



June, 2010 Newsletter Volume 2, Issue 3



Thinking Out Loud: My Inspiration Box

Have you ever had days when your energy is low and life seems boring and uneventful? Have you ever thought about who your friends really are, or who loves you unconditionally? Have you ever thought about your own importance in this life?

I have had thoughts like these.

Thankfully, they don't visit me as often as they used to, perhaps because of age and growing wisdom. However, when they do, I have found a remedy. It's called my "Inspiration Box". You may have one too. It's the place you keep your most treasured birthday cards from friends and family or Valentine cards that touched your heart or a sincere note to thank you for your caring. I keep all those notes and cards in my inspiration box... a box I purchased many years ago at a craft fair.



DID YOU KNOW?

According to the British Journal of Nutrition, 1 oz. of walnuts a day (7-9 nuts) is all it takes to fend off age-related degeneration of cognitive and motor abilities. Adding walnuts to a healthy diet also cuts cholesterol levels, a first step in preventing the dangerous buildup of plaque in the fine network of heart and brain blood vessels.



Their biggest impact is on total cholesterol and on LDL levels. The Omega-3 fatty acids in

The other day I went to grab something off the same shelf that held my box when suddenly it came tumbling down and wildly released its contents all over the floor. I began reading the contents, laughing and crying at all the beautiful memories. It was then that I realized why I had saved all those notes of love for so many years. It was to remind me of who I am, a kind of testimony about my existence. Eureka! I had discovered the antidote for my negativity, my doubts about my self-worth and my place in the world around me. I don't need a pill from the pharmacy, I just need to open that love box and read about me!

I encourage you to buy a beautiful box, basket, container, or whatever you think is lovely enough to hold your precious notes. And when you are feeling down and out, read them. They will reflect the true you....your unique beauty that means so much to so many people. Those negative demons who show their ugly faces from time to time won't have a chance to survive! My box runneth over...

Inside La Residencia Reader's Choice Award Winner



We are pleased to announce that La Residencia has won the Reader's Choice Awards for Best Day Spa, Massage and Manicure/Pedicure in Newton, Wellesley and Needham. Thank you to those of you who voted, we wouldn't be the best without you!

New Summer Treatments

We have added two new treatments that, using the essence of summer, will get your body, skin and nails looking gorgeous.

Our new *Guinot Detoxifying Body Treatment* uses essentials oils to soften, smooth and relax the body and soul. This 60 minute treatment begins with an exfoliation using kiwi seeds, sugar, coconut and palm oils and is followed by a smoothing, toning and energizing massage using citrus oils. [Contact us](#) to book an appointment at the \$99 introductory price (\$51 savings!).

In addition, the new *Guinot Tropical Escape Pedicure* will

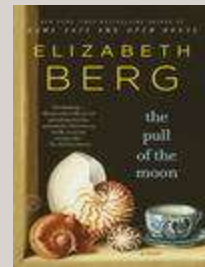
walnuts can also help with the effects of chronic stress on the body by cutting the production of several pro-inflammatory biochemicals which can weaken the immune system causing a host of age related disease (Source: Nov/Dec, 2009 Psychology Today). So...GO NUTS....walnuts, of course!

QUOTE OF THE MONTH

"Well-behaved women rarely make history."
-Anonymous

JANE'S BOOK CLUB

We all enter a time in our lives when we need to evaluate the choices we've made and who we've become. The main character in Elizabeth Berg's book, *The Pull of the Moon*, leaves behind all she has known to take a personal journey of self-discovery.



BUSINESS SPOTLIGHT: CARVER INTERIORS

Whether your tastes are more traditional, transitional or classic contemporary, Carver Interiors creates rooms that are unique and timeless. Your answer for full-scale residential interior design, they work hand-in-hand with architects and builders on new construction or home

transport weary feet to their favorite island vacation destination. This 90 minute ultimate pedicure, uses mango and passion fruit extracts to energize and purify tired feet. Tired feet are then exfoliated, massaged and hydrated using Smoothing Body Scrub and Hydrazone moisturizing cream. [Contact us](#) to book an appointment at the \$89 introductory price (\$11 savings!).

Do you like to party?

Consider La Residencia Spa for your next gathering with friends, family or co-workers. A La Residencia Spa Party combines good food, relaxing spa services, camaraderie and best of all, we do the clean-up. In the last month, we have hosted a number of parties for businesses and groups who want to escape for a fun night or afternoon out. Contact us for more info.

Keeping Up With Skincare Science: Identifying Skin Inflammation

There is a big difference between sensitive and sensitized skin. Manufacturers of skincare products have used the term "sensitive skin" for decades. However, most of us are not born with sensitive skin and our skin type (i.e. dry or oily) is genetically coded into our DNA.

Sensitive skin, or inflamed skin, can come from many different sources. More often than not, skin conditions are what causes inflamed skin. Unlike our inherited DNA, these outside factors are always changing.



More and more of my clients claim to have sensitive skin, when in fact their skin has become "sensitized". The most common causes are:

- Environment
- Aggressive skincare practices
- Immune system activity
- A Compromised lipid barrier
- Effects of our nervous system

If left unattended, inflammation can lead to more serious skin

renovation projects.



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conditions and premature aging. The key is protecting the skin's outer layer. A defect in this layer may allow irritants, such as microbes and allergens, to penetrate the skin, causing a domino effect of adverse reactions and symptoms. Here are a few helpful hints to avoid some inflammatory conditions:

- Do not over exfoliate
- Say no to home microdermabrasion systems
- Visit your skincare professional to evaluate your home care routine
- Use products prescribed to YOU, not your sister, girlfriend or neighbor
- Try to live your life emotionally, physically, nutritionally, and spiritually healthy

If you strike a healthy balance you can maintain a beautiful skin that is polished yet resilient and be able to defend itself against the continuous dermal assault by daily life.

Source: Annete King, Skin Inc. 2010