



## Resolve to be Kinder to Your Skin in 2010

If you want to look your best from head to toe in 2010, the solution is simple – treat your skin better. With so many skin care advances and products available, it's easier than ever to protect, and even correct, most skin types or problems. Don't know where to start? Try some of these resolutions from the beauty experts at Mario Tricoci Hair Salons & Day Spas to reach your goal.

- 1. I resolve to ward off the sun's rays.** And we're not just talking about your face and neck. Other areas, like your arms and hands, are also exposed everyday. Use a sunscreen like SkinCeuticals SPF 30 to protect against UVB and UVA rays; UVA rays penetrate 30-40 times deeper into the skin, and can cause cellular damage and DNA change (aka: premature aging).
- 2. I resolve to protect my skin from unseen enemies.** Use a high-level antioxidant every morning to guard against environmental triggers, like dirt or air pollution, that can cause free radical damage or premature aging. Antioxidants in a serum form work best because they penetrate the skin.
- 3. I resolve to find the right products for my age.** Over 30? Use a retinol product like Nature's Alternative Firm & Regenerate Serum in the evening to remove dead skin, refine the complexion, soften fine lines and wrinkles, and create a more effective absorption for your moisturizer.
- 4. I resolve to hydrate.** Everyone who wants pretty skin – even those of us with shiny faces– needs to find a moisturizer formulated for their skin type. With the right foundation (see steps 1-3), a moisturizer plumps the skin and creates the best base for makeup that lasts all day.
- 5. I resolve to go natural.** Mineral make-ups, like COSE Custom Blend Mineral Makeup, keep skin looking and feeling healthy because they are free of talc, colors, and dyes. They also don't clog pores and are a lighter weight...almost like you're not wearing any makeup at all.
- 6. I resolve to de-stress.** Stress makes its presence known in sneaky ways, like the way a tough deadline shows in your face. Massages help alleviate stress and improve your physical and mental well-being. Mario Tricoci's Signature Massage, for example, brings your body to a state of relaxation with enhancements that include a foot exfoliation treatment, warm towel ritual, and head and neck massage, complemented by a heated aroma neck pillow.
- 7. I resolve to treat my skin every once in a while.** Facials and peels can help target and treat specific issues – and they're not just for your face. Mario Tricoci's Red Carpet Facial, for example, can also be applied to hands for a luminous, youthful look. Other treats can include services like Mario Tricoci's Age Defying Muscle Lift and Age Defying Eye Lift, which use micro-current technology to stimulate and lift muscles to reverse the signs of aging.

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Mario Tricoci sources:

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