

March, 2006

What's New?

• **Crystal Nail Files!**

Crystal nail files are the new best thing—especially for natural nails. They will never wear out (& come with a lifetime replacement guarantee!), are sterilizable, and help prevent splitting and peeling of the nail! They are made from specially hardened glass and come in 3 convenient sizes to meet your needs.



Inside this issue:

| | |
|-------------------------------|---|
| Beauty Tip of the Month | 2 |
| March Feature Product | 2 |
| March Feature Service | 2 |
| Beauty Seminars | 3 |
| Makeover of the Month | 3 |
| Cosmetic Ingredient Spotlight | 3 |
| Reader Questions | 4 |

The Glow Gazette

Swing into Spring!

So, what's in for Spring '06?

There are several popular trends surfacing in fashion for the spring:

Rocker Chick: Edgy, studied pieces in black paired with dark denim will put you in the spotlight.

Nautical: Red, white, and blue in stripes, stars, and solids accented with rope details will have you ready to set sail.



80's Flashback: Neon colors—Fuchsia, Orange, & Yellow will brighten up your material girl.

White Out: Not feeling so nostal-

gic? Go for the antithesis of the 80's palette and choose a blank canvas. A perfect backdrop for the seasons cool accessories.



pieces. They'll have you in stitches...

Also popular for the season are kimono inspired pieces and sexy, tailored pantsuits.

Hair trends are as variable as the fashion trends. Big

hair and straight hair are in. As are both messy and sleek styles. The bob is back in a big way and color is returning to cooler, neutral tones. The pony tail is making a strong statement on runways.

Makeup styles are light and softly shimmery. The skin has a subtle glow and there is a light emphasis on the eyes. The colors are neutral tones with peach and pink lips and cheeks.



March Philanthropic Cause: Paws with a Cause

From their website:
www.pawswithacause.org

Our Mission

Paws With A Cause® trains Assistance Dogs nationally for people with disabilities and provides lifetime team support which encourages independence. PAWS® promotes awareness through education.

Paws with a Cause started in 1979 when a friend trained a dog for a hearing impaired friend. They now have a 35,000 square foot facility to house 100 dogs in training as well as office space for the staff. They also have regional representatives who act as field trainers to provide ongoing assistance to client/dog teams.



Please visit the Paws with a cause website www.pawswithacause.org for more information on how you can help support this important cause. Also, turn to page 2 to see how we can help make a difference together!

Products & Services for the Cause:

Besides going on to the Paws with a Cause website and giving a monetary contribution, or volunteering your time, here's what you can do to help!

- Come into the salon and make a monetary contribution. For every \$10.00 you donate, you'll be entered into a drawing for an Aromatherapy Facial Gift Certificate.
- When you purchase OPI's "My Chihuahua Bites" from us during the month of March, we'll donate \$2.00 per bottle to Paws with a Cause.
- Come in for an Ultimate Manicure and we'll donate \$5.00 of the service price (\$40.00) to Paws with a Cause.

February cause update—Together we raised \$65.00 for the Preston Robert Tisch Brain Tumor Center at Duke!!! Thank you all for your support of this effort!! Colleen Cvetich is our Spa Manicure Gift Certificate Winner for the direct donation drawing!

Feature Product: All Styling Tools 10% off



Is your hairbrush starting to grow things? Are you unable to distinguish the color of your Velcro rollers through all the hair? If so, now is the time to stock up on some new styling tools! Let me know if there is something specific you'd like, and I'll be happy to get it for you. I do keep some stuff in stock, but there simply isn't enough room to keep all the available styling tools on hand!

Monthly Feature Price: 10% off (through 3/31)

Feature Service: All Pedicures 10% off

Time to start getting those feet in shape for spring. Come in for any of our pedicures and you'll be ready to flaunt those toes in that new pair of sandals you've been eyeing (oh, come on, you know you have!). Top off your service with a polish from OPI's new spring collection— **MEXICO** and you'll have people screaming, "¡Caliente!"

Monthly Feature Price: 10% off (through 3/31)



Beauty Tip of the Month:

Keep your makeup brushes in great shape—they'll last a lot longer and give you better application results—clean them regularly (at least once a month if used daily) with a brush cleaner or anti-bacterial soap. Mix the cleaner in a shallow dish of warm water and swirl the brushes gently in the solution. Try to avoid getting water in the ferrule (the part holding the bristles). Rinse well. Reshape and lay flat to dry overnight.

March Beauty Seminar

This seminar is an open-ended makeup forum. I'll leave the direction up to you. You can send questions ahead of time or just come in and talk with others and hear the answers to their questions and any you may have thought of.

I'll have most of our products set up so that you can

get application questions answered too. It will likely be somewhat of a free-for-all, but we should have a lot of fun!



The Details:

Where: Polished Salon/Spa

When: Sat. Mar. 25th 2:00-4:00pm or Sun. Mar. 26th 2:00-4:00pm

Cost: Free!!

This seminar requires a minimum of 3 participants, but is limited to 5 participants!

Please let me know if you'd like to reserve a spot!

Makeover of the Month

So, how brave do you feel? If you're up to it, I'd like to offer you a completely complementary Color, Cut, and Makeup Application! The catch? And, yes—it is a big one. You'll be completely at my mercy! However, you'll get a whole new look—for FREE! To maintain your new look, you'll also get a 30% discount off any products you purchase the day of your makeover. Plus, you'll get a write-up here the following month. We'll outline how we achieved your new look (so everyone can start to copy it!) and provide before & afters! So, who's game? Keep in mind, I'm only offering one makeover opportunity per month! Just let me know if you're interested!

Ingredient Spotlight: Glycolic Acid

The simplest of the AHA family and one of the most versatile skin care ingredients...

AKA: Hydroxyacetic Acid

Sources: Sugar Cane, Sugar Beets, Unripe Grapes, Chloroacetic Acid

We offer: Skin Renewal Cleanser, Professional Glycolic Peel Facial, & Creative's Cuticle Eraser

Did you know?: It is used in textiles as a dyeing and tanning agent and in food processing as a flavouring agent/preservative.

Benefits: Studies have shown that glycolic acid

- Aids in the treatment of: Photodamaged (sun-damaged) skin, Hyperpigmentation (age spots), Hyperkeritization (overly-thick skin), Acne-prone skin, and Aging, Pre-maturely aging skin.
- Improves skin hydration.
- Has greater penetration ability (due to lower molecular weight).

For more information: (Sources) Don't Go to the Cosmetics Counter Without Me by Paula Begoun; What's in Your Cosmetics? By Aubrey Hampton; Milady's Skin Care & Cosmetic Ingredients Dictionary 2nd Ed. by Natalia Michalun; and <http://en.wikipedia.org>

“Depending on our personal tastes, beauty can be found in every color, scent, and texture.”



She lives among the poor, as well as the rich, and appears in the faces of the young and the old.”

-Daily Om Article

“Eye of the Beholder”

2/14/2006



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Our Mission:

To provide our clients with high-quality products and services to polish their self-image as well as to promote the health and vitality of the hair, skin, and nails while also providing relaxation and stress relief for the mind and body.

We also pledge to utilize continuing education opportunities and to research the latest product/styling innovations to provide you with the best. We also relish feedback from you as to how we can serve you better. We may not always be able to immediately implement ideas and changes that you suggest, but they are a very important factor in determining our current success as well as plotting our future course! Please let us know what you like or feel needs improvement regarding our facility, products, services, etc. We love to hear from you!

Your Beauty
Questions
Answered



Have a question? Send it to: Carla@BePolished.com and look for the answer here in next month's issue.

Q: I have really bushy brows and I'd like them to be more arched and elegant. What is your suggestion to accomplish this?

A: I would recommend that you first find a photo of a brow shape that you really like, then make an appointment to have your brows professionally groomed. After the professional session, you can continue them or maintain the line at home with tweezers. I think waxing is the best option because it gives the cleanest result, but you can discuss tweezing and threading with your technician if you like. Be sure that you have several days before you have any special event, however, as waxing can cause skin irritation that can linger. This should start to diminish (to a point) after a number of waxes (several months' worth). The waxing should last 2-4 weeks when you begin, but you may be able to go up to 3-6 weeks if you receive regular waxing for several months. Try to avoid plucking in between waxing appointments as it will take longer to get all the hair on the same growth cycle.

I would also recommend that you talk to your technician (or someone she recommends) about daily grooming of the brows with brow (or eye) shadow and/or brow gel.

Electrolysis and laser hair removal are options for more permanent results—however, I would suggest the tweezer/waxing methods until you are absolutely certain you like the shape of the brow. Once the follicle is “killed” the hair will not grow back. Also, please be sure to get several recommendations if planning to go this route. These types of treatments can be very costly and can have severe implications if done improperly.