

Hello again!

Todd and I survived our mini-vacation in Orlando Florida. I say survived because it was in the 30's with very cold rain, windy and freezing! LOL We certainly picked the wrong time to go there! In spite of it, we really did have a great time - but it's always good to be back home. Can you just see the red ruby slippers clicking? There's no place like home!

***** Introducing Organic Hydrosols, Facial Oils and All Natural Sunscreen SPF30 From Pure+Simple! Available Now! LOVE, LOVE, LOVE THESE!

I'm so excited to add the new organic hydrosols, facial oils and sunscreens from Pure + Simple to the line. Pure + Simple is a professional spa located in Canada. They use only natural ingredients that give professional results. I've personally been using them for over two months now and have to say that my skin is in love! In fact, Todd asked me one day if I had just given myself a 30% Pro Pumpkin Peel treatment - that's how much of a glow you get! I'd say it took about 1 month of using the products everyday to achieve that glow. No acids, no chemicals, no preservatives, no colors and no petroleum - just all natural, organic goodness that nourishes, balances, protects, heals, brightens, firms and rejuvenates your skin.

For Oily, Blemished Skin: Organic Lavender Hydrosol, Pure Skin Face Oil and All Natural Sunscreen SPF30 For Oily/Impure Skin. These products balance sebum production and heal blemishes.

For Sensitive/Rosacea Skin: Organic Chamomile Hydrosol, Sensitive Skin Face Oil and All Natural Sunscreen SPF30 For Sensitive Skin. These products truly calm even the most sensitive skin.

For Anti-Aging, Mature Skin: Organic Rose Hydrosol, Rejuvenating Face Oil, Rosehip Face Oil, and All Natural Sunscreen SPF30 Anti-Aging Formula. I use these (surprise!).

What took me so long - I wish I knew about them sooner! Clients have been using them already and the feedback is nothing short of great:

"I love the products you recommended. At first I had a little sensitivity around my nose but it has gone now and my skin feels nourished and glowing, (I especially like the sensitive skin oil)." "I love the face oil and lavender mist. I was a little worried at first that I might break out in those small bumps, but it actually cleared my skin up even more - it sinks right in. It also helps

with dryness. Thanks so much for your help! You really know your stuff!!"

"So far the products are working very well for me. Thanks for the skin regimen recommendation. I'm one of those who's a product junkie who's tried so many products that I feel made no difference in my skin's appearance, but I'm glad to have found your site and will stick with this to see if months down the road I'm happy with results."

"Nanci I really, really love the new P+S products! My skin is responding so well to all three of them. Thank you so much!" You can find all of them on the website under "New Items", "Hydrosols/Facial Oils" and the All Natural Sun Protection is also under "Sun Protection".

UPDATE: Copper Peptide - A New Stance On Using It

In my effort to get the January newsletter sent out before our mini-vacation, I made a faux pas..... I should really proof read, shouldn't I?

This is what I wrote that is incorrect:

If you use Retin-A (or any tretinoin product), use Copper Peptide at the opposite end of the day that you use your Retin-A.

THIS IS THE CORRECT WAY TO USE RETIN-A & CP:

The correct way to use Copper Peptide when you use Retin-A is to apply your Copper Peptide OVER your Retin-A. I suggest waiting until your Retin-A has completely soaked in. However, if your skin isn't tolerating Retin-A well (peeling, flaking and redness), try mixing your Retin-A and Copper Peptide together.

I also want to mention (thank you summer2004 for the reminder!) that Copper Peptide should be used at night if you wear sun protection that contains Zinc Oxide. I've been back and forth on this subject with Dr. Pickart for months. I've applied sunscreen with Zinc Oxide over my CP for years without any issues at all and with nothing but great results. BUT Dr. Pickart told me that "SOME women say their pores became larger after using zinc oxide. Skin acids could release ionic zinc and this could block the copper effects". He also told me "I often tell clients to use CP Serum or a CP Cream under their sunscreen as a barrier". That sounds like a contradiction to me and he did not elaborate any more on the subject. So with that, I say better safe than sorry and use your Copper Peptide at night if you wear sunscreen or mineral makeup with zinc oxide. If you've been using it like I have, with no problems at all, you can continue to do the same.

Introducing the Pretika SonicDermabrasion Facial Brush - LOVE IT!

I purchased the Pretika Sonic Dermabrasion Facial Brush AND the Clarisonic Facial Brush to compare them. In my opinion, the Pretika won hands down! There are a couple of huge differences. First, the Pretika exfoliates much better and I'm sure that's because the bristles are made of microfiber. Second, the price difference - \$50.00 for the Pretika as opposed to over \$200.00 for the Clarisonic. The Pretika has 2 power levels (low for sensitive skin and high for normal skin) and comes with two brushes. It beeps at 20 second intervals letting you know it's time to move to another area of your face and shuts off automatically. It's fun and easy to use (water resistant so I use mine in the shower). You need to charge it for 24 hours prior to using it and the charge lasts a very long time. Very effective at getting rid of dry and flaky skin cells for incredibly smooth, glowing skin. Also helps reduce the appearance of pores, oily areas, dry skin patches and blemishes.

It's available on the website now under "Exfoliation".

Clearance Items - Out With The Old..... In With The New - Updated From Last Month

The following products will be on special until they are sold out:

12% Multi AHA Moisturizing Daily Exfoliator - SOLD OUT (I still have a handful of the 1 oz. sample size)

Organic Oil-Free Moisturizer (still on special at 25% off)

AcroWhite Skin Lightening - SOLD OUT

Emu Oil - SOLD OUT

Exfol Serum - SOLD OUT

I'm Covered Day Cream - (still on special at 25% off)

All Natural Sun Protection - this is SOLD OUT and I have replaced it with the three Pure +

Simple All Natural Sunscreen SPF30 formulas mentioned above.

Pressed Minerals SPF8 - adding this to the sale items as it's being replaced by the Loose Minerals SPF20.

***** For My Dear International Clients And Friends...

First Class International is back on the website as a shipping option. I apologize for its temporary disappearance! As long as your order weighs under 4 pounds, it can go First Class International. Thank you for your patience while it was being put back on!

Please Join Me In Welcoming Dana To Our Growing Staff...

We're very happy about the addition of Dana to our warehouse team! I've known Dana since I was 2 years old! She's been a member of our extended family all these years so it's wonderful to have her in the NCN family too. Dana has a very strong work ethic and is passionate in whatever she does. Welcome Dana, we love having you here!

Easy Eye Solutions - Eye Products That REALLY Work!

Easy Eye Solutions is a client favorite and has been since I started offering it. If you have under eye puffiness and/or dark circles, fine lines and crows feet and haven't tried EES yet, you're in for a real treat! What makes these products stand out above other eye products on the market is the long term effects they offer - not just an instant fix. Personally, I have a genetic under eye puffiness issue. It took a couple of months of using the Instant Eye Tuck & Dark Circle Treatment but when I wake up in the morning now, I have SO MUCH less puffiness than I did before I started using it. I'm hooked!

For the instant fix, I have to hand it to Kassy (EDS forum name) who came up with a great tip! After applying her Instant Eye Tuck & Dark Circle Treatment, she lies down on her back and fans her eyes using an overhead ceiling fan. Well, I tried it (I just fanned my eyes with my hands though) and sure enough - great tip! It makes perfect sense to me. In fact, I emailed Zach (EES creator) and told him about it, suggesting that he add Kassy's tip to the directions. What we go through right? But I have to say, it works and is soooo worth it! Thank you Kassy - I LOVE it!!!

EES is still on special at 15% off when you purchase the Instant Eye Tuck & Dark Circle Treatment along with the Illuminating Eye Care.

Some Feedback Not On The Website Yet:

"My skin has improved already with the new acid-free daily exfoliating serum and using the microfiber cloth!"

"Dear Nanci, since I started using your products, Copper Peptide, Bio-daywear and Matrixyl, the condition of my skin has really improved. The look is fresher, more even in tone and less dehydrated. We have very cold weather in Holland for the moment and I sometimes use two layers of the Bio-Active daywear in the morning. It protects my skin so well against the frost, and doesn't get rough. At first I was afraid that it would be too shine on my skin, but the cream disappears quickly."

"The microfiber cloth, well that's just amazing. I used it before I went out on Friday night and was told several times how great I looked."

"I couldn't agree with you more on the acid deal. Someone gave me those pads from Philosophy and at first I really liked them.. In fact, I got hooked on them and was using one just about every morning. I also use Tazorac cream at night which has been beneficial. However, all of a sudden after a few months, I'm noticing some very fine lines, especially around my eyes that I didn't have before. Seriously, I had a few, after all I'm 63 now, but much more than before so I'm off that stuff. People still thinking my husband and I are around the same age so I guess that's good.. You may or may not remember, he is 13 years younger than me. I'm trying to take good care of my skin so I'm always on the lookout for alternatives to surgery which I won't do, so keep up the magnificent work you're doing!"

"I've been using my new DPL for about 2 weeks. I haven't been able to use it every single day (holiday travel), but have logged some good 'driving' time. I'm starting to notice results and today a 45 year old doctor colleague told me she thought we were the same age. Not bad, since I'll be sixty in 6 months...! I'm noticing both tightening and smoothness. Your Pumpkin Peel is awesome and really helps refine my skin texture, which was pretty darn good to begin with, and it's a nice adjunct to the DPL."

"I really like the new matrixyl serum. I actually like this the best!"

"I LOVE THAT SOAP!!" (Rhassoul Cleansing Bar)

"Hi Nanci- I first wanted to send you a message and thank you for your recommendation of the Dermawave-I LOVE it!"

"I really like what my Tua Trend is achieving.. can see visible difference, quite amazing. I

definitely want to persevere with it. I look forward to my sessions at the end of the day!"

"Nanci, the recent newsletter that talked about making a resolution to not over use acids was so interesting! I made note to order the non-acid exfoliator, I'm anxious to give that a try and yes, even though acids result in temp good looking skin, I had begun to question too if it was actually aging skin. The newsletter gave me the kick in the butt to commit to avoiding them!"

I just love getting your feedback! You're more than welcome to add your reviews and comments on the website rating system too.

Healthful Recipe Of The Month:

Anti-Oxidant Smoothie - A great way to start our day!

1/2 cup strawberries

1/2 cup blueberries

1/2 of a banana

1/2 cup yogurt

1 cup milk

1/2 cup ice cubes

Directions:

Blend the banana, ice, yogurt, milk, and other berries together until a smooth drink is formed.

Pour into a cup and enjoy a very fruity, healthy smoothie.

Thanks for being here! Happy Valentine's Day!

Let's enjoy aging gracefully together! Love to all! Nanci