

SPRING 2024

Newsletter



BEAUTY ENERGY EXCHANGE



Hi, Its Nyree!

Happy May!!! This is a month of honoring people who make the world a better, kinder place! - International Midwives Day 5/5, National Nurses Day 5/6, and Mother's Day 5/12!!!

Welcome to the third BEE Newsletter. And, welcome Cassandra and Beachside Wax & Glow to my suite, if you need waxing, sugaring, lash lifts and lash tints, she's your girl! I also want to highlight: 1. the VI Peel and BEE Grateful Retinoin Serum to help you get glowing skin in time for summer, 2. my monthly specials 3. the BEE Beauty who can help you get tan skin for summer (at Sunless Revolution), 4. upcoming educational and charity events at BEE , and, 5. a favorite self care book (please feel free to donate and borrow any self-care books from my collection). Enjoy!

What Is the VI Peel?

The VI Peel is a medium depth chemical peel for age spots, fine lines, pigmentation and acne. VI Peel is safe for ALL skin types and tones. The peels contain a blend of acids, including: retinoic acid, salicylic acid, phenol, trichloroacetic acid (TCA), and ascorbic acid (Vitamin C). 97% of VI peel users experienced a reduction in pigmentation, 90% saw a reduction in fine lines and wrinkles, 93% saw a reduction in acne.

How many peels do I need?

To achieve best results, the VI peel should be done as a series of 3, done 3-4 weeks apart.

How do I maintain my peel results?

The best way to keep your skin clear and radiant is to have a daily skincare regimen that includes mineral based sunscreen, a retinol product (like BEE Grateful), a vitamin C serum (like BEE Radiant), an all around anti-aging serum like Alastin Restorative Skin Complex, and depending on the severity of your pigment - a hydroquinone product (like BEE Joy Even Pigment Pads).

Results After VI Peel



Acne, Acne Scarring

2 x VI Peel Purify With Precision Plus



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BEE SPOTLIGHT

PRODUCT OF THE MONTH

17 years ago, when I was 33, I noticed my first wrinkle! I started watching videos of people in their 50s who looked amazing (Angie from Hot and Flashy and Melissa from Melissa55). What were they doing? Tretinoin (aka Retin-A).

Why tretinoin?

As we age our skin cells on the surface are shed more slowly, so the skin looks rougher, dryer, and more pigmented. At the deeper layers, the collagen is thinner and disordered, which shows up as creases and wrinkles.

Retin-A products help with shedding the top layer of the skin, speeding up epidermal cell replication, and making collagen in the deeper layers thicker and more organized, leaving the skin brighter, clearer and smoother. It's important to remember that wrinkles took years to form, and retinol products take time to work, usually 3-6 months of regular use before improvements in wrinkles are visible—and 6-12 months for best results.

The biggest complaint I hear from clients about Retin-A or tretinoin is that their skin got red, dry and irritated, so they couldn't use it consistently. Ways to minimize irritation: build up slowly by starting every 3rd night, then every other, and gradually every night; or, use products that combine bakuchiol and tretinoin because bakuchiol has tretinoin effects but is known to reduce redness and irritation.

Retin-A/tretinoin will make you more sensitive to the sun, so make sure to be using a mineral based sunscreen.

I only carry products that I use myself and know are effective. The tretinoin product I carry is called BEE Grateful. I named it BEE Grateful because it's meant to be used at night, and the end of the day is a great time to do a gratitude check in.

Results equivalent to prescription retinol to boost antioxidant activity, reduce redness and irritation, and visibly minimize fine lines, wrinkles & age spots!
Contains: All-trans-Retinol, Bakuchiol, & Green Tea Polyphenols

Cost \$108 plus tax with discount



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BEE Beauties

All Eyes On Britteny Wyatt, Glow Artist and owner of Sunless Revolution

1. Best part of aging?

The best part of aging is being able to try all of these fun aesthetic treatments!

2. What makes you feel beautiful and confident?

I feel beautiful and confident with a little bronzer some lashes and a good tan!

3. Favorite aesthetic treatment?

My favorite aesthetic treatment would have to be Botox because it gets rid of all those annoying face wrinkles

4. Goal for 2024?

My goal for 2024 is to add to my fitness routine and expand my business

5. Top 5 things you are grateful for?

I am grateful for my friends and family, my dog Bindi and my business

6. Anything interesting about you that you want to share?

I just started leasing a horse and getting back into riding!



BEE Transformation

This beauty received 1 syringe of Restylane Kysse using the Julie Horn lip technique I learned from her in Switzerland. We were able to add volume and create balance while maintaining a natural looking lip.

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Upcoming Events



What's Happening

Perimenopause and Menopause Doesn't Have to Suck!

Mother's Day

Sunday, May 12th

3 - 5 pm

@ Beauty Energy Exchange



Dr. Fry answers all of your questions about perimenopause and menopause - including hormonal changes, symptoms, hormone

replacement therapy and other treatments for symptoms, weight gain and weight loss, Ozempic, and Mounjaro

Gentle Breathwork

Thursday, May 16th

6:30 - 8 pm

@ Beauty Energy
Exchange



Gentle Breathwork with Tobey Geise to benefit Frosted Faces Foundation! \$33 donation required. Please bring a yoga mat, pillow, and blanket.

Open House to Celebrate The Grand Opening of Beachside Wax & Glow

Saturday, May 18th

4 - 6 pm

@ Beauty Energy
Exchange



Amazing deals/steals from BEE and Beachside that can only be purchased at the party

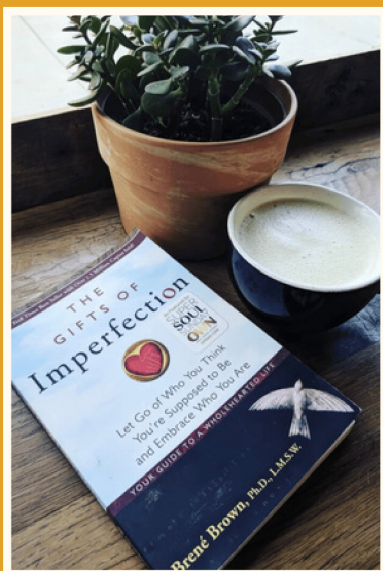
Light refreshments, great company!

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BEE BOOK RECS



Featured Book



One of the common struggles I hear from my mom friends is the struggle to do it all. Brené Brown seems like one of the coolest moms I can think of. In her book, *The Gifts of Imperfection*, she busts the myth that if we look perfect and lead perfect lives, we won't feel inadequate. She makes it okay to be imperfect, in fact she talks about the importance of being vulnerable and embracing imperfections as a way to connect. In her ten guideposts, Brown engages our minds, hearts, and spirits as she explores how we can cultivate the courage, compassion, and connection to wake up in the morning and think, No matter what gets done and how much is left undone, I am enough, and to go to bed at night thinking, Yes, I am sometimes afraid, but I am also brave. And, yes, I am imperfect and vulnerable, but that doesn't change the truth that I am worthy of love and belonging.

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Monthly Specials

\$100 OFF

any treatment of \$500
or more for moms
(including pet moms),
midwives, and nurses.

*cannot be combined with other offers



Results After VI Peel



3 x VI Peel Precision Plus

3 peels for \$800!

regular price \$375 each,
or 3 for \$900



\$1,100

1 syringe of Radiesse
+ 1 HA filler for hands.
Regular price \$1,400