



Wednesday, January 6, 2016

Solutions to Your Beauty Resolutions



Let's face it- new year's resolutions are easier said than done. Kick off 2016 with solutions for every beauty goal in the book - from getting luscious locks to not breaking the bank on luxury skincare.



Resolution: Get Back Those Luscious Locks

Solution: At-Home Laser Light Therapy & Hair Growth Treatments

Say goodbye to dull, lifeless and thinning tresses with at-home treatments from HairMax and Nourish Beauté.

For a hi-tech treatment, opt for the [HairMax LaserBand](#) - a hands free, FDA cleared device that features 82 medical grade lasers to stimulate hair growth. With just 3 treatments per week at only 90 seconds, users can experience significant new hair growth with increased density and fullness, along with

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healthier more manageable hair. (\$795 via www.hairmax.com)

For daily support, **Nourish Beauté's Vitamins Shampoo** and the **NOURISH Hair Growth Support Vitamins** stimulate hair growth from the inside-out and outside-in. This two-part system's shampoo and supplements encourage hair to the Anagen, or growth phase, increasing hair growth by 121% in clinical trials. (\$37.50 via www.hourishbeaute.com and Amazon.com)



Resolution: Add a Beauty Supplement to Boost Your Routine

Solution: Drinkable Collagen

Move over tablets and creams, there's a new collagen booster on the market - **PURE GOLD COLLAGEN**. Up to 20 times more effective than using a cream or pill, this liquid collagen supplement works from the inside out to nourish the skin and target visible signs of aging linked to collagen loss, while increasing hydration, decreasing wrinkles and improving skin elasticity.

\$49.99 for a 10 day pack/ \$4.99 for a single daily dose via ULTA stores and www.ulta.com.



Resolution: Regular Facials for a Clear Complexion

Solution: At-Home Microdermabrasion

Heading to the dermatologist or medi spa for consistent facials can be time-consuming and costly. Cue **Trophy Skin's MiniMD**, a DIY home microdermabrasion system that delivers results on par with clinical treatments over time, yet is basic enough for novice users to operate.

With two power levels and a real diamond tip, this kit has everything you need for a full treatment in one convenient package that'll keep skin looking young while reducing uneven skin tone, sun-damaged skin and acne scars.

\$99 via www.trophyskin.com.

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Resolution: Buy Brands That Give Back

Solution: Environmentally-Conscious and Community Driven Skincare

Spare no expense for the environment or community with skincare products from emerginC and BioRepublic.

Whether planting indigenous trees, saving the bees or providing a pack of seeds with every purchase to encourage planting of home vegetable gardens, **emerginC** and their 100% natural **scientific organics** collection strives to replenish the earth and your skin. Learn more at www.emerginC.com.

And for every order on their website, **BioRepublic**, the eco-friendly sheet mask line, donates one treatment to Dress For Success Atlanta participants, aiming to help women feel more confident in their own skin. Learn more at www.biorepublic.com.



Resolution: Don't Spend A Fortune on Luxury Skincare

Solution: A Monthly Skincare Box Starting at Just \$29.99

Valued at over \$200, **Jeffrey James Botanicals' Deluxe Skin Care Set**, a new VIP subscription box, will deliver four full size exclusive skincare products to your door each month.

Combining sophisticated natural skincare with science, this deluxe line's active ingredients adapt to each skin type, providing the nutrition needed for a radiant complexion.

Available via www.jeffreyjamesbotanicals.com.



Resolution: Stop Harming Your Tresses with Color

Solution: Henna Hair Color

Stop frying your locks and harming your health with chemical hair dyes. **Surya Brasil's Henna Creams and Powders** are the healthiest and safest way to change your color, while protecting your scalp and simultaneously conditioning and strengthening your hair.

Every shade of these 100% vegan semi-permanent natural colors are enriched with vegetable extracts, including herbs and fruits from Brazil and India, which offer simultaneous coloration and deep conditioning treatment for hair, as well as intense treatment for the scalp. Infuse hair with lush vibrant color while nourishing with sustainably harvested botanicals.

Henna Cream: \$16.49

Henna Powder: \$7.99

Available via select Whole Foods and <http://www.suryabrasilproducts.com/>.

Looking to make a health resolution for 2016 too? Life Time Fitness - The Healthy Way of Life Company has you covered.



Resolution: Commit to a Healthy Lifestyle

Solution: Commitment Day 2016

Life Time Fitness - The Healthy Way of Life Company aims to get America moving to start off 2016 with a selection of healthy, fun events - **Commitment Day**.

Activities lined up at the 119 locations participating include the Commitment Day 5K Fun Run, C9 Challenge Group Fitness Jam, Indoor Triathlon Hour powered by IRONMAN, as well as family festivities and educational seminars.

For more information, please visit www.commitmentday.com.