the matter is that what our grandmothers were doing on a daily basis at your age, are not the same as you are doing now. There was not as much chemicals, pollution, preserves and that is just in the most pure thing on earth WATER H2O! They also wore a lot more clothing for a lot more time than we do now. The knowledge that we now have is completely different on all aspects of life, our grandparents use to know where there food came from and it wasn’t just a supermarket.

There is so much more education now about sun tans, smoking and toxic build ups that makes us more aware of what our cells are doing and what we are doing to damage our cells.

You may like the day time moisturiser that your grandmother was using but look deeper into it to find out if it was developed last century it is probably unlikely to have a SPF in it, which leaves your skin wide open to sun damage which leads to premature again.

What it now takes is for your skin to be at its best and to function normally and really fight wrinkles or acne or any other skin problems is far more complex than just using what you “LIKE” or what your parents taught you to use.

This doesn’t mean that you shouldn’t like what you use, but do take the time to get advice on your skin care products, educate yourself- read the ingredients list and consults realisable reviews of the products that you are considering, because you cant determine the benefits intuitively.

Think of it like your diet. If you were given the choice between eating what you like, and say chocolate cake verses spinach and broccoli, you would eat a lot more chocolate cake than green vegetables. But we eat the green vegetables not so much because we like them but because we have learnt they are better for us. It’s possible to accurately judge effectiveness and value based just on how you feel about the product.
Here’s the lowdown on intense pulsed light - does it work, is it painful, and how does it compare to laser hair removal?

Hair removal has come a long way since its humble IPL beginnings. Here we answer a few of your burning hair removal questions.

**What is IPL?** IPL stands for intense pulsed light, and it is a form of light therapy, used for various dermatological procedures including hair removal. IPL works like a flash-lamp, sending out scattered wavelengths of light, making IPL very targeted. That also means it affects the pigment in your skin too, so IPL only really works for those with fair skin and dark hair.

**So what’s the difference between IPL and laser hair removal technology?** IPL as it is stated pulses its way down to the dermis and Laser goes directly down to the dermis. For both of these treatments to work the hair has to be living for it to work however, "in that, we mean it has to be attached to the bulb of growing cells - when you pull out a hair and it has that little jelly bulb around it, it’s one of the 20 to 40 per cent of living hair on your body. If you pull it out and it doesn't, it's a dead hair which can stay on your skin for up to three weeks. That's why you need to have up to 12 treatments of hair removal laser to catch all hairs in their living cycle."

**How do I prep for hair removal treatment?** You should always be offered a patch test by your clinic before any treatment. At Lavish we do all the pre work for you and we always do a full consultation and patch test before we treat any sun exposed area.

**How many laser treatments will I need?** The going rate is six to 12 treatments, but it varies hugely, "depending on the body area you’re treating, hormonal growth, lifestyle and medication can affect how many bookings you'll need," Keep bookings regular though as you will get better results.

**How much will hair removal cost?** IPL prices start from $72 for lip or chin area, and up to $350 for ½ leg or full back, we give you a price and a treatment plan when we do our consultation. Our consultations are FREE and we also give you a $60 voucher for your 1st treatment to get you started, that how much we believe in IPL at Lavish.

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**Ingredients**

- 1 1/4 cups plain flour
- 1 1/4 cups rolled oats
- 1 cup firmly packed brown sugar
- 1 cup shredded coconut
- 150g butter, chopped
- 2 tablespoons golden syrup
- 1/2 teaspoon bicarbonate of soda
- 2 tablespoons boiling water

**Method**

Preheat oven to 180°C/160°C fan-forced. Grease and line a 3cm-deep, 19cm x 29cm (base) slice pan with baking paper, allowing a 2cm overhang at long ends.

Combine flour, oats, sugar and coconut in a large bowl. Make a well in the centre.

Place butter and syrup in a saucepan over low heat. Cook, stirring occasionally, for 8 to 10 minutes or until smooth. Combine bicarbonate of soda and boiling water in a jug. Remove butter mixture from heat. Stir in bicarbonate of soda mixture. Add to flour mixture. Stir to combine.


_Come in and enjoy this slice at Lavish until end May xo_

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**A Salute to Anzacs- Anzac Slice**

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