

# Raptcha'u Hair & Beauty

[www.raptchau.com.au](http://www.raptchau.com.au)

Ph 85312255

Shop 1 & 2, 30 Seventh St Murray Bridge

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We need your Email Address as you could be missing out on super specials that we offer throughout the month via email only. So to make sure this doesn't happen to you be sure to update your details and forward your email address to us, preferably by email ([linda@raptchau.com.au](mailto:linda@raptchau.com.au)) or phone on 85312255.

## **ACNE: to Squeeze or not to Squeeze, that is the Question**

Much too popular disbelief acne is not caused from eating too much chocolate at Easter time, although it would sometimes be easier to blame such a condition on the humble chocolate bar. Chances are if you are reading this you know someone with some form of acne whether it be yourself, your child or your best friend. Read on as we go beneath the surface and find out what really goes on in regards to acne.

"Acne is a chronic inflammatory disease of the sebaceous glands characterized by pustules, papules or tubercles affecting the face. The cause of acne is microbic but predisposing factors include hormonal activity."

What this means is that acne is a chronic inflammatory disease that affects the oil glands in the dermis layer (second or living layer) of the skin. Acne is usually recognized by papules (blind pimples), pustules (white or pus filled pimples), comedones (blackheads) on the face, neck, chest and back. Acne is not a contagious skin disease. It is usually present in skin that has overactive sebaceous glands. The sebaceous glands are controlled by the Endocrine System which controls hormones in the body. This is why acne is most common in teenagers and young adults going through puberty, although acne can be experienced by people of all ages.

### **How a pimple forms:**

We have all experienced them; usually the day before a big date, a friend's wedding, a high school formal or at that time of the month, a big, red sore pimple; or worse a breakout of lots of big juicy pimples.

The sebaceous glands are found in the dermis layer of the skin. Overactive oil glands don't know when to stop/slow down oil production. Acne is an obstructive disease; quite simply the cause of acne is the obstruction of a hair follicle (also found in the dermis) by dead skin cells and oil. Despite the obstruction the sebaceous glands continue to secrete oil causing swelling and cysts (comedones) or swelling and rupturing which then releases debris into the dermis thus causing further inflammation and infection (white or pus filled pimple/pustule).

### **How to care for acneic skin:**

We do this in a number of ways, both in salon treatments such as Microdermabrasion and peels and of course home care. The use of products with AHA and BHA to treat the skin such as the ASAP skin care range. It was designed to fight acne and ageing.

AHAs such as glycolic acid, lactic acid, citric acid etc are fantastic for loosening the glue like substance between dead skin cells and are water soluble therefore encouraging thorough exfoliation. When dead skin cells are held on the

**To Help you On Your Way To Clear Beautiful Skin, take advantage of this amazing offer, valid throughout June only!**

**Buy 1 microdermabrasion for just \$105, and we will give you your second Microdermabrasion at ½ price, plus give you a free ASAP Clear Skin Gel valued at \$39**



skin's surface, this layer thickens and prevents oil from flowing freely causing it to become trapped, this also contributes to acne as oil and dead skin combined with bacteria can cause pimples to form.

BHA such as salicylic acid helps to dissolve the outermost layer of skin – stratum corneum, It is an antiseptic and anti-inflammatory which kills acne causing bacteria. It is oil soluble which makes it fantastic for acneic skins that have excessive oil secretion. BHA is able to unclog sebum filled pores, blackheads and blemishes.

Cleanse the affected areas (such as face, neck, chest, back) morning and night with the ASAP Daily Facial Cleanser. This contains 12% Glycolic Acid. However it does not contain any oil so it will not clog your pores.

Exfoliate about 2 -3 times a week at night with the ASAP Daily Exfoliating Scrub with 14% Glycolic Acid.

At night after cleansing and exfoliating use the ASAP Clearskin Gel this contains glycolic acid, lactic acid and citric acid as well as 2% salicylic acid. This potent gel is fantastic for stopping pimples in their tracks, reduces congestion, reducing pigmentation and it is really effective for combating ingrown hairs.



### “Vajazzling” Anyone?

First it was xxx waxing, now the talk of Hollywood is vajazzling. Vajazzling is where we attach jewels to a woman’s nether regions after a xxx wax for decorative purposes. But don’t worry ladies we don’t put rhinestones right on your labia, just on the pubic bone area. Typically this technique has been around for awhile being used on the arms, back, legs and even the face but it’s relatively new to the pubic area. The jewels are attached using a body glue, gems can last up to 5 days. It’s perfectly safe as long as you don’t have a reaction to the glue. So if you’re keen to be “Vajazzled” and want to shine like a disco ball, let us know at your next appointment and we will arrange it for you, with designs from as little as \$7.



Murray Bridge High School Senior Ball attendees from left to right, Kaitlyn O’Sullivan, Maude O’Toole, Madeline Binney, Hannah Kluske and Erin Lindsay were spotted in salon getting ready for the big event.



May was a big month for fashion shows in Adelaide where Linda assisted with the make-up for the Katarina & Ivana swimwear launch and also at the Liza Emanuelle Winter Fashion Launch.