

The Year for You!

a monthly guide to a healthier and more beautiful you!

by Regina Di Silvestro



January: Beautiful skin is In! The cold winter months have taken their toll on your skin and have left it dry, itchy and raw. Not to mention the holiday stress and overabundance of rich foods, have done their jobs contributing to breakouts and dull, listless skin. Start off the year with a skin health overhaul. Exfoliate your body to remove dead skin cells with our Cutisyn™ body scrub and masque, then moisturize and protect to seal in hydration with our Cutisyn™ Serum and Body Butter. Drinking extra water, getting plenty of rest and eating right will also help improve your skin.

Product Match: Cutisyn™ Skin Health Body Ceutics™

Seminar Match: Skin and Hair Care Remedies

February: Payback time. About 80% of people will make exercise, losing weight and getting in shape as part of their new year resolutions. By the time February rolls around, working out and hitting the gym has most likely left your body sore and stiff. Incorporate some stretching routines like yoga and drink lots of water to help flush out all the lactic acid buildup. Getting a massage with

our Myosyn™ Extra Strength serum is a perfect way to help reduce stiffness and soothe sore muscles.

Product Match: Myosyn™ Muscle & Joint Health Body Ceutics™

Seminar Match: Joint & Bone Health Remedies

March: Detoxify your mind and body! Spring is coming and now is the time for a little spring cleaning. Detoxification has many benefits to your overall health. Improving memory, improved digestion and clearer skin are just some of the benefits. Your immune system will function better and many common and more serious ailments can be alleviated or improved by cleansing regularly. Detoxification can be as simple as incorporating more fruits, vegetables and water into your diet while decreasing harmful foods to even more advanced measures like fasting or doing an herbal cleansing program. For a more complete detox, add the Educe™ Detoxifying soak, scrub, masque and massage oil or serum to your routine and experience the results!

Product Match: Educe™ Detoxifying Body Ceutics™

Seminar Match: All About Detox

April: Balance, Balance, Balance. March may leave like a lamb, but that's not so if you suffer from PMS or menopausal symptoms. Keep your hormones balanced by eating right, taking vitamins, herbs and exercising. Reducing caffeine and sugar will help reduce irritability and anxiety. Calcium and Magnesium help to balance out symptoms and exercising reduces mood swings, irritability and anxiety. Taking phytoestrogenic herbs of Black Cohosh and Dong Quai root will also help balance out menstrual irregularities and symptoms as will using our Stasis™ Hormone Balancing serum daily.

Product Match: Stasis™ Women's Hormone Balance Body Ceutics™

Seminar Match: Balancing Women's Hormones

May: Summer is right around the corner! Time to get those gams looking good and ready for swimsuit season! Improve the appearance of cellulite and unsightly veins with a few tips and tricks. For cellulite; tighten and tone thighs and hips with our VariX™ scrub, masque and serum, get a massage and camouflage dimply skin with a sunless tanner. For spider and varicose veins; eat a diet rich in antioxidants, elevate your feet and legs as much as possible and use our astringent and antioxidant rich VariX™ serum daily.

Product Match: VariX™ Leg Health Body Ceutics™

Seminar Match: Cellulite and Vein Therapies

June: Summer fun = increase in injuries. Outdoor recreation; as fun and good for your overall health it may be, is also tough on your body; particularly your bones, tendons and ligaments. To help decrease your chances of causing injuries; increase your calcium and magnesium intake, decrease your sugar and stretch before you do any physical activity. If injuries do occur, our Osteogen™ serum can help improve healing time and overall bone and tendon health when used regularly.

Product Match: Osteogen™ Bone Health Body Ceutics™

Seminar Match: Joint and Bone Health Remedies

July: Summertime blues be gone: St. John's Wort has been used effectively for years as a mood enhancer helping with mild sadness and depression. Need a lift? Energy enhancing herbs like Ginseng and Suma Root along with caffeine free stimulants like Peppermint and Rosemary are sure to give you a boost. Incorporating any of our Revive™ Energizing & Uplifting products such as the scrub, serum and aromatherapy spray is also a great way to beat the heat and dog days of summer!

Product Match: Revive™ Energizing and Uplifting Body Ceutics™

Seminar Match: Depression & Exhaustion Remedies

August: Sun, swim and sand creates havoc on your hair. Summer heat, UV rays, pool chlorine and more has left your hair dry, damaged and dull. So what's a girl to do? Condition, repair and revitalize tired tresses. Eating a balanced diet of vitamin and omega fatty-acid rich foods will work on hair health from the inside; while applying our Kranion™ clarifying masque once weekly and our nourishing serum daily will cleanse, repair and strengthen hair to leave it healthy and shiny.

Product Match: Kranion™ Head, Hair and Scalp Health Body Ceutics™

Seminar Match: Skin and Hair Care Remedies

September: The vacation is over and school is back in session. Decrease your stress levels with extra exercise, increasing antioxidants and sipping chamomile tea. Need extra help? Soak in a hot bath with our Calm™ Relaxing & De-Stressing hydrotherapy soak and massage the Calm™ massage oil or serum daily. Mist the aromatherapy spray all over the house, bed linens and face to relax in the lavender aroma.

Product Match: Calm™ Relaxing & De-Stressing Body Ceutics™

Seminar Match: Stress & Anxiety Therapies

October: Gearing up for the holidays. Increase your intake of antioxidant rich foods and supplements. Green Tea is a simple and easy way to get some much needed antioxidants as well as Vitamin C rich fruits, vegetables and juices. For extra anti-oxidant power, use our Redox™ massage oil or serum daily!

Product Match: Redox™ Antioxidant Body Ceutics™

Seminar Match: Cardiovascular & Cholesterol Remedies

November: Pass the stuffing. Decrease the effects of tummy coma this season. Sipping Ginger, Chamomile or Peppermint tea will help keep digestive complaints to a minimum and help relieve the fullness and bloating of overloading at the holiday meal. Massage our Procesa™ serum before and after meals to help improve digestion and soothe the tummy.

Product Match: Procesa™ Liver & Digestive System Body Ceutics™

Seminar Match: Liver & Digestion System Remedies

December: Tis the season. The cold weather is here which means the dreaded cold and flu season has arrived. Enhance your well-being and immune system with plenty of rest, exercise, proper diet and vitamins. Further boost your defenses with our Imm-Prove™ serum or massage oil. Soak away aches and pains with our hydrotherapy soak and open up your sinuses and breathe right with our respiratory inhalant rub!

Product Match: Imm-Prove™ Immune Health Body Ceutics™

Seminar Match: Cold & Flu Remedies