

MM

Milwaukee's Lifestyle Magazine

the beauty
issue

I've Got a **Secret**

LOCAL BEAUTY PROS
REVEAL THEIR TIPS,
TRICKS AND ADVICE

The Art of the Matter

OUTSIDER ART COLLECTOR
SHARES THE STORY BEHIND
HIS ECLECTIC COLLECTION

+

50 REASONS
TO LOVE WINTER
(NO JOKE!)

VALENTINE'S DAY
GIFTS OF DISTINCTION

THE SWEET LIFE
OF CHOCOLATIERS

Ever wonder how salon professionals maintain that crisp, not-a-hair-outta-place look day in and day out? (It must be more than hair spray.) Want to try that new laser treatment, deep-tissue massage or chemical peel but haven't a clue where to begin? We asked area experts to share their secret tricks and tips about current beauty trends, beauty regimens, and well, just beauty in general. Read further to begin your transformation into a more confident, better-looking you.



I've Got A Secret

LOCAL BEAUTY PROS REVEAL THEIR TIPS, TRICKS AND ADVICE TO LOOK AND FEEL GREAT IN 2012

BY LISA JONES TOWNSEL

Hand Therapy

Once you have dishwasher hands are you cursed with them for life?

You'd think the answer might be yes, but Neroli Salon & Spa nail therapist Kanin Price says "absolutely not." Dunk your hands in sudsy water for dishes or even a bath. It is more important what you do afterward. You can slather on the cheap (brands of lotions and creams) all day, but at nighttime, reach for the good stuff. "You want the really thick hand cream when you go to bed, like Aveda Hand Relief," he suggests. "It has a sugar extract that exfoliates, moisturizes and sloughs off surface skin cells."

At home, mix granulated sugar with equal parts extra virgin olive oil and rub over hands. "My mom swears by it," says Price.

Just Relax

Can you pinpoint four fab stress busters?

1. Get a massage. "Massage is a great stress reliever," says Melissa Claas, a massage therapist at Spargo Salon & Spa in Pewaukee. Custom massages range from \$40 to \$100.

2. Do yoga, walk or work out. "That endorphin/adrenalin rush is a great tension reliever," Claas says.

3. Refresh with a body scrub. "The skin gets so dry all winter and needs to be revived," she says. An hour-long body scrub with a wrap is a relaxing option.

4. Enjoy alone time and take advantage of complimentary spa amenities, like the steam room and shower at Spargo. "A lot of people don't book time to relax," she says.

Skin Savers

What are the best over-the-counter products to counter dry skin?

"Your skin maintains its smooth, soft appearance due to the water content of the outer layer cells," explains Dr. Michelle Cihla of Dermatology Associates of Wisconsin. "These cells are like sponges and can hold a lot of water. The first thing to do for dry skin is to establish a good oil layer."

To trap the water absorbed in showers and baths, Cihla says apply oil (such as Alpha Keri Oil), occlusive cream (like Aveeno Cream) or emollient lotion (like Cetaphil Lotion) while skin is damp.

Other defenses: Bathe in lukewarm water; use as little soap as possible; and apply moisturizers immediately after each bath or shower.

Calm Down

How do we allay doctor's office jitters before undergoing a procedure like Botox?

"This begs a lot of discussion. One thing is knowing that you can get the Botox without discomfort. My