

# A-MIA

## *Nutritional Beauty*

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### NEWSLETTER

#### *The origins of our skin care*

My original purpose in creating skin care products, almost 40 years ago, was to keep my own skin in a good healthy condition for as long as possible. Now, so often I hear the words from clients "I have used your products for 20 or 30 years and I am always receiving glowing compliments about my skin". To hear this makes the work so worthwhile and I consider it to be a gift. In the beginning there were a number of factors, which were (and still are) important to me. Primarily that my products worked and were affordable. It is important that the beauty routine is a daily necessity rather than a luxury. There are no miracles and skin secrets lie in the dynamics of the plants and the methods of putting them together without chemicals.

#### *Plans for 2011.*

Already amongst the A-Mia products are several that do not contain essential oils. Some users have sensitivities to these powerful evocative ingredients so, by request, I am going to produce a good Cleanser without an essential oil. It will be available soon and have the same ratios as our existing Exfoliating Cleanser but will provide a choice for those with sensitivities. A-Mia products, which are essential oil free are the Massage Cream and Massage Lotion. This gives the user the opportunity to add a few drops of their own choice for each individual massage. Also essential oil free are the Eye Cream, DN-Amino-Light for oily skins, Herb Cream-1 (good for eczema) and Herb Lotion-1 (for contact allergies and rashes).

#### *A-Mia production*

It is important for the quality of our end product, that the equipment used in our production is stainless steel, which can easily be cleaned perfectly with boiling water and apple cider vinegar, which is a traditional steriliser that eliminates the need for the destructive detergent. High quality paper cloths are used to clean the surfaces, so that they can be thrown away after each use.

#### *Protein levels and how the creams and lotions can balance them*

Sometimes we need to **REDUCE** the fat and protein levels in the skin, for instance when there is acne, and sometimes there is a need to **INCREASE** our skin's protein levels, for instance as we mature. Every skin is different and changes throughout life, so we must adapt our routines from time to time.

**[A-Mia - DN-Amino-Light](#)** (for acne prone and oily skin) **[January Offer Price £11.00](#)**

**[A-Mia Rose Nourishing Cream](#)** (for dry skin as we mature) **[January Offer Price £15.00](#)**

**[TO PLACE AN ORDER FOR THE "OFFERS" PLEASE TELEPHONE ME ON 01993 822 800](#)**

#### *Plant of the Month*

For my plant of the month I have chosen the apple. We had a really bumper crop of apples last year and of course made good use of them to make our apple pectin. However, a few of them have remained on the branches until very recently and many of them have become fallers. The birds love them! A little tribe of yellow hammers has been feasting on them just outside my office window and a huge gang of pheasants are enjoying them on the ground in the orchard. This traditional British fruit is so valuable for cleansing, providing good levels of Vitamin C, an anti-oxidant, which helps to remove the deep seated skin impurities. It is really important to maintain our British orchards and enjoy all our local fruits.

***Happy New Year*** to all A-Mia customers and we look forward to hearing from you, either by letter, telephone or EMAIL. Have a really good 2011.

*Katie May*

*1<sup>st</sup> January, 2011.*