

For those of you don't get my monthly newsletter, here is a copy of it:

Happy New Year From NCN

I'm so excited for 2010! There are some changes coming and some new products coming that I'm absolutely in love with. Out with the old, in with the new..... that's what New Year's is all about, right? So let's get to it.....

My New Year's Resolution

My New Year's resolution is to get everyone to stop using acids on a **daily** basis (glycolic, lactic, malic, salicylic etc.). I'm a HUGE proponent of exfoliation BUT I strongly believe that using acid on your skin every day is detrimental to your skin. Why you ask? Using acids on a daily basis can age us! Your skin may look great right away from using them, but long term use creates dry, wrinkled, lined, dehydrated skin. I've been researching this for over a year now. There are exceptions - for people with acne I'm still offering the 15% Daily Exfoliator to spot treat with. 15% Daily Exfoliator is made with organic white willow bark extract, which is the all natural form of Salicylic Acid. White willow bark extract is much less irritating than Salicylic Acid and has better anti-inflammatory properties. Another exception is if you're treating acne scars or stretch marks. In those cases, an acid is beneficial to apply after using the microfiber cleansing cloth (or TimePeel Microdermabrasion machine) and before applying your Copper Peptide.

THERE IS A NEW, EXCITING ALTERNATIVE: ACID-FREE EXFOLIATING SERUM! STARRING GLUCOSAMINE! Here it is - this is a partial writeup of what's on the website. I'm VERY happy to be offering this new, safer form of daily exfoliation. It's available now!

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Acid-Free Exfoliating Serum is a powerful, yet gentle exfoliant which results in much less irritation than exfoliating products that contain acids. Made with Glucosamine, Acid-Free Exfoliating Serum is safe for even the most sensitive skin – including Rosacea!

Results are speedy, often seen after just a few applications.

Our serum is specially formulated to help improve skin tone, skin texture, sun damage and the appearance of enlarged pores. They're suitable for all skin types and are available in three strengths: 5%, 10% and 15%.

5% - Sensitive/Rosacea

10% - Normal skin

15% - The strongest formula. If you have normal skin, I recommend starting out with the 10% formula first, then moving up to the 15% formula.

Benefits:

- Acid free exfoliation that even the most sensitive skin can use!
- Helps improve tone and texture
- Helps improve the appearance of sun damage
- Helps improve the appearance of enlarged pores

- Boosts collagen, elastin and keratin production
- Lightening & Brightening of skin
- Stimulates Hyaluronic acid production
- Firming
- Repairs the skin's lipid barrier
- Offers exceptional hydration with Ceramides
- Reduces fine lines and wrinkles
- Antioxidant against free radical damage
- Radiant skin without irritation
- Healthy skin without dryness or damage

5% Acid-Free Exfoliating Serum – 1 oz. \$20.00

10% Acid-Free Exfoliating Serum – 1 oz. \$23.00

15% Acid-Free Exfoliating Serum – 1 oz. \$25.00

Available under product categories: Exfoliate, Anti-Aging Products & Hyperpigmentation.

Other methods of acid-free exfoliation:

Microfiber Cleansing Cloth

TimePeel Microdermabrasion Machine

Coming Soon - Supersonic Cleansing Brush - I tested a few and this one won! Of course, I'm still in love with and using the 30% Pro Pumpkin Peel. I know I've said this before - the pumpkin peel nourishes your skin at the same time it exfoliates because of the nutrients in pure pumpkin. I'm using it twice a month now since it's winter in Connecticut. If you use no other form of exfoliation, it's perfectly safe and fine to use it once a week. The 30% Pro Pumpkin Peel is not your usual peel, as you know!

New Skin Analysis Questionnaire Coming.... And More...

I get tons of emails from clients wondering what products I recommend for their skin type. A skin analysis questionnaire is going to be a huge benefit. Only the products that are right for your skin will be recommended. Say you're 48 years old with dry skin, yet still have issues with acne - there is no way right now on the website that you would be able to determine what products are exactly right for you. I'm REALLY looking forward to this new feature and think you'll find it very beneficial!

Not only that, but products will be grouped by skin type. Right now I only have a product category for acne. So I'll be adding groups for all skin types (sensitive/rosacea, normal/oily, normal/dry, mature skin). I'm also adding categories by skin condition (acne scars, stretch marks, eczema, hyperpigmentation etc.). So the right products will be much easier for everyone to find.

Copper Peptide - A New Stance On Using It.....

I've been using Copper Peptide for over 10 years now and swear by it. I used to feel it was best to start out using the mildest form of Dr. Pickart's second generation CP's (CP Serum) and then build up to the strongest second generation CP's (Super CopX2). I've changed my stance since I started NCN four years ago. Copper Peptide is a very strong age reversal product. I now feel that if you're new to Copper Peptide, you should start with the Super GHK Serum (normal/oily) or Cream (normal/dry) which is the first generation of Copper Peptides. Or if you DO want to start with the 2nd generation CPs, dilute with water for at least the first couple of weeks. Some people can only use the first generation CPs and nothing stronger. Some can use only the CP Serum and nothing stronger. I've been using the newest Copper Peptide product, Skin Signals (with elastin and collagen for extra firming) for months now and then just spot treating with Super Cop or Super CopX2 any wrinkle and hyperpigmentation prone areas with excellent results. New Tips:

- I feel that Copper Peptide only needs to be used once a day unless you're aggressively treating scars and/or stretch marks.
- 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. If you use a topical Vitamin C product, use your CP at the opposite end of the day. If you use acid on a daily basis (despite my New Year's resolution), use your CP at the opposite end of the day.
- Only Super GHK or Protect & Restore with High Retinol should be used around your eye area unless you have good results with the 2nd generation of CPs.
- Spot treat only wrinkles, acne scars, stretch marks and hyperpigmentation spots with the stronger CP's (Super Cop and Super CopX2).

20% Matrixyl 3000 Serum - Reformulated AGAIN.....

Practice makes perfect..... yes, I'm at it again. I've changed the ingredients for a couple of reasons. First, regular Matrixyl has been added in addition to the Matrixyl 3000. Secondly, some clients aren't so thrilled with the addition of the Griffionia Lysate and I find myself making special orders without it. I've received feedback already on the new formula and everyone has told me it's the best!

Clearance Items - Out With The Old.... In With The New

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

12% Multi AHA Moisturizing Daily Exfoliator is being replaced with the acid-free exfoliating serum. Only the 1 oz. sample size is available.

Organic Oil-Free Moisturizer. AcroWhite Skin Lightening is being replaced with Lemon Peel Bioferment - Lemon Peel Bioferment works better and is much more reasonably priced! Emu Oil is being replaced with vegan, organic face oil replenishers - you're going to LOVE these (coming this month)! They're formulated for different skin types. I don't know the process of obtaining the Emu Oil and don't want to know.... Exfol Serum - I prefer organic white willow bark (all natural salicylic acid) because it's less irritating and has better anti-inflammatory properties as stated above. The 15% Daily Exfoliator is staying in the line for acne-prone skin types.

I'm Covered Day Cream is being replaced with new, all natural formulas for oily/impure skin, sensitive/rosacea skin and a new anti-aging formula (crazy about it!)

NEW - Lemon Peel Bioferment Is Available

Lemon Peel Bioferment is very effective for treating pigmentation issues. Lemon Peel Bioferment is reported to be as effective as hydroquinone, but has zero health risks. It should be used on clean skin before applying any other products. I strongly recommend using it prior to your LED treatment to combat age spots, hyperpigmentation, liver spots, etc. 1 oz. is only \$20.00 and it's available now under "Hyperpigmentation" on the website.

Healthful Recipe of the month.. Back On Track

I really must apologize for the Egnog Pie Recipe that I gave you last month! LOL!!! So an end to recipes that clog arteries and add pounds.....this is very tasty!

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Avocado, Tomato, Edamame, and Red Onion Salad with Lemon Vinaigrette

- 1 medium-sized avocado, diced into bite-sized pieces
- 2 tablespoons fresh, torn cilantro (or parsley if you prefer it)
- 1 cup diced cherry or grape tomatoes
- 3/4 cup shelled edamame
- 1/4 cup finely diced red onion

Put all in a bowl and drizzle with EVOO (Extra Virgin Olive Oil) and the juice from 1/2 of a lemon. Salt & pepper to taste.

Here's to the happiest New Year ever!

I will be out of the office on Thursday, January 7th and back in the office on Monday, January 11th. Todd and I are going to Florida for a mini-vacation. Whoo-hoo!!

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

