

## SKINCARE 101

*Start* your teen's school year with an hour of *personal skin care training* from Timberhill's own fitness coach, Sandy Landish, Licensed Esthetician. What they learn about skin care as teens will benefit them throughout their adult life.

Guys start their training with a skin analysis and review of their current home care products and habits. They'll learn correct methods for dealing with their individual problems and concerns. From acne to ingrown hairs, from the mono-brow to a monster zit, we can address all their skincare issues.

Girls' sessions also begin with a skin analysis along with a review of their current products and practices. They'll learn the do's and don'ts of routine daily care, including the use of sunscreen, make-up selection, application and removal, blemish management and any other concerns you know they have.

All teen clients will receive recommendations for home care and samples of products appropriate for their skin. Teen clients will also receive a 10% discount on all follow-up appointments scheduled through the end of the year. A teen appointment for skin care analysis and coaching makes a wonderful gift!

Your teen's hour of personal SkinFitness coaching is \$75.00. To schedule an appointment or for more information, contact Sandy at 757-8559.