

Raptcha'u Hair & Beauty August 2011

Ph: (08) 8531 2255

Shop 1 & 2, 30 Seventh Street, Murray Bridge

www.raptchau.com.au

**Tired of blotchy, mottled skin?
You need to read on!**

REWARDS FOR FACEBOOK "LIKERS"

The Raptcha'u Facebook page is a great place to connect with other Raptcha'u clients, learn of recent packages and deals, find exclusive Facebook offers and follow step-by-step makeup tutorials. For the month of August, we are offering a \$10 beauty voucher to customers who search for **Raptcha'u Hair and Beauty** on Facebook and "like" our page. PLUS! Refer a friend (must be a resident of Murray Bridge) to the Facebook page, get them to "like" it and you will receive an extra \$5 beauty voucher to be used in the salon on any beauty treatment. In order to receive the voucher, your friend must post on the page's wall the name of their referrer. Eg. **I am a new liker of Raptcha'u, referred by (insert name)**. There is no limit to the amount of friends you refer so get liking!!



7 THINGS THAT MAKE YOUR SKIN AGE FASTER

I know that genetics have a lot to do with how our skin ages, but there are many external causes of prematurely aged skin that we can control. An important part of any anti-ageing skin care program is to know what you may be doing that is harming your skin or even speeding up the ageing process.

Here are the top seven things that contribute to premature ageing of the skin; they may be making you look older than your years.

- 1. Cigarette Smoking:** Not just if you smoke, but if you are around a smoker, this smoke is damaging and ageing to the skin, increasing wrinkles, dryness and capillary damage. This is partly due to the action of actually smoking, (think a cat's bottom!). But smoking also depletes your body of Vitamin C, a key ingredient for keeping skin plump and moist!
- 2. Sun Exposure:** I don't want to bang on about this, as we all know excess sun exposure to the skin causes pigmentation, wrinkling, sun spots and the skin takes on a dry, leathery appearance. Even if we don't see the effects of this exposure straight away, years down the track it definitely shows. Don't believe me? Take a look at the skin on, say, your décolletage, (where the skin sees the sun regularly), and then take a look at the skin on, say, your breasts (where you don't regularly see sun). The difference is huge!
- 3. Lack of Exercise:** Living a sedentary life contributes to ageing skin because exercise helps to tone your muscles and gets your blood flowing. Increased blood flow to the skin helps to feed the skin from the inside.
- 4. Exposure to Cold Weather:** I know this better than anyone. In fact, it's been quite the good excuse for me not getting out on my bike at 6am in the morning in the freezing cold. Cold winds and low temperatures are very drying to the skin and contribute also to capillary damage. If you are venturing out in the freezing cold, wear a heavy moisturiser or sun block as a protectant.
- 5. Alcohol Use:** Alcohol contributes to ageing skin by diluting blood vessels in the skin, increasing blood flow near the skin's surface. Over time, those blood vessels can become permanently damaged, creating a flushed appearance and broken vessels on the skin's surface.
- 6. Stress:** Stress acts as a trigger or aggravates skin conditions such as acne, hives, eczema, psoriasis, rosacea, warts, cold sores and blisters. Stress is also one of the chief contributors to an increase of free radicals in the body, which in turn has been a major cause of premature ageing.
- 7. Lack of Sleep:** Not enough sleep makes you look and feel tired. In fact, one of the first places lack of sleep shows up is on the face, with dark circles and bags under the eyes and sagging skin.



SKIN BRIGHTENING PACKAGE, valued at \$293, pay just \$149

Tired of mottled looking skin? Pigmentation is treatable, and to help you on your way to achieving brighter, healthier looking skin, we have launched the new "Skin Brightening Facial."

Here's what you get:

New Skin Brightening Facial

An ASAP pack of Vitamin A & C serum, essential for homecare of pigmentation
A \$30 voucher to use on your next Skin Brightening Facial.

But hurry! Only 5 Vitamin Packs available, so don't hesitate.

Special Event



You are invited to a one-on-one Youngblood Mineral Cosmetics Workshop. Youngblood's mineral formulas make it a more natural alternative to traditional cosmetics, using only the purest and most luxurious minerals. Meet with Linda in a personal environment to discuss your makeup needs and to learn numerous tricks of the trade.

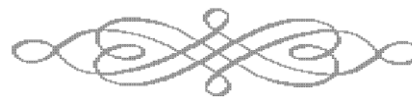
Date: Saturday 20 August 2011
Time: 1.30pm – 4.00pm (half hour appointments)
Venue: Raptcha'u Hair and Beauty, Shop 1&2, 30 Seventh St, Murray Bridge
Price: \$30 (This price is redeemable on purchases)
RSVP: Please RSVP by Monday 15 August 2011 on 8531 2255

YOUNGBLOOD
MINERAL COSMETICS

Foot Reflexology

Reflexology is a therapy that stimulates the body's healing processes, performed on the feet using specific manipulation and pressure, and giving the client both physical and emotional benefits. (It also feels AMAZING!!)

The benefits associated with reflexology are endless; it calms over-activity and stimulates under-activity of parts of the body, prevents illness, induces deep relaxation, relieves stress and tension, improves circulation, deepens sleep and reduces insomnia, detoxifies and cleanses the body of impurities and toxins, and much more! Why not book a *Relax & Unwind Package* today?



RAPTCHAU'S 10 BEAUTY COMMANDMENTS

1. Thou shalt always, ALWAYS, remove thy makeup before slumber.
2. Thou shalt love thy tinted moisturiser with sunscreen.
3. Thou shalt pamper thyself regularly, for thy deserves it.
4. Thou shalt refrain from biting ones fingernails..... And toenails.
5. Thou shalt only use professional beauty products, not cheap, inferior brands.
6. Thou shalt feed thy skin with Vitamins A, C & E.
7. Thou shalt tend to thy lady garden.
8. Thou shalt not pick at thy face.
9. Thou shalt worship mineral makeup.
10. Thou shalt follow the 3 steps to beauty, which is now actually 7. Don't forget to cleanse, tone, moisturise, and use eye cream, serums, sunscreen and foundation

Relax & Unwind Package

Available exclusively with our new and fully qualified beauty therapist, Carmen Wise, on a Monday or Wednesday throughout August, this package is designed for your ultimate relaxation.

Come in and be pampered with a choice of the following two options.

Option One, pay only \$39 (Valued at \$70):

- Drift away with soothing foot reflexology and massage
- Unwind with a mini pedicure
- Half leg wax

Option Two, just \$39 (Valued at \$70):

- Beautiful eyelash tint and relaxing scalp massage
- Revitalising express facial
- Divine 20 minute facial massage

However, should you wish to enjoy all of the above beauty services, collectively, **valued at \$140, you only pay \$70**, and will receive a free Vani-T lip definer, valued at \$19.95.