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Bioidentical Hormone Replacement & Menopause

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9

TIPS FOR
PURRRR• FECT
HOWL• IDAY
PHOTOS

How YOU Can Make
a Difference at the

Holidays

GET THE SCOOP

- ◆ FREE Holiday Happenings
- ◆ Holiday Pet Hazards
- ◆ Hot Local Wine Spots
- ◆ Winterize Your Skin
- ◆ Have Hot Legs by Summer
- ◆ Man-gagement Rings
- ◆ Detoxify Your Colon

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DEALS
FOR YOU INSIDE!**
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3 FREE personal training sessions
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\$100 OFF hCG diet
& MUCH MORE!

HOLIDAY COCKTAIL RECIPES ◆ HOMEMADE GIFT IDEAS GALORE ◆ PEPPERMINT BODY SCRUB RECIPE

Lunge Jumps

BY: SCOTT KEPPEL



STARTING POSITION:

Start in a traditional split squat/lunge position. Weight should be on the heel of the front foot and ball of the foot in the back. On your front leg, make sure your knees are not over the toes of your front foot.

EXECUTION:

Bend both knees lowering your body to a position where your back knee is about an inch or two from the ground, then push through your heel off the front foot enabling you to lift both feet off the ground with a powerful motion. Both feet should come off the ground and while in the air, switch feet so you land with the opposite foot in the front and your other foot in the back. Land softly while keeping your weight on the heel of the front foot, lunge down again and repeat. Be mindful to not lock out your knees at any point and do not allow your knees to come over your toes (which places undue stress on the knees).



Muscles Worked:

glutes, hamstrings, and quadriceps.



Model:
Erin Pearsall

Photographer:
Annie Garrett

ONSKIN

WINTERIZE YOUR SKIN

BY: VICTORIA NASH

During the cooler months, it's essential to winterize our skin along with our wardrobes, as cold winds, low humidity and cooler temperatures can cause that "dry winter itch." Dry skin results when there is insufficient water in the stratum corneum (the outermost layer of the skin) for it to function properly. When protective oils in this layer are lost, water that is normally present escapes, resulting in dry, itchy, and sometimes cracked skin that can be quite uncomfortable. Try these easy steps to help winter-proof your skin.

The sun may not feel as hot during the winter months, but it can still damage your skin. Sun exposure at any time of year ages your skin prematurely and is responsible for about 85% of wrinkles, as well as three different kinds of skin cancer, according to the American Academy of Dermatology. Whether you are skiing or enjoying other outdoor activities, be sure to wear a full spectrum sun block of at least 30 SPF. And don't forget your lips; keep them protected from the sun and elements, also! Did you know your lips don't have oil glands so they're the first area of your body to dry out and chap? Avoid long-lasting lipsticks as they tend to be more drying. Instead, while on the ski slopes or anytime in direct sunlight, use a balm with SPF protection.

Eating and drinking the right foods is a perfect way to improve the health of your skin from the inside out. Foods rich in protein, Vitamins A, B1, B2, and Omega 3 fatty acids (found in fish such as salmon and tuna) are fabulous. During the winter months, in particular, your skin needs extra antioxidants to help combat inflammation and protect the cell membranes from being destroyed by the elements. Drink lots of green tea, which is a great source of antioxidants.

If you swear by soap and water, your skin will thank you for switching to a gentle cleanser that will not strip your skin of its natural protective oils, leaving it exposed to the elements. A good choice is Esente' Enzopro Gentle Excellerator, which is a pineapple- and papaya-based product, that will gently cleanse and exfoliate without irritation. Don't forget to tone, as this helps return your skin to its natural Ph balance. Take care to avoid alcohol-based toners, which will strip the skin over time, leaving it vulnerable to the weather and the sun.

Our skin is seasonal from summer to winter and reacts to the surrounding environment differently. For example, a moisturizer that works nicely in the spring and summer will not provide the proper hydration and protection during the winter months - particularly if you enjoy winter sports at high altitude or lazy days on tropical beaches. One tell-tale sign that your skin needs some extra moisturizer is that your make-up seems to vanish into thin air. Choose products that will seal in moisture. A great pick is the Esente' Red Volcanic Seaweed Complex. This product will optimize skin hydration and the skin's elasticity, all the while restoring and healing.

For extra protection, follow with the Matrix-cell Trio Creme'.

If, like me, you enjoy the personal touch for skin care, please contact me directly at 480.610.2200 for a customized consultation to winterize your skin.



For **Victoria Nash**, the creation of Esente' Physioceuticals culminates a lifelong passion for advanced aesthetics and health. She is a licensed clinical aesthetician and her understanding of healthy lifestyle and beauty modalities have been influenced by more than 15 years of expanded function dentistry. With Victoria's frequent guest appearances on television and radio, as well as featured articles in national and regional media, Esente' has quickly become the skin care line that everyone is talking about. Born in Lancaster, Pennsylvania in 1957, she now lives in Phoenix and is the proud mother of four adult children and ten grandchildren, who range in ages from six to fourteen. Visit www.esente.com for more product information, or for help with your skin care needs, through our online skin consultations.