



# TrueBeauty

*Advice you can trust in today's world of beauty*

## Q

**What is a good program for aging skin? I want to use what's best for me, but don't want to spend all day on skin care.**

## Skin Care, Simplified

*Investing in a consultation with a skin care professional will simplify your routine and save money in the long run.*

AT ANY AGE, these five steps will lead to healthier, more youthful skin:

**CLEANSE** morning and night to remove makeup, dirt, oil and other impurities.

**MOISTURIZE** after cleansing to hydrate and soften the skin's surface.

**PROTECT** against the sun every day with an SPF of 15 or higher to prevent premature aging and reduce the risk of skin cancer.

**EXFOLIATE** with alpha-hydroxy-acids or Vitamin A derivatives to remove older skin cells and speed the skin's natural turnover process.

**REPAIR** damaged skin with antioxidants such as Vitamin C, E or Idebenone that nourish the skin, stimulate collagen production and protect the skin from further damage.



*For more beauty advice from Gina Thompson, visit [www.DiscoverYourTrueBeauty.com](http://www.DiscoverYourTrueBeauty.com)*

If you continue to accumulate pretty jars, bottles and tubes that end up unused in a drawer, seek the advice of a qualified skin care professional. Investing in a professional consultation may provide invaluable information that can simplify your routine and end some of the confusion.

## Q

**What's the best way to apply eyeliner? I want a natural look but always seem to make a mess!**

CREATING THE RIGHT LOOK starts with the right color, applied with the right technique. Black liner is a difficult color to master and when applied incorrectly, can look harsh. People often make the mistake of thinking brown is the only alternative. But because some shades of brown have red undertones, they can sometimes make your eyes appear tired and sore.

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### TrueBeauty Tip:

**Spend your money on great skin care and save a little on makeup. Your makeup application will only look as good as the canvas underneath.**

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## Eyeliner Basics, continued from p 1

I recommend a charcoal liner for a soft, neutral look.

After sharpening the pencil, I soften the tip on the back of my hand for easier application.

For a natural look, don't draw one heavy line around your eyes. Instead, make light, feathery strokes, starting at the outer corner of your eye and tapering off as you make your way to the inner corner.

Stay as close to the lash line as possible and soften the edges with a cotton swab for a natural look. For added staying power, apply a powder eye shadow in a similar color right over the pencil.

Once you feel comfortable with this application technique, experiment with other colors and formulas for a more dramatic look.



*The information in this newsletter is not intended as a substitute for professional medical, health or beauty advice, diagnosis or treatment. Consult with a credentialed professional for specific information about your personal beauty and health concerns.*

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## All About Botox®

**Q** I am considering Botox®, but I don't want the results to look obvious. Will everyone know I've had this done?

IF YOU'RE CONCERNED about the results looking too obvious, start by having just one area treated. The most common area treated with Botox® is the glabella, which is right between the eyebrows. Botox® weakens the muscles in this area so they can't contract, minimizing those frown lines. Some people have their forehead lines or crow's feet injected as well. The results are generally a more relaxed and youthful appearance. So, take a conservative approach, don't overdo it and everyone will just think you look great.

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