

Straight Talk

What Your Esthetician Needs to Know

One of the benefits of regular professional skin care is the sense of camaraderie and familiarity you develop with your therapist. You know your way around the spa or treatment room and your therapist knows the characteristics of your skin, so you may not feel there's a great deal of preliminary talk that needs to go on. You filled out an intake form when you first got started, but changes to any allergies, diet, medications, and so forth could have an impact on your skin treatments. Your skin care professional needs to know about these things before your treatment begins. Sometimes it is best to pause from your typical routine, take a minute to talk with your therapist, and revisit the intake process.

concentrate on your question before the session begins.

Because most of us are sometimes sensitive about our appearance and the personal nature of the services we are receiving, it may seem difficult to speak up. Your esthetician is a professional; chances are, he or she has heard every question under the sun. Don't be shy.

Even a simple, "I notice with the change of seasons, my skin has been drier than usual," can be helpful to your therapist. More serious concerns may take a little longer to work through, but being honest with your esthetician about any

Healthy Skin is Beautiful Skin!



Discuss with your esthetician any skin care or health concerns that may affect your treatment.

When You Schedule the Appointment

Whenever you feel the need to speak with your therapist about a medical change, skin concern, or other issue, it is helpful to mention this when you schedule the appointment. If that isn't possible, ask to talk when you first arrive. Your therapist can better

changes will help you get your needs met.

Determining what actually is relevant can be a bit confusing. While not an exclusive list, the following sections--including the intake process,

Continued on page 2

Office Hours and Contact

SCSC

Sherri Clark LE, COE

(317)362-1449

Tuesday, Wednesday, Thursday 10 - 8

Friday & Saturday 10 - 5

By appointment only

In this Issue

Straight Talk

Prevent the Afternoon Slump

Identifying a Stroke

Continued from page 1

recent health concerns, special occasions, and your personal preferences--highlight a few points your esthetician should know.

Intake Forms in Brief

All clients should fill out an intake form before the first skin care session begins. An intake form will likely include:

- A medical history and questionnaire
- Contact information
- Medications in use, including herbal supplements
- Notes on any skin problems you are having
- Presence of piercings, tattoos, or permanent cosmetics
- Skin care or makeup products in use
- Treatment goals

A Doctor's Visit or New Medications

Even though you filled out a medical history form when you first came in for a treatment, there are certain things that make it necessary to revisit your medical information. For example, if you have seen the doctor for a routine checkup and have been diagnosed with a particular illness or medical condition, you should let your therapist know. You should also speak up if you are taking any new medications.

Some medical circumstances would preclude you from receiving a skin treatment, while others might just change the way your practitioner approaches your session. For example, if you are pregnant, there are certain essential oils you would not want to inhale or have placed on your skin. Any hormonal changes, including premenstrual syndrome, menstruation, or menopause, could affect your skin. Other situations you should mention to

your skin care professional include skin diseases, the use of acne medications, your plans to be in the sun, or a special event coming up for which you want to look your best. All of these, and many other situations, can impact your sessions and after care.

Special Situations

Perhaps you are planning your wedding in six months and would like to have a series of treatments so you can look your best that day. If you have a special event in a day or two, some treatments might not make sense since your skin might exhibit some light peeling afterward. If you are seeking a leg or bikini wax before a beach vacation, you'll need to allow time for your skin to recover from the waxing before you expose it to ultraviolet rays. If you've developed any allergies, your skin care therapist can do a patch test to make sure a substance is safe for your skin. The use of Accutane is quite a serious matter and may rule out other treatments you want from your esthetician for as long as a year. Explain the occasion to your esthetician so the two of you can develop a plan and move forward together.

Personal Preferences

This is perhaps a less obvious category, but it is equally important. Everyone has unique preferences and sometimes there may be something you would like to change at your next treatment. A colleague summed it up when she said, "A skin care treatment is about the client. If they would like something changed, I am happy to do so, but I have to know what they want." Most estheticians would quickly agree with her.

Whether you don't like a certain scent, aren't physically comfortable on the treatment table, or need to catch your breath between waxing strips, your skin care therapist will quickly adapt if you mention your preferences.

The key to keeping a successful and positive relationship with your esthetician is communication. Any time your circumstances change, even temporarily, a simple mention when you first arrive can help your esthetician make the session the most effective it can be for you.



Always ensure your intake form is up to date and includes any relevant health information.

Prevent the Afternoon Slump

Some Tips for P.M. Energy

Jerry V. Teplitz

If you're like most people, you've experienced the afternoon slump. You know the feeling -- it's only 2 p.m., yet you feel drained. Fortunately, you can employ methods to reduce the slump's frequency and shorten its duration.

DRINK WATER.

Your body uses water even if you're not exercising. If you wait until you feel thirsty, you're already dehydrated. Keep a water bottle handy all day.

AVOID SUGAR AND SIMPLE CARBOHYDRATES.

While a mid-afternoon candy bar may give you a quick rush, it actually worsens the slump. Instead, choose protein-rich foods and complex carbs.

EAT SMALL MEALS.

Have six small meals over the course of the day instead of three large ones. Big meals cause the digestive process to divert blood from your brain to use in the digestive track.

EVALUATE YOUR LIGHTING.

Most offices are lit with cool, white

fluorescent tubes, which have a terrible effect on how people feel and function at work. A better option is full-spectrum, fluorescent tubes.

TAKE TIME FOR WALKS.

Walking gets your blood circulating, helps you breathe better, and stimulates your brain due to the increased blood flow. Take a 5- or 10-minute walk during the day.

MEDITATE.

Meditation is great for rejuvenating your body. By meditating for 15 to 20 minutes twice a day, you're keeping your body continually energized and rested.

TAKE TIME TO BREATHE AND STRETCH.

Deep breathing exercises give you an energy boost. Also, stand up and stretch to increase blood flow and stimulate the lymphatic system.

HANDLE NEGATIVITY.

Negative people and images can have a draining effect on your energy. Make a conscious effort to stay positive.



Avoid the drain office settings can bring on.

Identifying a Stroke

Do You Know the Warning Signs?

Nearly 800,000 Americans have strokes every year. However, studies show most Americans don't know how to recognize five established warning signs that indicate when someone is having a stroke.

A stroke is when a blood vessel carrying blood to the brain either bursts or is blocked by a clot, thus depriving the brain of oxygen. According to the American Stroke Association, more than 137,000 people die each year from stroke--on average, that's one person every four minutes. Risk factors include age and heredity, as well as artery disease, diabetes, high cholesterol or blood pressure, physical inactivity, obesity, and smoking.

Five Warning Signs

The best treatment for stroke is the drug "tissue plasminogen activator" (tPA), but it must be administered within three hours from the first symptoms of the stroke to be most effective. To help ensure the quick recognition of a stroke, familiarize yourself with these five established warning signs:

--Numbness or weakness of the face, arm, or leg, usually on one side of the body.

--Sudden trouble walking and loss of balance.

--Sudden confusion and difficulty speaking.

--Severe headache with no obvious cause.

--Vision troubles from one or both eyes.

Someone suffering a stroke may not show all five symptoms simultaneously, but if any of these conditions are present, seek emergency medical assistance immediately. Call 9-1-1 and also record the time that the symptoms first presented. Being aware of the warning signs and being prepared to respond to them quickly could be the difference between life and death for you or someone you love.

*Joy is the best
makeup.*

Seasons Greetings

CURRENT SPECIALS:

Gift certificates for esthetic services are sure to delight anyone on your list. Now through December 24th you can purchase gift certificates for any service or denomination and receive a 30% discount. (You can gift yourself with one too.)

Limited Edition Cranberry/Sugar Cane Enzyme and Goji Berry Mask Facial You can enjoy this limited edition facial treatment now through December 31st at a special price of only \$65.00** (A \$95.00 value). Also, you can purchase a second or more of this special and receive an additional 20% off to give as gifts.

SCSC

6520 East 82nd Street Suite 214
Indianapolis, IN 46250

MEMBER

