



Have You Got These 8 Spots Covered?



We know you're diligently taking our advice and covering and protecting your skin from the sun's fierce rays...right?

After all, there is absolutely no good reason to undo all your hard winter work to keep your skin looking fabulous, now is there?

Here are 8 areas of your skin you might not think to protect, especially if you're on the beach or by the pool.

Scalp-This is a common area for skin cancer, believe it or not! Use spray on or powder sunscreens or just a good old-fashioned hat.

Ears-Pre-cancerous lesions show up on the ears, especially on the driver's side. Sun through a car window is stronger. Keep some sunscreen in your car.

Eyelids-This one really hurts when they get burned. The eye area is the thinnest skin on the body, so this is a real telltale ager.

Swimsuit Edges-Ouch! Apply sunscreen before you put on your swimsuit and give it a chance to dry first.

Neck & Chest-Basal cell and squamous cell cancers love these areas. Liberally apply sunscreen to avoid such nastiness.

Lips, Hands & Feet-Lips can be tricky to cover but the rate of cancer spreading internally can be as high as 20%! Hands and feet are easy to overlook, so just don't forget them.

Now it's official. Go have fun!

Source: dailyglow.com

Myths About Cleavage Wrinkles & Creases

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Here's The Season's Biggest Colour

This flattering colour can be...p. 3

Salon Offers You Don't Want To Miss!

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Your Horoscope

You'll be compelled to glam up your hair and your face at least once this month.

No matter how the planets align, your mood is unstoppable. And that means you're unbeatable.

Watch out world!

A message from Lynette☺

Christmas is here yet again! Wow where does that time go? Thought this might be a good time to remind everyone of this really important little tip with the party season in full swing.

HOW TO LOOK OLDER IN JUST ONE NIGHT!

Sleeping in your make-up just one night ages you 4 days! Ouch! But sleeping in your make-up night after night ages you **7 times faster**.

It's like a **thief in the night**.... and no amount of make-up will bring back that youthful appearance.

So don't undo all that good work you have put into your skin in 2011, and continue a good skin care routine and your monthly facial appointments to back up and enhance your efforts. Good skin is a team effort.

Please visit www.secretsanctum.com.au to view all treatments available as there are just too many to list on the service menu.

Myths About Cleavage Wrinkles & Creases



“When you obey all the rules, you miss all the fun!”

Katharine Hepburn,
American Actress

Product Must Have!

Ultraderm

Daily Protector Moisturiser 30+SPF

Light textured antioxidant moisturiser with broad spectrum 30+SPF protection. It's a UVA and UVB protection containing Zinc Oxide as a physical sunscreen ingredient and, Vitamin E to protect and reduce inflammation.

100ml size for \$59.95

Yes you can have great looking skin at any age! The biggest challenge is reconciling poor skin care habits from the past and overexposure to the sun.

But knowledge is power. Firstly, know that skin in your forties grows more slowly and is more prone to dryness and fine wrinkles.

The good news is we live in a time where Mother Nature can be slowed down, the effects even reversed!

Here's how: Get peels and microdermabrasion to keep the outer layers of your skin smooth. Peels literally peel away the rougher outer layers with a mild acid.

With microdermabrasion, crystals wear away dead skin.

Retinol is your friend! It can be used at home to build collagen, fade sun spots and improve the over all texture of your skin.

Knowledge is power. Get peels, microdermabrasion and non surgical facelifts to keep skin smooth.

Splurge on a good eye cream. This is the thinnest skin on your body and often the first place to show wrinkles. No skimping here! Don't be rough on your

skin. Baby it, instead.

The worst thing you can do is overexfoliate. Or, use two potentially irritating ingredients at the same time like Retinol and Vitamin C. Alternate; use one in the A.M. and one in the P.M.

Keep your skin clean and moisturised. Talk to me. I can customise your routine!

Holiday Party Do's!



Jessica Alba

Go for an updo with a bejeweled look. Jessica used a tiara. What's your updo style?



Malin Akerman

Sideswept styles add a bit of mystery as well as sultriness.



Carey Mulligan

Short, flirty and sensual. You could even add a jewel to this look, if you wanted. But it's also perfect as it is.

Source: dailymakeover.com

Summer Holiday Look



This is worth a second look. Rose Huntington-Whiteley used buttercream shadow and a

slightly heavier liner. The inside of the bottom lid was lined in white. These are neutral colours that really make her eyes pop.

Source: glamour.com

The Ham That Squealed Too Much



“Do we have anything to eat for breakfast?” I’m looking at a bare refrigerator, trying not to get discouraged.

“We’ve got the rest of that ham I can cut up for you.” My husband unwraps two small chunks of ham and presents them to me.

I never miss a beat but inwardly I’m gagging. “Sure.”

Let me explain. My husband’s parents were Depression era farmers. Nothing, and I mean nothing, was ever thrown out. Life was about conserving, preserving and surviving. The house we live in is a testament to that fact.

Rooms were added as they were needed. A full kitchen was finally built in the 1940’s. Prior to that, they only had a “summer kitchen.” In the winter, they moved the cooking to the woodstove in the small dining room.

My husband has absorbed these values through and through. And cooking is no exception. When he cooks a ham, we eat that damn thing right down to the bone. Those chunks of ham he offered to me were hard as rocks.

At this point in a journey with a ham, you take those hard as rock pieces and simmer whatever flavor is left in them and use the broth.

Our chunks haven’t reached that state of bliss yet. Before it’s all said and done, my dear sweet husband will texturise, pulverise, shred and finally broth that ham into piggy nothingness.

Robert will smile, his brown eyes dancing. He’ll feel so proud. I feel proud, too. Everyday, that man teaches me about love. Love for the earth, love for yourself and what you put into your body, love for the joy of simple living.

I may not like hard bits of ham, but I greatly appreciate my husband’s journey.

He uses what he has until it’s gone. I admire that. Too often, I’m ready for MORE, or NEW...just because. Robert values what he has, holds it dear, gives thanks for it, right up until it is no more.

So my husband cuts the ham pieces, and heads out the door to work. I toast some bread, but some peanut butter on it, and wonder what’s for supper.

--Diva Delicious

Happy-Tude Beauty Tips

1. Don't take yourself too seriously. No one else does.
2. Envy is a waste of time. You already have all you need.
3. Remember, your life is a grand affair!
4. Over prepare, then go with the flow.



These Two Tricks Help Give A Flawless Look

Primer! A thin layer of make-up primer can fill in lines, large pores, dryness and flakiness.



Always start with a good skin care regimen that

includes exfoliation and moisturizing for maximum benefit.

Step away from the

tweezers! Very thin brows make you look older. If

brows are already thin from over plucking, fill in with a pencil.

Get brows professionally shaped to avoid having them

look too thin.

Source: dailymakeover.com

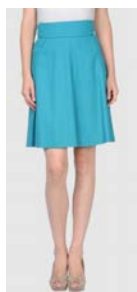


Turquoise Is The Summer's Biggest Colour



Dress

This flattering colour can be dressed up for work or after work affairs.



Skirt

This style skirt is everywhere. The colour begs to be paired with a bright blouse.



Accessories

Ooh-la-la! This is just a start. What else could you do?

Source & pics: glamour.com

A Special Gift for You

As a special gift to all Secret Sanctum Clients, with every appointment taken in the month of December, Secret Sanctum will give you a \$20 gift card to use on any facial service you desire during January or February 2012. What a great way to recover from the stresses of the Christmas build up.

Thank you so much for your continued support and friendship throughout 2011

*Merry Christmas from Secret
Sanctum*

Secret Sanctum Skin Solutions

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