

AVATAR

SALON & WELLNESS SPA, INC.

Skin Types

Do you know yours?

Anyone who has purchased cosmetics or skincare products has seen the words splattered across the countless bottles on the shelves, "OILY", "DRY", "NORMAL", "NORMAL-DRY", "COMBINATION". And then you are left to ponder, "What type of skin *do* I have?" Well, it's pretty easy to figure out.

To determine your own skin type, wash your face and wait 30 minutes. Place a piece of tissue paper on each section of your face: forehead, nose, chin, cheeks. The oily areas of your face (if there are any) will leave oil on the tissue paper.

Normal Skin. Normal Skin has an equal balance of water and oil. Pore size is usually medium. If you pull the skin away from the bone, it should spring back into normal position with ease. Lines and wrinkles come with age and are normal for this skin type.

Oily Skin. People with oily skin often develop acne in their teen and middle-aged years, and are also prone to blackheads. Blackheads result from dead skin cells that are retained in the pores by the oil. Oily skin also tends to be coarse in texture and sometimes shiny. Overproductive oil glands are usually the cause of oily skin.

Dry Skin. Dry Skin has a rougher texture with no shiny areas. This skin type can also be flaky. Pores are small resulting in little oil production. People with dry skin tend to wrinkle easier than those with other skin types.

Combination Skin. This is a mixture of dry and oily areas of varying degrees. The cheeks and neck tend to be dry while the T-zone (forehead, nose and chin) are oily.

So now what? Now you can take care of your skin type appropriately by purchasing the right products for you. Avatar has an esthetician here to address all of your skincare needs. We also carry Dermalogica, a line of professional products that render amazing results for all skin types.

Don't Forget About Mother's Day!

Mother's Day is in May, only a couple of months away. Now is the perfect time to take care of those Mother's Day plans. Keep your eyes open for our Mother's Day special package coming soon. You can set up a day of health, relaxation and beauty for your Mother far enough in advance to ensure an appointment. Inquire about our variety of Spa services to suit your Mom's every need! Remember...we have gift certificates for every occasion. You can get the certificate for a specific service or a set denomination and let them choose!

Have a Spring Birthday?

If your birthday falls in March, April, or May, you are entitled to a 10% discount on any Avatar spa service. Just tell our guest coordinator that you have a Spring birthday and present your ID. You will receive your discount upon payment of your service!

Spa Body Therapies

Facials

Nail Services

Massage

Hair Care

Coloring

Waxing

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Are You Getting Enough Sleep?

We've all heard about the importance of a good night's sleep -- and we've probably felt it too. Nothing is worse than tossing and turning one night, and then feeling the effects the next day. For those who just can't seem to get a good night's sleep, it can get in the way of work and everyday life. It also gives our appearance a beating. Nobody likes to hear those three little words -- "You look tired". Although severe sleep loss, or insomnia, is a problem worthy of

Good sleep will help you think, look and function better.

medical attention, occasional phases of poor sleep can be taken care of by following a few simple guidelines. **No reading or watching TV:** These are waking activities! They stimulate your brain, making good, restful sleep harder to achieve. **Relax before bed:**

Take a warm bath or do some breathing exercises. Listen to calming music or a relaxation tape. Take some time to release the day's stresses and get into calm, relaxation mode. **Don't overeat:** Try to eat at least 2-3 hours before bedtime to give your food time to digest. **No caffeine, alcohol or cigarettes:** You should keep these to a minimum anyway, but especially 2-3 hours before bedtime. **Don't nap during the day:** This can throw off your sleeping pattern, making it harder to sleep at night. **Write:** Take some time to release your concerns and express your hopes in a journal. It'll clear your mind!

CONGRATULATIONS!

Lauren Danzy is our referral winner this quarter! Lauren will receive a free Spa pedicure on us. Thank you, Lauren! We appreciate your faith in Avatar and your help in making us one of the Washington area's top-ranked salons.

Our referral program works like this -- you refer your friends and family to Avatar. At the end of each season, if you've referred the most people, you get a free deluxe spa service!

*Visit our website for
a list of services and pricing.*

www.avatarwellness.com

HAPPY BIRTHDAY!

Avatar would like to wish the following people a very Happy Birthday...

Terri Johnson, Jennifer Quansah, Toni Taylor, Hayden Gamble, Jodee Goner, Leah Malcolm, Michelle Stallings, Jenelle Oxendine, Danita Andrews, Paulette Parker, Tonya Smith, Marion Brown, Nancy Nelson, Tracey Thompson, Marie Bangura, Shawn Thornton, Anne Bwogi, Gayle Goin, Pam Mathis, Nicole Moss, Kim Frost, Dolly Assevero, Roxana Gonzales, Cynthia Latham, Jill Brunson, Keita Aminata, Lisa Prandy, Jackie Washington, Myra Jackson, Moneke Brooks, Nikia Bergan, Malikah Ash, Yvette Drake, April Waters, Tetchiana Anderson, Negleatha Johnson, Mary Bush, Altoria Ross, Soo Yi, Laveni Nesmith, Vianka Dailey, Vickie Johnson, Idanell Barnett, Terri Konin, Reenie Leahy, Shelita Smith, Jennifer Porter, Dana Harris, Anna Lorch, Katie Waszkiewicz, Beverly Schrab.

Did you know Avatar has a birthday gift for you? See front page for details!

FYI

Does What I Eat Affect My Complexion?

The answer is yes. These days studies show that foods rich in antioxidants can be beneficial to our skin's health. And it is the food, not the vitamin supplement pill, that works the real magic. The antioxidants found in green and yellow vegetables and green tea are large in quantity and have been linked to beautiful complexions. It is also important to note that foods high in fats are sometimes associated with an increased skin cancer risk or pre-cancerous skin lesions.

p.s. We are a distributor for The Republic of Tea, so come on in and purchase your Green Teas here.



Get in the System

Make sure that we have your latest information in our database so we can keep you updated on Avatar's latest specials and events!

If your planning a wedding for 2003

Let Avatar suit your every bridal need.
Sign-up your bridal party for services at Avatar, and receive
25% your bridal trial run. Inquire for details!

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