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HOW TO PREVENT *Holiday* **WEIGHT GAIN**

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GLOWING SKIN FOR THE HOLIDAYS

The holiday season can be one of the best times of the year to pamper your skin. Everyone wants to look their best for family gatherings, office parties, and those holiday getaways, so it's best to start preparing now in order to look fabulous for those special events.

Exercise is one way to help look great in that "little black dress," as well as add a healthy glow to your skin. Exercise will clear your pores, increase your metabolism and heart rate, which together will stimulate blood circulation. Enhanced circulation helps to bring oxygen to the skin and improve micro-circulation which transports nutrients to the skin's cells in order to build and stimulate collagen.

Detoxification will also help create lymphatic stimulation and blood circulation, both of which are vital functions to keep your skin glowing. A great routine before your morning shower is to use a dry brush exfoliation technique on your body as an effective method to detox. Another way to assist with detoxification is to increase water consumption and include more fiber in your diet. Generous quantities of whole grains, beans, legumes, high fiber snacks including apples, nuts and seeds are all nutritious and very healthy alternatives to fast food.

During the holidays, it's not always easy to eat the healthiest of foods, but including a vitamin supplement can help keep us healthy both inside and out. Vitamin A, consumed internally, helps to keep the skin smooth and moist. Utilized topically, it is great for enhancing cellular turnover. Vitamin B Complex provides diverse functions, including environmental protection and sebaceous regulation. It can systemically improve the skin's ability to uptake oxygen, tolerate UV exposure, and maintain the suppleness of the skin. Vitamin C is important for the production of collagen and applied directly is anti-inflammatory and helps to improve skin tone.

Skin maintenance is important all year, and especially now, if you want to look your best for the holidays. Regular facials, microdermabrasion treatments, and peels can shave years off your appearance, but if you're not sure what would be best for your own unique skin needs then please feel free to contact me directly at 602.295.0378 for a personal and complimentary skin consultation.



For Victoria Nash, the creation of Esente' Physioceuticals culminates a lifelong passion for advanced aesthetics and health. She is a licensed clinical aesthetician and her understanding of healthy lifestyle and beauty modalities have been influenced by more than 15 years of expanded function dentistry. With Victoria's frequent guest appearances on television and radio, as well as featured articles in national and regional media, Esente' has quickly become the skin care line that everyone is talking about. Born in Lancaster, Pennsylvania in 1957, she now lives in Phoenix and is the proud mother of four adult children and ten grandchildren, who range in ages from six to fourteen. Visit www.esente.com for more product information, or for help with your skin care needs, through our online skin consultations.

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