

# MELLA



SKIN CARE

M A S S A G E

## Press Release

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**FOR IMMEDIATE RELEASE**

### **MELLA'S 10 QUICK AND EASY RESTORATIVE TO-DO'S FOR 2005**

SAINT PAUL, MN, DECEMBER 21, 2004: Mella Martin, local skin care specialist and wellness advocate, shares 10 quick and easy restorative techniques for improved health and beauty as New Year 2005 approaches.

Martin created Saint Paul's first day spa in 1991 on Grand Avenue, recognizing the need of combining treatments for beauty and wellness. She is certified in both para medical esthetics and therapeutic massage, and now specializes in advanced skin care. Her ideas and strong belief in education are demonstrated by her teaching "Look Good Feel Better" workshops for the American Cancer Society for 12 years and popular herbal workshops at Saint Paul's Como Zoo and Conservatory. In addition, she offers workshops in skin care, stress management and aromatherapy.

Building and maintaining a loyal clientele over the past several decades, has helped Mella earn respect in a very competitive business. Her interest in improving health and wellness for others was revealed when she was a young teen; a curious and experimental Mella used oatmeal masks and diluted lemon juice for skin care. Today, she still advocates pure and natural ingredients but has found high tech treatments such as chemical peels are not something to be afraid of and are effective if used correctly for reversing damage to the skin.

Mella's soothing voice and demeanor have an immediate calming affect, whether she is addressing an audience or consulting with one person. She believes that "the way you look, feel and function depends on taking time out for yourself. It is essential to your natural beauty and state of mind."

In today's anti-aging climate there are alternatives to plastic surgery and the best place to start is with a good esthetician who has experience with anti-aging techniques. Mella's rejuvenation program can be started tomorrow, continue during 2005 and then practiced throughout the rest of your life.

#### **Mella's 10 Quick and Restorative To-Dos**

- 1. Check your personal battery at the end of the holiday season. Where are "You" on the list?** Your energy is affected by weather and sunlight. Sit quietly and assess your time management. Have you booked time for yourself? Where is your energy level? Are the Christmas cookies gone yet and are the vitamins back on the shelf? Have you

soaked in the bathtub lately? Where is your exercise club? Is the treadmill setup?

2. **A sense of smell, aromatherapy, goes a long way toward helping you get through a Minnesota winter.** Do you know that your mom was probably using aromatherapy on you as a child? Have you discovered eucalyptus for relaxation, lavender for sleep, citrus for depression, peppermint as an inhalant and chamomile? Many are mild enough even for the very young. Different things work for different people and this is something you can do for yourself. It helps with sleep patterns, health issues, aches and pains and respiratory difficulties. It is simple to do at home: get a good essential oil from someone reputable. But be careful, as they are strong. An example is a woman who used 30 drops of orange and burned her skin.
3. **Don't forget that your skin needs have changed, from June to January, and you still require SPF (sun protection factor).** What have you been doing with your skin care and what is protecting you from the environment and UV (ultra violet) rays? Sunscreen shouldn't be called sunscreen, instead call it protection and use it year-round. Build it into your regular moisturizer. Rehydrate and reevaluate your current needs.
4. **What happened to all that water that you were drinking last summer? Are you getting six to eight cups of liquid into you each day?** Look at your coffee consumption, you may wish to cut back and try herbal tea instead. For double duty, pick an herbal tea which can also help you to sleep. Remember that when you are thirsty, your body is already dehydrated. For water choice, filtered or bottled water is preferred, carbonated beverages are not as good for you.

5. **The Farmers' Market is closed; don't be tempted by too much carb loading.** Shop for lots of edible antioxidants including green and colorful vegetables such as spinach, broccoli, squashes and winter vegetables. Look for the colors. If you really want the potato, go for the sweet potato. Pick out the red pepper, it has more beta carotene. Simple food choices go a long way toward better health.
6. **Find an exercise partner! The ideal is someone who needs what you need.** You may need to think outside the box: could it be someone that you met from work, church or know from high school? You may need a partner's nudge, even if it's a talking exercise partner who gives reminder calls. It's hard to counsel and care about yourself! Your plan may include a local health club, exercising in front of the TV on a yoga mat, regular walking. Before you begin a rigorous program, do check with your health professional.
7. **Check your cosmetic and skin care products drawer. Are you still clutching a tube of lipstick that's five years old?** It's a great time for a clean out. You'll feel liberated to chuck it, its clutter in your life. Think of your cosmetics more as food and regularly throw out the old stuff. The shelf life for cosmetics is about six months to a year. Cosmetics can go rancid like food and harbor lots of bacteria. Mella believes it is important to choose the right cosmetics for you and her wish is this: you should run out of everything you buy because you use it and it works. Use fresh product for better results.
8. **What happened to your summer glow? Steam, steam, steam. Is it time for a facial either from your esthetician or done at home?** Try a mask at home. Three types include creams, masks and clays. If you would like to try glycolic treatment cream, check with an esthetician. These

products do a wonderful job of resurfacing the skin. The goal is to exfoliate the old dead skin cells and hydrate the new skin underneath. American women mistakenly believe they can cover up their skin rather than care of it. As we age, we need less and less makeup, not more. And if you are tired, more blush is not going to make you look better. A quick eye tip is to keep half a dozen soaked tea bags in the refrigerator, ready to use for a quick eye pick-me-up. The eye refreshing ingredient in tea bags that tightens the tissue is tannin.

9. **Turn your bedroom into the Como Conservatory! You sleep and spend a lot of time there, so it's important to hydrate the air around you.**

Plug in your humidifier and hang a few plants. The extra humidity will help you from waking up with dry eyes and also improves sinus difficulties and circulation. People are more susceptible to colds in the winter because of dehydration. Because the number of hours you are sleeping, be happy with the environment including the color of your walls and the pillows. Make sure that you get enough sleep; a range of 7 to 10 hours is recommended. Remember during the daytime hours to take a breather, nothing is better than a nap. It is an excellent source of energy. If you have 15 minutes, whether you are sleeping or resting, you'll recharge your battery so you slow down and think about what you are doing.

10. **By all means have a facial or massage and take care of yourself.** Don't consider this a treat but a necessity. Refer back to the first suggestion about taking an inventory. If you need a facial or massage, by all means get one. If facials or massages aren't in your budget, there are all sorts of books to read to help you learn some of the many relaxation techniques available. There is something to fit

everyone's needs. One person's negative stress may be another's good stress. Therefore, you need to find the tools that work best for you.

The reoccurring message from all of these tips is to learn what you need on both the inside and the outside. It's not just how you look, you are the master of how you feel, you can control a lot of what is going on in your own personal world.

Mella would like to hear about your experiences with these suggestions and welcomes your emails to [mellamartin@earthlink.net](mailto:mellamartin@earthlink.net). She plans to provide an update and incorporate ideas into her website and client services.

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