



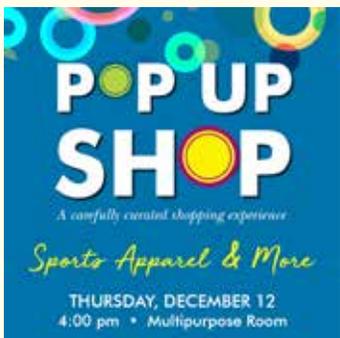
# THE Healthy LIFE

LIVING YOUR VERY BEST AT GLENEAGLES

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## Love Your Skin



KAREN MIKUS  
Healthy Lifestyle Director

There is an awareness now that what you put on your skin is just as important as what you eat. The American Academy of Dermatology (AAD) has stated that using skin care products and having the knowledge of how to use them can deter many common skin problems, premature signs of aging, and even skin cancer. Quality ingredients in your skin care products will help build resiliency and promote healthy skin, while poor ingredients can dry your skin out, cause breakouts, and lead to long term damage.

This issue of *The Healthy Life* newsletter is about Skin Care. Good skin care starts with protecting yourself from the sun. Sunscreen is the ultimate anti-aging product. We have you covered with the latest on Sun Care tips for protecting your skin, ingredients you should stay away from, and what you need in SPF coverage. Patti Ross, our facial specialist,

has included an article on Facials and why they are necessary for healthy skin. And what about all the skin care products on the market? Is there a difference between professional skin care products and over-the-counter? We say yes and you will know why once you read the article on page 8.

Nutrition plays a major role in good skin health. Check out the article by Dr. Lillian Craggs-Dino on Food for Healthy Skin. Chef Cooper has a recipe to bring beauty from the inside out.

We look forward to seeing all our returning members. It will be another great season. And don't forget to visit the Spa for a facial or massage.

The next issue of *The Healthy Life* will be out in January. We welcome your suggestions and feedback.

Be Healthy,

Karen

# Protect Your Skin

The most important part of a good skincare routine is sunscreen.

Ninety percent of skin aging comes from the sun, so if you are not wearing sun screen on a daily basis, anything else you are doing is not going to deliver the results you want. The sun causes proteins in our skin to deteriorate, it changes the texture and elasticity of skin. It's a shame, because cumulative sun exposure is the most significant and controllable factor in skin aging. That makes sunscreen the ultimate anti-ager.

According to the Skin Cancer Foundation, it's estimated that the number of new melanoma cases diagnosed in 2019 will increase by 7.7 percent. While these statistics are gloomy, on the bright side sunscreen itself has become lightweight, more effective, and the ingredients are healthier. And more people are using it.

SPF product selections have increased. Sun protection is not a stand alone product any longer. Nowadays, many moisturizers with SPF contain ingredients such as antioxidants, vitamins and anti-inflammatories that provide protection against the aging effects of the sun. Or you can choose a tinted moisturizer and skip using foundation.

The mineral sunscreen ingredients zinc oxide and titanium dioxide are not new, but they are surging in popularity and use. These minerals are inherently gentle. They work by reflecting and scattering UV rays away from skin and they don't penetrate or absorb into the skin, so they don't cause irritation.

For help with choosing the proper sunscreen please visit the Healthy Lifestyle Spa and speak with one of our Facial Specialists.



## WHAT SPF SHOULD I CHOOSE?

SPF stands for Sun Protection Factor and measures how long your skin will be protected from UVB rays only. However, since both types of rays are harmful to the skin, we recommend making a broad-spectrum choice that protects against both UVB *and* UVA rays.

For extended, intense exposure, the Skin Cancer Foundation states that it is best to choose an SPF of 30, a protective factor which filters out 97 percent of the sun.

The actual difference in the SPF 30 and SPF 60 is not that significant. The proper re-application tends to be more important than a higher SPF factor. If you are out in the sun, you need to reapply sunscreen every hour and a half.

## HOW MUCH SUNSCREEN DO I NEED TO PUT ON?

According to the Skin Care Foundation, for face and neck, apply one teaspoon of sunscreen for each area.

## INGREDIENT BANS

In 2018, Hawaii banned the sale of sunscreens containing oxybenzone and octinoxate due to concerns that they damage delicate coral reefs; Key West, Florida, followed suit in January 2019. Although some in the sunscreen industry dispute the risk, as the available research is inconclusive, the new legislation is affecting sunscreen formulation – namely the reworking of products to include replacement actives.

## INGREDIENT CONCERNS

There's a lot happening in the realm of sunblock, and it's important to stay on top of the latest news to ensure you are properly protecting the skin. While it is widely debated, several ingredients in chemical-based sunscreens are getting a closer look. We have those sunscreen ingredients listed below:

- **Homosalate:** Can disrupt hormones
- **Methylisothiazolinone:** Can cause allergic reactions
- **Octinoxate:** Can disrupt hormones and cause allergic reactions
- **Octocrylene:** Can cause allergic reactions
- **Oxybenzone:** Can cause allergic reactions and disrupt hormones

*More information: [www.ewg.org](http://www.ewg.org)*



## Member Spotlight: DONNA SCHIFFMAN

Donna has been a member of the Gleneagles community for the past 5+ years and resides here all year round. She is very active both socially and with tennis and golf. She also devotes time volunteering to assist with various charitable organizations.

Donna is very motivated to maintain a healthy lifestyle and works hard to achieve this by eating the right foods and exercising on a regular basis. She is determined to continue on this path for many years to come.

Donna attends many of the fitness center's classes, including water aerobics, spin, and yoga. She also loves the nutritional and other health related lectures that are frequently offered.

Donna especially loves the Gleneagles Spa in which she very much enjoys the relaxation of a facial and massage!

# All About FACIALS

Is a facial a treat, or necessary for healthy skin?

PATTI ROSS, Facial Specialist



Did you know your skin is your body's largest organ? It also stands up to all the wear and tear that environmental exposure creates. Your facial skin, in particular, is visible to everyone in the world and is sort of like your "ambassador." Yes, whether you like it or not, we are judged by our faces. This means that how your facial skin looks says something about you. Understand that good skin care is important, yet it can go only so far. For best results in the face department, you need a periodic facial and a pro to do the job. Yes, facials are necessary for good skin care!

First, facials are a great way to rejuvenate the skin. A good way to think about facials is that they are like an exercise routine for your skin to keep it healthy and looking great. They are capable of stimulating the skin's renewal mechanisms and resurfacing skin texture. Facials are an important part of keeping your skin texture youthful, hydrated and plump, and they also keep your skin color even. If you ask anyone who gets regular facials, they will tell you that their facials are a key to keeping their complexions looking their best.

The benefits of a facial come from the ability of the products used by a facial professional to help stimulate cell turnover and your skin's renewal of collagen and substances into the deeper skin layers. This helps to build more elasticity and collagen over time. Facials can benefit scarring, wrinkles and even improve deep hyperpigmentation. Soothing steps can be added to reduce redness for sensitive skin too.

The end result is that facials will help to create smooth, bright, youthful and well-groomed skin that you are proud to show the world. This tells others that you take good care of yourself. As a bonus, if you wear makeup, your facial will create an even palette for the perfect makeup application.



# Spotlight on... Patti Ross, Facial Specialist

Patti Ross started work as a Facial Specialist in the Healthy Lifestyle Spa in 2018, and she quickly established a loyal following. Patti's considerable knowledge and passion for what she does are evident to all who've spent time with her. Her caring and considerate demeanor and healing touch are unsurpassed.

Patti says, "There is no greater satisfaction than knowing I've helped clients achieve more than they were hoping for."

Patti Ross grew up in Greenwich, Connecticut on a dairy farm. After graduating

from high school and secretarial school she spent more than 25 years working for prestigious corporations in New York and Connecticut and prominent law firms in Ft. Lauderdale.

In 2002, she was ready for a career change and enrolled in an esthetics program at Florida College of Natural Health in Fort Lauderdale. After earning a Facial Specialist Diploma in 2003, Patti completed a six month internship with a master esthetician. She went on to establish her own business, Complexions, a skin care and massage studio.

Throughout the following years Patti continued her training and received in-depth education from Privai/Innovative Spa Management in Asheville, North Carolina, Bellanina Institute in Ann Arbor, Michigan, and The International Dermal Institute in Fort Lauderdale. Patti has worked for 4 star and 5 diamond hotel spas.

Patti loves getting to know the members and of course helping them enhance their appearance so they can always put their "best face forward".

## How to Layer Your Skin Care Products

*The skin's job is to keep things out, but many skin care products have ingredients we want to get in. Only a very small amount of these key ingredients can penetrate the skin, even when perfectly formulated and applied. If you don't apply products in the correct order, you will not see the best results from your skin care regimen. In general, you want to apply thinnest to thickest, this ensures that all products are getting time in direct contact with your skin. Make sure to exfoliate twice a week.*



### MORNING ROUTINE

- 1. Cleanser** – You need clean, oil- and grime-free skin for ingredients to properly absorb. Wash with a gentle face cleanser designed for your skin type.
- 2. Toner** – Most people tend to skip toner because there's a lingering assumption that most toners are harsh and irritate the skin. The new breed of toners helps replenish and balance skin's natural moisture levels prepping the skin to absorb serums and moisturizers more efficiently.
- 3. Antioxidant Serum** – It could be using a Vitamin C serum which provides skin-protecting and anti-oxidants. Or, a serum full of botanical extracts and antioxidants with powerful hydration properties as a primary benefit.
- 4. Moisturizer** – to keep your skin balanced, hydrated and plump.
- 5. Eye Cream** – to support your skin's natural collagen production while brightening the look of dark circles thanks to its potent vitamin C.
- 6. Sunscreen** – the best tool for preventing signs of aging.



### NIGHTTIME ROUTINE

- 1. Double Cleanse** – Use a cleansing oil to get rid of the day's grime, dirt, oil and makeup. The second cleanse is to use a face wash to remove all the excess sebum, dirt and makeup you loosened up on the first step.
- 2. Toners, Essences and Boosters** – Apply toner as you would in the morning. Essences and Boosters are infused with different active ingredients, the purpose is to hydrate and nourish skin.
- 3. Eye Cream** – Aside from addressing crow's feet and dark circles, eye creams can also serve to protect your delicate eye area from your other skin care products.
- 4. Treatment Serums and Creams** – Your skin does the bulk of its repairing, restoring and regenerating at night. Retinol creams, exfoliative treatments, anti-aging serums are better used at night. Pick your evening treatment based on your skin's need of the moment.
- 5. Hydrate** – Hydrating oil or face mask if your skin needs an extra boost of hydration.
- 6. Moisturizer** – Used at night, a heavier cream creates a protective coating on the skin to prevent water evaporation while you sleep.

*Don't forget to exfoliate twice a week!*

# Food for *Healthy Skin*



DR. LILLIAN  
CRAGGS-DINO  
Dietician DHA,  
RDN, LDN, CLT

**Similar to other organs** like the brain, heart, lungs, and liver, the skin performs a specific function to keep us healthy. The skin offers protection from environmental elements and makes us “waterproof”; it helps to regulate body temperature, and it provides the sensation of touch, heat, cold, and pain. The skin also provides the body’s ability to make vitamin D. The color of skin is produced by melanin, a pigment secreted by special cells called melanocytes. The skin is comprised of three distinct layers with specific functions. The outmost layer is called the epidermis, and this offers protection. Beneath this layer is the

dermis which contains cells that allow us to sweat and houses our hair follicles. And finally, the deeper layer is called the hypodermis or subcutaneous tissue which is composed of mostly fat and connective tissue.

Because the skin is a living tissue, it requires specific nutrients from our food to keep it healthy, viable, and supple. The nutrients closely related to vibrant skin are those that contain antioxidants like vitamins A, E, C, and beta carotene. Lean protein is also necessary for collagen formation, which provides the matrix for skin support. Foods that contain omega-3 fatty acids also contribute to glowing skin

by providing anti-aging and anti-inflammatory properties. Proper hydration is also an important element for nourishing the skin.

See below for a list of the top 5 foods that can promote anti-aging and nurture the glow, fight wrinkles, and exude the natural beauty of the skin. Remember, the skin is a living organ that needs to be nourished to keep it healthy and young. In addition to the foods listed above, look for colorful fruits and vegetables, lean proteins, whole grains, and nuts and seeds, all of which contain the nutrients your skin needs for vitality and vibrancy.



## SALMON

This fish is a powerhouse for healthy skin because it provides protein and omega-3 fatty acids necessary to protect the skin from oxidative damage. Salmon also contains excellent levels of potassium, selenium, and B12, all of which are needed for healthy blood and cardiovascular function to feed your skin.



## CARROTS

Carrots are an excellent source of beta-carotene, the precursor of vitamin A. According to the Mayo Clinic, consuming 6-15 mg of beta carotene from food is regarded as safe. One small carrot contains approximately 4 mg of beta carotene. Beta carotene is believed to protect the skin from damage and may also reduce photosensitivity.



## SWEET POTATOES

In addition to containing approx. 8 mg of beta carotene in 3.5 ounces, sweet potatoes are high in the antioxidant vitamin C which protects the skin from oxidative damage. Vitamin C is also necessary to make collagen, the protein that gives skin support to prevent wrinkles.



## WALNUTS

Walnuts are packed with antioxidants and anti-inflammatory components such as vitamin E, polyphenolic compounds and omega-3 fatty acids. Walnuts also protect your heart so your skin can get a healthy blood supply of oxygen and nutrients.



## AVOCADOES

While avocados are high in fat (1 cup contains approximately 20-25 g fat), this amazing fruit helps to absorb the carotenoids found in the food you eat with it. So for healthy skin, eat some tomato and avocado salsa to drive up the amount of lycopene, lutein, and antioxidants needed to keep your skin youthful.

## What's In Season



**ORANGES** are low in calories and are a healthy source of fiber, vitamin C, thiamine, folate and antioxidants. They promote clear, healthy skin, improve your immune system, and even improve your heart health and cholesterol levels.



**RED BELL PEPPERS** are a tasty vegetable that can be enjoyed either cooked or raw. One red bell pepper contains more than 100% of your daily vitamin C needs. It also contains significant amounts of dietary fiber and vitamin B6. It's also rich in carotenoids that can help prevent wrinkles and increase blood circulation to your skin, helping it look more youthful.



SCOTT  
COOPER  
Executive  
Chef

Oh, how I miss the fall in New England! It's the most beautiful place in the US during foliage season. Along with the amazing colored leaves comes Autumn cuisine. What a great combination, salmon, walnuts and sweet potatoes with a hint of Vermont syrup. I hope you enjoy this and have a wonderful fall season.

**Bon Appetit!**

*Chef Cooper*

## WALNUT CRUSTED SALMON with Sweet Potato Puree

**Ingredients** *Yields 4 servings*

### Salmon with Walnut Crust

- 4 salmon filets
- ½ cup walnut pieces
- ¼ cup fresh Italian parsley
- 2 Tbsp. breadcrumbs
- 2 cloves garlic
- 1 tsp paprika
- ½ tsp cracked black pepper
- 1½ tsp salt

### Glaze

- 4 Tbsp. unsalted butter
- ¼ cup Vermont maple syrup
- 1 Tbsp. coconut milk
- ⅛ tsp ground ginger
- 1 clove garlic, minced
- Juice of 1 lemon
- 2 tsp cornstarch

### Sweet Potato Puree

- 2 large sweet potatoes
- ¼ cup of skim milk
- salt & pepper

### Directions

Preheat oven to 400 F. Wash sweet potatoes and place in oven on middle rack, back for 45 minutes or until fork tender. Once potatoes are cooked, let rest and cool on counter. Then remove skins from the potato and place in food processor, add skim milk and puree until smooth, season with salt & pepper. Keep warm.

Add the glaze ingredients to a small sauce pan and heat over medium heat. Bring to a boil; reduce heat to low and simmer until slightly thickened.

Season salmon with salt and freshly ground black pepper. Add the walnut crust ingredients in a food processor and process until mixture is finely chopped. Dredge each salmon filet with walnut mixture. Pour one half of the glaze over the walnut crusted salmon filets and reserve the other half to serve immediately before serving. Bake salmon at 400 for 15 mins.

Place a scoop of sweet potato puree on the center of the plate, then salmon on top.



# Why Professional Skin Care?

Over the counter (OTC) has changed over the years and varies in quality. Here's a brief overview of some of the differences between professional skin care and OTC.

PROFESSIONAL SKIN CARE PRODUCTS	OTC PRODUCTS
Made in small batches	Made for the masses
High levels of active ingredients	Large amounts of fillers and preservatives
Product molecules are small for maximum penetration	Product molecules are large, stays "superficial"
pH adjusted ingredients help to maintain skin integrity	Alkaline ingredients compromise skin's barrier function
Priced with integrity, overall budget-friendly	Low up-front cost, high long-term cost

## How do you attain beautiful skin?

You will find everything you need in the Healthy Lifestyle Spa. We have three superior and amazing professional skin care lines to deliver results for you. Their unique qualities are:

### EMINENCE

The most powerful ingredients in skin care comes from the safest source: Nature. Pure, honest ingredients that spring from the soil and harvested at a certified organic farm in Hungary. Eminence organic products are made with all natural, biodynamic, sustainable, cruelty-free ingredients in their natural form. With high concentrations of active ingredients, Eminence is natural, and yet effective, results oriented skin care to promote healthy, beautiful skin.

**Favorite Product for use at home:** Stone Crop Hydrating Mist used with Bamboo Firming Fluid (Eminence #1 selling product world-wide).

### IMAGE SKIN CARE

Combines clinical and smart botanicals. Image developed Vectorize technology, a delivery system for the active ingredients like stem cells and peptides to be absorbed deep into the skin in a time release manner.

**Favorite Product for use at home:** The Max and Iluma both use the Vectorize technology. Vital C is also a favorite.

### BIO-THERAPEUTICS

Blends technology with quality products for advance skin care. Bio-therapeutics is both innovative and a game changer with LED light therapy and rejuvenating micro-current to accelerate the delivery of product into the skin. The results are amazing!

**Favorite Product for use at home:** BT cocktail

*Visit the Healthy Lifestyle Spa* for the most high-level, professional treatments, then work with your esthetician to create a daily routine for maintaining your skin at home.

