Lavish Life

When a little bit goes a long way for some amazing soldiers.

Hi it’s Lou from Lavish, Well this month is Breast cancer awareness month. At Lavish we deal with so many women who have been touched by breast cancer or know of someone close to them that has. So this month we are giving back, working alongside an amazing woman, Kerry Patford, we have organised “A Girls Day Out!”

This is only the 2nd time that we have held this special occasion, our donation is back to these women, and we will be looking after them and giving them some well-deserved treatments. These soldiers have been on forefront of the battle, 25 local women from the communities around Benalla will be in our hands for some Lavish pampering. We will be treating them to a facial, massage and make over. I suppose you could say it’s like our very own “Look good feel better” campaign.

I have personally been through my own little scare, approximately 10 years ago, I found a lump. After an appointment for a ultrasound and then to the specialist, he could not give me a 100% answer that it wasn’t cancer. So we scheduled an operation to remove actually 3 lumps from my left breast. I was lucky, the lumps were only Lipomas (fatty tissue deposits) for those 3 weeks from finding the lump to the end diagnosis it was definitely not an experience that myself and my family want to go through again.

Breast Cancer Awareness Month: October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. We have made a lot of progress but still have a long way to go and need your help!

Lavish will open its doors on Friday 7th October to these wonderful women and we will close our doors to the rest of our clients out of respect for them.

Follow this address and feel free to make a donation. This valuable donation will go to breast cancer research. https://www.nationalbreastcancer.org/breast-cancerdonations

Happy Reading.

Louise Adkins, Happy Salon Owner of Lavish Skin Therapy Clinic
WANTED! STANDBY CLIENTS

Save 30% of Any Service You Like!

One of our many gorgeous clients, Wendy, had a wonderful idea and we loved it and know you will too.

She suggested, “Why don’t you have a cancellation list? If a client has to cancel at the last minute, then clients like me (who are at home or, not working that day), could be rung and come straight down and fill that gap for you. As I’m not working, can you do me cheaper since I’m helping you out by filling an emergency gap?”

Well, we’d love to help out. ALL our team loved the idea, we get bored when we have gaps in our days. So, get yourself on the “Standby List.”

Please email Lou – lavish@aapt.net.au Subject “Standby List” Include: your full name, mobile number and tell us what day/s you’re free. Or, phone Louise 57628404 and let her know your details.

The first 9 to email Lavish...Receive any Facial they like for half price!

If we get a cancellation on your day off, we’ll send you a Free SMS message or phone you. This is a WIN/WIN situation, if you can come in you get a 30% discount.

SKIN NEEDLING / COLLAGEN INDUCTION THERAPY (CIT) / MEDICAL NEEDLING-

What does all this mean ?????

Skin Needling or Collagen Induction Therapy (CIT) is an exciting new natural treatment to improve your skin texture, smooth wrinkles and fine lines and soften scars. It is suitable for all skin types and all areas of the face, neck, décolletage and hands. Skin needling is performed with a surgical grade instrument with stainless steel micro needles ranging from 0.5mm to 2mm in length. Scaring is treated with needles up to 2mm.

High quality Vitamin A and Lactic peel is used during the treatment to help hydrate the skin and minimise fine lines. This can be purchased after your treatment (see below). The treatment promotes the natural reproduction of collagen and elastin, making the skin feel smoother and tighter. Creating only microscopic punctures in the epidermis, skin needling is minimally invasive with little damage to the epidermis which means the collagen production is significantly quicker than some other more aggressive treatments.

WHAT SKIN TYPES ARE SUITABLE FOR THIS TREATMENT?

- fine lines, dull skin, enlarged pores
- acne scars, chicken pox scars and surgical scars (more than 6 months old)
- Naso-labial lines and smokers lines
- rejuvenation of hands, neck and décolletage

HOW MANY TREATMENTS WILL I NEED?

Generally a minimum of 3 treatments are required to achieve the optimum rejuvenation of an area. When treating scarring, at least 5-6 treatments would generally be required. The treatments are performed 2-4 weeks apart.

WHEN WILL WE SEE RESULTS?
The first week after the treatment you may get some skin peeling which helps lighten pigmentation or scarring and the skin looks more hydrated.

The results are gradual as collagen re-production takes time, most clients report a gradual improvement in their skin colour and texture over 6-8 week period. That improvement is compounded as each consecutive treatment is performed. So it’s really important to apply creams at home and commit and rebook your treatments to see the best results.

THE SKIN NEEDLING TREATMENT EXPLAINED

The skin is cleansed (and quick Microdermabrasion is done depending on skin condition) & numbing cream is applied for 20-30 minutes. This minimizes the discomfort and most clients' grade discomfort as 2-3 out of 10 at the most. Mostly round bony or thin skin areas such as lip, forehead and eyes. Panadol only may be taken prior to treatment.

The skin is thoroughly treated in such a way that each area is needled about 15 to 20 times. An even flushing is the best indication for a perfect medical grade treatment. Your skin will appear flushed (pink to red) which may last for 12 to 24 hours on average. Most clients are able to return to work that same day with the help from some Youngblood mineral make-up.

The treatment takes approximately 30 minutes. In total allow 90 mins for your appointment. Please arrive with no makeup on. Recommended treatment programme (for best results)
Sheridan is loving being back in the salon, but most of all Sheridan loves getting her skin care back on track. Sheridan started with the ASAP ULTIMATE SKIN CARE Platinum pack. "I love this pack, after 2 weeks I noticed my skin was considerably smoother. My favourite product out of the Platinum Pack is ASAP Super Complex B. This products boosts collagen production and rejuvenates the skin. I found that gave me the best results. In the weeks of using this I have found that it looked less dull and more radiant. My skin feels more hydrated and has a more even texture. Of course I've continued using this since then and my skin just keeps getting better and better. Highly recommend - such great value"

Sheridan Book in for a 60/60/$60. This is the best way to find out what all your skin cells are up to. This treatment includes 30min skin consultation and a 30min Facial treatment, all for $60 then we love our skin care range so much we give you back the $60 for you to spend on the prescribed take home products on the day.

Sheridan is available for appointments every Wednesday from 9am - 5.30pm, Fridays 9am-5pm and Every 2nd Saturday from 9am-2pm.

Which Mineral Make up is best?

It has now been around for a decade, Mineral Makeup was not just a fad, trend or something that will die down but is here to stay. Without looking heavy Mineral Make Up covers almost every distraction. For people who suffer from rosacea, their inflammation can be covered effectively in minutes and the redness will not bleed through. This benefit is also enormously valuable by dramatically improving the appearance of those clients suffering from acne and other skin conditions.

One of the most commonly used fillers in traditional makeup is talc – bleached crushed dirt. Traditional makeup ingredients have a long list of binders, fillers, chemical dyes, fragrances and chemical preservatives. Talc is not found in Youngblood & ASAP mineral makeup. At Lavish we have now been recommending mineral powder based makeup for 11 years. We can confidently say that it does not aggravate acne or clogged pores, even in quite severe cases. Today I wanted to share with you ASAP V’s YOUNGBLOOD.

**asap pure**, designed to complement ASAP’s simple, effective and affordable skin care range, combines natural ingredients derived from the earth, with the latest advances in skin technology to leave a radiant finish and improve skin health. Using revolutionary skin brightening active chromabright™ and Hyaluronic Acid Microspheres to help reduce the appearance of fine lines and wrinkles, **asap pure** cosmeceutical mineral make-up ensures sheer, flawless coverage, SPF15 protection and beautiful luminosity for all skin types. Asap pure is an uncomplicated range, with products to enhance the face, eyes and lips.

**V’s**

YOUNGBLOOD dramatically improves the look of any complexion giving the illusion of clear, healthy blemish free skin with just a light coverage and can be applied it in second. Youngblood products are incredibly easy to use, with only the purest, most premium grade minerals. We refine our minerals using our proprietary milling process long-lasting, and stand up to heat, humidity, and perspiration, no matter how active your lifestyle. Whether you're at the office or at the gym, our makeup is as high-performance as you are.

*My verdict:* “"It takes a few seconds to master mineral makeup application but once it is done you will never want anything else on your skin BUT keep in mind - Even when beauty comes from the earth, it's still a case of beauty buyer beware." I have selected these brands because they only produce mineral makeup. They have an amazing colour palette for all skin tones (yes from light to very dark). Like everything mineral makeup has its fans and critics. Most allergies and intolerances to makeup is a reaction to parabens, talc, fragrances, binders, synthetic dyes, and preservatives. So logic suggests that any makeup that eliminates these should eliminate some of the related problems. Both brands have an in-built sun protection factor of at least SPF15, but I would highly recommend that you still use a traditional sun screen at all times. We invite you to compare our products to our competitors, and we think you’ll find our quality superior to any other mineral cosmetics line Lou-Lavish”

But don't take our word for it. Try both Mineral Make ups at Lavish today and feel the difference for yourself.
Christmas is coming … it’s time to book in for your beauty treatments

Okay folks it’s getting close to Christmas now! Get your festive nights out beauty booked sooner rather than later to avoid disappointment. Also don’t forget, if you can’t think what to buy someone, we have Gift Vouchers and Make up and skin care packs available. (Some have already arrived NOW).

CHRISTMAS!! It is the busiest time of the year for almost all salons, all over the world. Especially when it falls like it does here in Australia in the midst of Summer. It’s when we see more clients than ever, everyone wanting to look their best and feel amazing. We also look forward to closing the doors on Christmas Eve completely exhausted and looking forward to a few days break.

So this is a little warning to you, to get most if not all of your appointments booked and be prepared.

Have you tried our online booking system? Download our free smart phone app, or visit our website, you can book in 24hrs a day. If you have tried to book and cannot get an appointment don’t think oh well that’s it, give us a call and see what we can do for you.

We only close the allocated Public Holidays in between Christmas and New Year 2017. We understand that it is the high of summer and you all still have hairy legs or need a tan for New Years. These hours will be back to normal trading hours.

**OPENING TIMES**

<table>
<thead>
<tr>
<th>Monday 12th Dec 10am-5pm</th>
<th>Monday 19th 9am-6pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 13th 9am-7pm</td>
<td>Tuesday 20th 9am-7pm</td>
</tr>
<tr>
<td>Wednesday 14th 9am-5.30pm</td>
<td>Wednesday 21st 9am-6pm</td>
</tr>
<tr>
<td>Thursday 15th 9am-5.30pm</td>
<td>Thursday 22nd 9am-6pm</td>
</tr>
<tr>
<td>Friday 16th 9am-6pm</td>
<td>Friday 23rd 9am-6pm</td>
</tr>
<tr>
<td>Saturday 17th 9am-5pm</td>
<td>Saturday 24th 9am-2pm</td>
</tr>
<tr>
<td>Sunday 18th 10am-4pm</td>
<td>CLOSED CHRISTMAS DAY</td>
</tr>
</tbody>
</table>

---

**Hedgehog slice- Great one for Kids lunch box 😊**

5min to prep 3min to cook 7 Ingredients EASY
12 squares Makes 4

**Ingredients**

2 packets Marie biscuits
or sweet plain biscuits
250g butter, melted
3 tablespoons cacao powder
3 tablespoons shredded coconut
1 tin sweetened condensed milk

¼ cup of Fresh Orange Juice plus 2 Tsp of rind or
10 drops of Wild Orange Do Terra Essential oil

**Icing**

- 250g Icing Sugar
- 2 Tsp of Cacao Powder
- 2 tsp Fresh Orange juice or
- 2 drops of Wild Orange Do terra Essential oil with warm water.

**Step 1:** Crush the biscuits in a bowl, until there is a combination of fine and chunky crumbs. Add the cacao powder and coconut and mix well.

**Step 2:** Melt the butter and sweetened condensed milk together. Add to the dry ingredients. Place into a slice pan and refrigerate.

**Step 3:** Combine all Icing ingredients altogether and drizzle on top of slice. Refrigerate to set.

---

**Lavish Skin Therapy Clinic**

“Our guarantee: You will be delighted or it’s FREE”

23 Carrier Street Benalla    Ph: 5762 8404
Email: lavish@aapt.net.au    www.lavishskin.com.au