



## NEWSLETTER

May 1, 2020



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**Cheat Sheet for Skincare, Part 1 of 2** –  
by Gina DeLong, Esthetician

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**Beat the #Quarantine 15**– “Physical activity can help boost the body’s immune system, burns energy, improves mood, and promotes better sleep and sex life.” – by Jessica Quinones, Licensed Nutritionist

## 📄 CHEAT SHEET FOR SKINCARE. Part 1: MORNING

By Gina DeLong | April 20, 2020 | Spa Experiences

We waited almost 2 years for a Spa to reopen at the Ritz Carlton Residences and now we are told to social distance and stay in our homes! The Art of Balance Wellness Spa and Aesthetic team are here and available to help you maintain all the effort you've put into your skincare routine and goals, because a GOAL without a plan is simply a *WISH*.

Let’s talk about routines. A **solid routine** will go a long way in helping you achieve your GOALS.

It's been said that it can take 2-3 weeks for a task to become a habit, and what better time to form NEW healthy habits than now?! I will also help to *debunk* some skincare beauty myths and take you through my daily skincare routine.

### Cheat Sheet for Skincare: Mornings/A.M.

#### Cleansing

The main reason of caring for your skin in the morning is to prep your skin for the day. Many of my clients ask me if it is really necessary to cleanse in the A.M., especially since they have solid P.M. routine. The answer is YES. Your body produces oils while you sleep and they need to be removed.

Start with a cleanse (yes, you can absolutely use the same cleanser you used in your P.M. routine if your trying to be cost effective). If money is not your main concern, I like to have at least three cleansers on rotation. I have my pre cleansing oil, my gel cleanser and a cleansing balm. I usually start my day with either my pre cleanse or my cleansing balm.

#### Exfoliating

Depending on your skin type and concerns (Schedule a Consultation at the spa and we would be happy to analyze your skin, talk about your goals and set a path to get you there), in my case two times a week, after your initial cleanse you would then exfoliate.

#### Toner

In my personal and professional opinion, toner is one of *the most* important steps in your daily routine. Toner starts the hydration process, but most importantly, it balances the pH of the skin because even water will disrupt the skins natural pH balance. If your skin is not pH balanced you cannot expect to maintain a healthy skin, let alone address any skin issues or concerns. Toner also acts like a delivery vehicle and helps to pull your serums, eye creams and moisturizers deeper into the skin for better absorption. I prefer to apply toner by dispensing it onto a dense cotton pad, and sweeping it across my entire face, neck and décolletage. It can also be sprayed directly onto the skin

(I find a lot of waste with this method as the product mostly dissipates, but the choice is yours).

### Eye Cream

You would not even believe how many times I've heard "I have a drawer full of eye creams, but nothing works!". If you fit within that statement, what I'm about to tell you is going to be a game changer! Ninety-five percent of the issue lies in the fact that the product is not being applied correctly. Most professional, especially medical grade, eye creams are formulated to migrate to the areas that you are trying to treat. That being said, if you're applying the product incorrectly - directly below the lower lash line instead of on the orbital bone and sweeping to the outside corner of the eye - you might end up irritating the eye, clogging the delicate skin or having it move away from the entire area you're trying to treat.

**\*TIP\*** apply eye cream or serum *before* you apply your moisturizer to ensure proper penetration



### Serums

My most asked questions revolve around serums, and what I would recommend. I use a mixture of serums and the application goes by texture. Water based serums first, followed by a couple drops of facial oil if you are using them. If it's a heavily silicone based serum, I would probably skip the oil. To apply serums, take a couple of drops and spread quickly onto fingertips of the other hand and apply immediately.

**\*Tip\*** Spending time *warming* your serums between your hands is a complete waste of time, money and product, unless your intention is to have fabulously soft palms. There will always be exceptions so if what you're doing works...keep it going.

### Moisturizer

Choose your moisturizers by your skin type, not your skin condition. Your moisturizer is your top coat/protection. If you know your skin is excessively oily go for the light Hyaluronic acid serums and oil free moisturizers. Your amount should be the size of a quarter. Less is more, your skin should feel comfortable not wet.

...And last, but not least...

### SPF

I always recommend a separate SPF. I just don't think a moisturizer with added SPF is going to do much to benefit the skin. It's obviously better than nothing at all though. In moisturizer-sunscreen combinations, the SPF (either physical or chemical) is the dominating ingredient. So if you are buying a \$200 anti-aging moisturizer with SPF, you are mostly paying for an expensive SPF. You may not be getting the best out of your moisturizer. My recommendation would be to buy a good moisturizer and a reasonably priced SPF. Job done. And NO, you cannot use an SPF instead of moisturizer. (To be continued in next newsletter)

# Beat the #Quarantine15

By Jessica Quinones, Licensed Nutritionist, Art of Balance Wellness Spa | April 29, 2020 | Wellness Therapies

Due to the Stay-at-Home orders in response to COVID-19 we are currently facing unprecedented times and have been forced to change our former lifestyle habits and routines. From gym closures, increased screen time, working from home, and empty shelves in the baking aisle it can be an interesting time to maintain or achieve healthy fitness and weight goals. While it may be challenging to adapt to this new norm, it is certainly not impossible to continue or create new healthy habits. Below are my top tips to help you beat the #quarantine15:

- 1. Create a routine-** Disruption to the normal daily routine has been one of the most difficult aspects of quarantine, especially if you're home with school aged children. Maintaining some kind of structure can help battle boredom, prevent snacking and eating outside of normal mealtimes, help to create a feeling of stability, and may even help you to remember what day it is! Try to wake up and go to bed around the same time, shower, and change out of your PJ's. Just try to be flexible and set realistic expectations.
- 2. Stock up on nutrient dense foods-** Buy more fresh vegetables, fruits, and whole unprocessed foods. Most of us stuck at home are steps away from the kitchen. We are going to eat what is available so make sure to have plenty of healthy choices on hand and minimize the junk food purchases. Now is a great time to try a new recipe or learn or improve those home cooking skills. Cooking foods in bulk and freezing can be a great way to have convenient meals or snacks ready with minimal prep time when they are needed.
- 3. Move your body-** Many of us are spending more time sitting in front of screens on Zoom calls or binging Netflix, however lack of physical activity can increase risk for anxiety and depression, lowers metabolism, increases risk of osteoporosis, CVD, cancer, and high blood pressure, and increases chances of being overweight or obese. On the flip side, physical activity can help boost the body's immune system, burns energy, improves mood, and promotes better sleep and sex life. These days many gyms are offering at-home workouts or virtual personal training that you can do with little to no equipment.
- 4. Hydrate-** The adult body is made up of about 60% water and most people don't get the recommended minimum intake of 64 ounces a day let alone the ideal intake which is actually about  $\frac{1}{2}$  of your body weight in ounces. (Ex. 180 lbs = 90 ounces of water per day) Staying hydrated helps to boost metabolism and cognitive function, supports detoxification and elimination, and can even act as an appetite suppressant. Plus, if you are drinking more water maybe that means you are drinking less soda, caffeine, and alcohol.
- 5. Stay Connected-** Isolation can be triggering for individuals with anxiety, eating disorders, trauma, and those who are in recovery. Luckily technology allows us to stay in touch even if we can't physically touch. Call, text, e-mail, or videocall friends and family. We are all in this together and talking to others can help feel less alone, however if your anxiety becomes unmanageable there are telehealth options to reach out to a professional if needed.

If you are interested in additional individualized nutrition and weight management support we currently are offering virtual consultations. Schedule your consult today by clicking [HERE](#)



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