

Where luxury meets results...

In this issue:

- What is Halotherapy?
- Skincare 101
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- Ways to connect with us

Halotherapy derives its name from the Greek word “*Halo*”, which means salt. In ancient times, halotherapy was practiced by exposing people to the dust created in salt mines. Today, we use salt generators in specially constructed rooms to deliver the benefits of breathing in salt.

Salt emits negative ions, or ions that have an extra electron. Being in a rich negative ion environment can boost oxygen levels, increasing alertness and overall feeling of well-being. Some studies also indicate that negative ion exposure can reduce allergens in the air.

Halotherapy has been proven safe and effective. Schedule your complimentary session here at Blue Halo today!

Skincare 101

Do you ever feel overwhelmed with putting together a proper skincare cocktail to help maintain that beautiful soft, fresh skin after your monthly facial? You wouldn't be the only one. It's all about putting the pieces together and finding what is best for you. Here are some starting points to help guide you in the right direction.

Keep it consistent.

The trouble with that “a little here, a little there” routine is that when you are constantly changing up your routine a few things can happen. **First**, your skin needs to adjust to a product. If you don't allow your skin to get use to the product with consistent use then your skin will have trouble adjusting to the product and getting to those results that you want. **Second**, it takes time to get the results that the product is promising. If you aren't using the product as it is intended to be used then you can not expect to see the results. **Third**, you're wasting your money. If a product isn't being used as directed, then, as stated before, you will find it is harder to get the results you are looking for, and that it is harder to maintain your optimal skin health.

Start with the basics.

Invest in a good cleanser, moisturizer, eye cream and SPF (for day time use) that fits your skin's needs. If you're not quite sure ask your skin specialist! These few products are essential. Another thing to add into the mix 2-3 times a week would be a nice exfoliant with a little bit of grit. This helps with that cellular turnover to reveal those plump, radiant cells under that dead, dull skin on top.

Know your skin concerns.

Treatment type products can get tricky and can be a headache. Knowing ingredients and what they do to your skin is very important. Sometimes it is best to allow a professional to help you.

The key word in skincare is maintenance, and having a solid skincare routine is your first step to achieving that beautiful, more youthful looking you.

There are lots of ways to connect with us!

- Call us at 502 690-6029 to speak directly with customer service
- Text your reservation request or question to 502 715-2345
- Visit us at www.bluehalomedspa.com
- Follow us on Instagram: [bluehalo_medspa](https://www.instagram.com/bluehalo_medspa) or Twitter: [@bluehalomedspa](https://twitter.com/bluehalomedspa)
- And subscribe to our YouTube channel for the latest news and videos

“People will stare-make it worth their while”

-Harry Winston

Did you know?

In order to reach the SPF stated on your makeup you would need to apply about seven layers of the product? Talk about caking on the makeup! Not only that, but you would still need to reapply after a few hours of wear. It is so important to include a separate sunscreen in your daily skincare routine. Some sunscreens can double as your moisturizer! EltaMD sunscreens are great dual purpose products for those needs. For reapplication purposes, powder forms of sunscreen that are applied directly over your makeup. An example is our Glo Minerals Translucent Protecting Powder. This product also absorbs excess oil that builds up during the day which breaks down your makeup and causes creasing. Stop by today to check out our wide selection of EltaMD and Glo products.

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