

A Few of Our Favorite Things SUMMER EDITION

1. SkinCeuticals SPF 50—**PROTECT!** SkinCeuticals Physical Fusion UV Defense SPF 50 is a weightless fluid with 100% physical filters that provide broad spectrum UVA/UVB protection and is water resistant for up to 40 min. This high protection zinc oxide sunscreen contains artemia salina, a plankton extract that increases skins resistance to UV and heat stress. Physical Fusion SPF 50 works well as a non-greasy makeup primer. It's translucent color spheres adapt to every skin tone for those no makeup days. Physical Fusion SPF 50 is paraben free, non-comedogenic and is ideal for sensitive skin types. Try the matte formula for oily skin types!

WHERE AND HOW MUCH?

BodyBrite Grand Rapids \$36.

(616)-466-7029

2. SkinCeutical Anti-Oxidants—**PREVENT!** To postpone the appearance of accelerated skin aging there is no better compliment to sunscreen than a daily topical antioxidant. Anti-oxidants strengthen your skin against the inevitable summer overdose of UV rays, infrared radiation, pollution, and lifestyle factors that generate damaging free radicals that prematurely age the skin; such as alcohol and smoke. SkinCeuticals antioxidants are clinically proven to diminish the appearance of fine lines, wrinkles, and promote a naturally even skin tone by neutralizing free radicals. Use CE Ferulic during the day for dry/normal skin types. Try Phloretin CF during the day for combination/oily skin types. Use Resveratrol BE for evening repair and to reveal skin radiance and firmness.

WHERE AND HOW MUCH?

BodyBrite Grand Rapids \$152-\$163.

(616)-466-7029

3. Teeth Whitening—**MESMERIZE!** Nothing shows off that summer glow like bright white teeth! Captivate your summer love with wink and a gleaming smile. In a mere hour you can lighten your teeth up to 12 shades!

WHERE AND HOW MUCH?

BodyBrite Grand Rapids \$99.

www.facebook.com/bodybritegrandrapids

4. Creative Cocktails. **SALUTE!** Consumption of Kiwi fruit helps ensure healthy, clear, beautiful skin. Kiwis are rich in pectin and fiber, which strengthen digestion. They also may prevent wrinkles and blemishes. Pomegranates are also superb for overall skin health. This red fruit is power-packed with antioxidants which fight against free radicals, control acne, and prevent wrinkles. Try this twist on the classic Cosmopolitan at your next summer get together.



REFRESHING POMEGRANATE KIWI COSMO

A handful ice cubes

1/4 oz triple sec (or Cointreau)

1/4 oz pomegranate juice

1/4 oz rosés lime (substitute fresh squeezed lime juice for more tart taste)

1 1/4 oz vodka (Citron)

2 kiwi sliced thin then frozen

Combine all ingredients (except kiwi) in a shaker. Shake. Strain. Garnish with frozen kiwi wheels and a twist of lime.

WHERE AND HOW MUCH? Enjoy at home with friends!

Stolichnaya Citron 750 ml--\$29.99 at your local Meijer.

POM Pomegranate Juice 60 oz. \$9.99 at Costco

5. Oxygen Facial- Summer events—**GLOW!** Summer weddings, garden parties, family reunions—you name it...if it's a party you will want to arrive looking radiant and aglow. BodyBrite's Oxygen Facial preceded by a light exfoliation is the perfect pre-party treatment. For days after this treatment your skin will show a beautiful luminosity. Insufficient oxygen supply to the skin causes dull, thin looking skin and accelerated aging. BodyBrite's Oxygen facial helps improve circulation and boosts the growth of new cells and collagen. This generates a healthy glow and brings a plumping effect to the skin. The oxygen facial is also very gentle and doesn't cause any peeling, burning or redness making it an excellent choice for sensitive skin types. After a few hours, you can put your makeup on and go celebrate!

WHERE AND HOW MUCH?

BodyBrite Grand Rapids \$89 (\$39 for first time clients!)

www.bodybritegrandrapids.com

6. Big Brimmed Hats—**MAKE A STATEMENT!** There may be no better way to make a great choice for protecting your skin as well as hiding any summer hair woes. Lucky for

us big brimmed hats are all the rage this summer. Go with a natural straw hat with a brim so big it's floppy for shopping at the farmer's market or a day trip to the beach. Grab lunch at an outdoor café with your bestie while sporting a colorful textured bucket hat and a swipe of mascara...Or pick a sleek black or navy tight brimmed fedora for that uptown girl look. Check out the amazing options at Grand Rapids favorite clothing and accessory store Humanity Boutique.



WHERE AND HOW MUCH?

Humanity Boutique in MoDiv Shopping Center- 40 Monroe Center Grand Rapids MI.
www.humanityboutique.com

7. Dinner Cruise on Lake--**RELAX!** You'll remember why you brave the Michigan winters when you take a stay-cation to Traverse City and book a day trip on the Great Lakes largest sailing catamaran the "Nauti-Cat". Advanced reservations are recommended, but we were able to book a last minute cruise on a day we were feeling spontaneous and just needed an adventure. The Nauti-Cat cruises are amazingly affordable and even occasionally feature live music. Bring your sunscreen!

WHERE AND HOW MUCH?

Traverse City, Michigan
<http://www.nauti-cat.com/>

8. Bikini Bare—**ZAP!** Strut your stuff when you get bikini bare! BodyBrite Grand Rapids can help you go bikini bare in 6 to 9 treatments. Imagine never having to worry about a last minute trip to the pool, razor burn or ingrown hairs again! Set up a complimentary consultation today!

WHERE AND HOW MUCH?

BodyBrite Grand Rapids (616)466-7029
Package pricing available after consultation

9. Glo Minerals Lip Gloss—**DAZZLE!** Glo Minerals lip gloss contains antioxidants, conditioners and mineral pigments to deliver a nourishing punch of color and shine. You can't go wrong with a wisp of coral colored Taffy, Brown Sugar to compliment any skin tone or for just the right dash of shine, try the barely-there Star Struck.



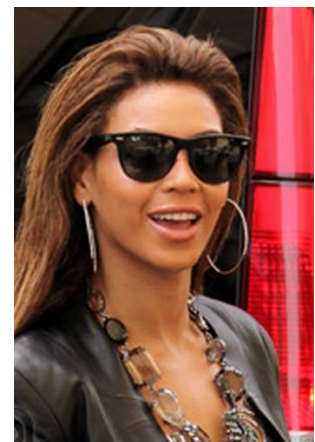
(glo-minerals Brown Sugar)

WHERE AND HOW MUCH?

BodyBrite Grand Rapids

\$18

10. Wayfarers—**WORK IT!** Shield your eyes in style with a summertime classic (ray-ban). Men and women all look great in a Wayfarer. Think Standard black is a great look for all your traditional types. Try white, pink or the very trendy bi-color variety for a little kick with your eye protection.



WHERE AND HOW MUCH?

www.ray-ban.com

\$150-\$180