

# Harmony News

## Newsletter



### Fascinating Facts:

- Extremes in weather can exacerbate some existing skin conditions or even cause new ones. Cold temperatures often mean low humidity, which dries out skin. Bitterly cold winds can also strip moisture from exposed skin
- Lipids are natural fats that keep the outer layer of skin moist and healthy. Lipids can be destroyed by detergents and alcohol

### Beauty Tips:

- When outdoors, wear sunscreen, especially if your involved in a snowy activity such as skiing or sledding
- Using a humidifier in your home during the winter can help add moisture to the air, easing dry skin problems

### Happy New Year

Wishing all our clients a very happy 2019, we hope you all had a wonderful time over the festive period.

### Training

With lots of new exciting make up products coming out this year, Laura & Kaye will be carrying out their Jane Iredale refresher training in January and February.

### Finishing Touches

We have finally managed to get the new flooring down

in the salon. Vicki's husband and father-in-law have worked super hard over the festive period to get it finished in time for re-opening on January 3rd. It has really finished of the new decor nicely. We hope you like it as much as we do!

### January Blues

Ah January, season of darkness, rain and that flat back-to-work feeling. Combined with skin that's enjoyed all the party season has to offer and looks dull, tired and spotty, its enough to send us straight back to

the sequin glory of December!

Not ones to stay gloomy for long, we think its time your skin embraced the new year with one of our Luxury Thalgo Facials giving your skin an instant glow to start the new year.

Prices start at £34.80 with 20% off all our one hour Thalgo Facials this January.



## Product of the Month

### Advanced Nutrition Skin Complete

Skin complete is the first step in any good skincare routine. It pairs two supplements - Skin Antioxidant & Skin Vit A+ that are crammed with a multitude of nutrients, including vitamin A, D & antioxidants, helping to

rejuvenate skin for a healthy looking complexion.

#### Benefits:

- Encourages skin renewal & helps to restore skin's health
- Complements topical vitamin skincare
- Vitamin D plays an important role in bone & muscle health



Price: £40.50