

August 2021 Newsletter



Greetings!

Although restrictions around COVID-19 were eased on July 19th, we have decided to keep wearing our masks within the salon. We respectfully ask that you also continue to wear a mask or face-covering when you are with us. As you know our reception area is quite small so we feel it is better for now to maintain this small extra precaution. We will keep this under review.

The salon looks more like normal again, yippee.

We welcome you back into reception to use it as a waiting area again, with the mitigation of a face-covering and hand sanitiser. We have kept the perspex screen on the reception desk for now but hope that this too will be removed in due course.

Whilst sweltering in the heat recently I came across some really interesting information about sunscreen as published in the IIAA professional magazine. I have often wondered why Monu Skincare and Jane Iredale don't provide SPF's above 15 - 25 and now I know why! You can read about it below.

I have kept the information in this newsletter about some of our facials that are back on the menu to remind you what we do.

Please make your bookings here.



All of these facials include cleanse, tone, exfoliation, hot compress, massage of face, neck and décolletage, mask and moisturise.

- Fiji Aromatic Facial for dry/sensitive skin: Drink in the aromas of Rose and Patchouli whilst they smooth, soothe and soften your skin.
- Hawaii Aromatic Facial for normal/combo skin: The sumptuous aromas of Lavender and Sandalwood will revitalise and refresh your skin.
- Capri Aromatic Facial for Oily skin: The fresh aromas of Camphor and Lemon will invigorate and purify your skin.
- Hold Back Time Facial for Mature skin: Helps to eliminate fine lines, enhances skin tone and elasticity, invigorates tissues, stimulates circulation and leaves your skin moist and fresh looking.



SUN PROTECTION MYTH BUSTING

Myth: The higher the SPF on my sun protection product, the better.

False: The optimal SPF you use should be around 15 - 20. After this, increases in protection are very minimal and as the SPF number increases, the array of chemicals also increases.

Myth: I only need to apply a little sunscreen in the morning, on the high points on my cheeks.

False: You should wear sunscreen on all areas exposed to the sun and reapply every 1 - 1.5 hours. Use roughly a 2cm sized blob for the face and neck, as the very last step in any skincare routine.

Myth: The longer I stay in the sun without protection, the more vitamin D my body makes.

False: Our skin only creates vitamin D for the first 20 minutes of sun exposure. After that, UV rays destroy vitamin D in the skin, meaning levels actually decrease the longer you spend in the sun without protection.

Myth: Powerful chemicals are the only thing that can shield the skin from the sun.

False: While some chemicals do have strong UV protection properties, mineral sunscreens also offer impressive protection. Ingredients like titanium dioxide and zinc oxide act as a barrier between the skin and the sun - reflecting away UV rays. Unlike chemical sunscreens, these minerals are not degraded by UV, and so provide long-lasting protection from the sun.

CELEBRATIONS THIS MONTH

- 8th My Birthday, too many candles this year!
- 9th Islamic New Year
- 30th Lord Krishna's Birthday



CHANGE TO ONLINE BOOKING DEPOSITS

Because of the number of recent no shows we have changed the amount of deposit we are taking for the online booking service.

With immediate effect, any online booking will now ask for a 50% deposit, which covers the non-cancellation charge in the event of a "No show".

All new clients will be asked to pay the full 100% charge of the treatment at the time of online booking.

If you have any difficulties making your appointment, please contact us to re-arrange it for you so that you don't lose your money.

Book Online Here

Warmest Regards,
Wendy.

[Book online here.](#)

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