



by Judi Burton

The 15-Minute Facelift

I've never been one of those girls who will gravitate to a department store counter for the newest in facial skin care. There are several reasons for this, but the first and most important is my skin is drier than the Sahara desert. Every time I've had a facial with my mom or friends, I've broken out into terrible pimples and shamefully looked for excuses not to go to work the next day. With such a track record, a girl decides pretty quickly that facials are really not her thing. The problem is I've just turned 31 and don't look like a teenager anymore. Gone are the days that I can slap some olive oil on my face and head out of the house without a second thought. I know what you're thinking; I'm still too young to worry about wrinkles. Yes, it's true, I do not have prominent laugh lines or crow's feet yet, but it's right around the corner. My mother always said that sooner or later I will have to start taking care of

my face, and she is right. The question is what product should I use? I don't like chemicals, and I have a strange skin type. Cindy Huggins of For You Inc. heard about my dilemma and offered a try out session with some of her products.

Cindy talked me through the entire 15-minute facial. The cleanse was first, which is like a very thick lotion. She told me this was to get all the impurities out, such as makeup and surface oils. We only did the left side of my face so I could see the difference from the other side. I chose the left because a dog had bitten me under my left eye 11 years ago and that cheek was starting to puff out and droop a little. I figured if this works, I could quit saving money for a possible facelift one day down the road. I'm not big on cosmetic surgery, but sometimes people have thought I've been punched in the face when my eye puffs

up. I noticed that the first ingredient in almost all of the products is whole leaf aloe vera concentrate.

Secondly, the toner was applied. This one always makes me cringe, because not only does it sting, but it is also often the main culprit of my pimple debacles. She wiped the toner on with a cotton swab, and to my surprise, it didn't sting. In fact it was quite refreshing. I asked Cindy why, and she said it was because there was no alcohol in the solution and that the owner of For You Inc. and developer of all the products are very against using alcohol on or inside the body.

Next was the Minkcel oil, which comes from the mink animal. The reason why they use mink oil is because it is the closest to human oil. It is very common in more expensive and higher-quality cosmetics found in Europe and the US. If you are vegan, you might want to avoid this product,

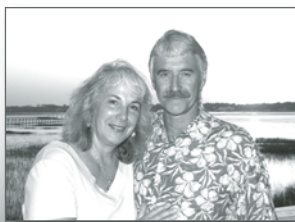
Wholistic Alignment

freedom for body, mind and spirit

Lindsley Field

Certified Trager® Practitioner
more than 20 years of experience

Offering a unique, innovative and sensitively tailored approach to help you find relief, ease, relaxation and lasting change for the **whole** body.



John W. Fisher, D.C.

more than 30 years of experience

Advanced methodologies to achieve balance structurally, chemically (nutrition, toxin and allergy) and emotionally for healing of the **whole** body.

By appointment: (843) 651-1086 ... located in Murrells Inlet

LindsleyField.com

JohnWesleyFisher.com

Springbank Retreat

for Eco-Spirituality and the Arts

1-, 2-, & 3-month
sabbaticals —
Feb. 2-April 27
& Sept. 11-Dec. 7

Spiritual Awakening for Men:

A Call to Action through the 12 Steps, May 6-8

Moments of Grace: Times of Transformation, October 7-9

Spirituality in a Time of Earth Transition, October 14-16

Enjoy 80 acres of quiet beauty in a creative, nourishing atmosphere.

Register by calling **800-671-0361** or e-mail **Springbank@earthlink.net**

1345 Springbank Rd., Kingstree, SC 29556 • www.SpringbankRetreat.org

Sabbatical
participants
can enjoy
programs/retreats
at no extra charge.

however, since it is derived from animals.

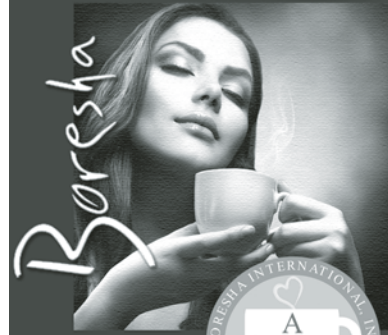
The Lift Conditioner was applied directly after the oil, and, boy, did my skin soak it up. It was like Gatorade to LeBron James. We actually had to put extra on my skin to get the conditioner to form a thin white film across the left side of my face. As I was applying the conditioner, Cindy was mixing the Lift Powder and Liquid with a brush. It was starting to look like a very thin pancake mix in her dish. She had me lie back as she applied the glaze onto my face. She expertly brushed it on according to my bone structure, as I watched on with a hand-held mirror. When she was done, the Lift began to harden and I could feel my skin getting tighter and tighter. Pretty soon, I couldn't talk without cracking the coat. She led me to the bathroom where I pressed a warm cloth over my face and waited for the Lift to dissolve.

I looked up from the sink and was in shock. Not only was one eyebrow arched higher than the other, but my puffiness and drooping under my eye

was almost nonexistent. I told Cindy I hadn't seen my face look like this in 11 years, and she beamed at me with pride and happiness. I asked her how long it would last, and she said it can last up to two weeks, but everyone is different. She gave me more mink oil and conditioner to put on, and then finished it off with a hydrating formula that is supposed to draw moisture from the air and hydrate my face all day while still protecting it from impurities. My face felt super soft by the time I was done with the whole thing.

We hugged and parted ways. I was still not completely convinced of the product because I was expecting pimples to show up in the next couple of days. Well folks, I did get pimples. A lot of pimples, and they were more than usual. I noted that it had been hot the last couple of days, and then it dawned on me that all of them were on the opposite side of the face that I had received the facial on. Not one blemish was on the side that had been treated. I told Cindy, and she wasn't very surprised, but she was quite

DRINK COFFEE
BURN FAT
MAKE MONEY



Diabetic Safe

Low-Glycemic

Backed by Clinical Trials

Patented Hunger Control

Combats Stress Eating



Change Your Life by
Calling Kathy Laney



803.730.2561
843.446.0551



CarolinaCafe. | GetPaidToDrinkCoffee.com

happy for me. Since then, I have been using the products regularly and have been seeing even more changes for the better in my face. The Hydrate has taken the place of my olive oil routine, and I have to say, my skin is loving the moisture.

Cindy Huggins is a top sales associate for For You Inc., which is an international nutrition and beauty distribution company headquartered in Loris, SC. For more info on For You Inc., call Cindy Huggins at 843-877-0710 or visit ForYouInc.com. See ad, page 27.

South Carolina Massage & Esthetics Institute, SCMEI, is now



INTERNATIONAL
SPA INSTITUTE

New Location, New Name and New Opportunities
4605 OLEANDER DR. MYRTLE BEACH

OPEN ENROLLMENT for ESTHETICS

Mondays and Wednesdays: 8:30-5pm - 6 month course

Call Kimberly Robinson Campus Director 843-839-9889

Rolfing...Huh?

Address the patterns of your pain!



Re-sculpt ■ Re-align
Re-balance your body

Take charge of your life!

CALL Virgina Chaplin, RN
Certified Rolfer®

720.237.0797 www.VCRolfing.com