

Reflections - Metro Salon & Day Spa

1945 S. Bridge St. Yorkville, IL ph (630) 553-0975 fax (630) 553-1326



Hours:

Mon- Thur: 10 - 9

Fri: 10 - 5


Sat: 9 - 4

Reflections Metro Salon & Day Spa
<http://twitter.com/#!/salonreflection>



Reflections Metro (SalonReflection) on Twitter
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1945 S. Bridge St.
Yorkville 630.553.0975



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Get Connected

email:
reflectionsmetro@yahoo.com

website:
www.reflectionsmetrosalon.com

IT MATTERS

It matters to us, where you purchase your professional products. Much of what you experience and enjoy at our salon is made possible by the profits from these products. Our educational classes and support training are available from professional retail sales. Thank you for your support and purchasing professional salon products only from a salon.

Now even more inspiration at your fingertips!! Follow us on Pinterest. Find ideas for your next big event, new nail color ideas, or just browse thru the pictures for a new look. More boards will be added shortly so keep checking back for new ideas and great inspiration!!



Reflections Metro Salon & Day Spa

Full Service Salon & Spa in Yorkville, IL 630.553.0975 Our hope is to make each client feel special and happy with their hair, skin & body!!

 1945 S. Bridge St Yorkville, IL 60560



<http://pinterest.com/metrosalon/>

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Reflections Metro Salon & Day Spa
 1945 S. Bridge St. Yorkville, IL 60560
 www.reflectionsmetrosalon.com reflectionsmetro@yahoo.com
 (630) 553-0975



Winter Special
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offer applies to same day services



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KEEP YOUR LOOK GOING ALL DAY LONG.

WIN A FREE HAIRCUT AND \$100 WORTH OF DAVINES HAIR PRODUCTS WHEN YOU SPEND \$50 OR MORE ON ANY DAVINES ITEMS.

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Now thru New Years Eve, all Make-Up Applications are just \$25. Look your best for all your holiday events!



Reflections Metro Salon & Day Spa
 1945 S. Bridge St. Yorkville, IL (630) 553-0975



Reflections Metro Salon & Day Spa
 1945 S. Bridge St. ~ Yorkville

Happy Halloween
FREE KIDS CUT!!
 bring in your child for a complimentary cut when you get any adult cut.

offer valid with Kassie, Malia & Tabby
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 630.553.0975 www.reflectionsmetrosalon.com

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Reflections Metro Salon & Day Spa

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Popping pimples:

Q. If popping pimples is bad then why does the esthetician I go to pop my pimples?

A. There's a big difference between a trained skin care professional performing extractions in a treatment room environment and someone "popping pimples" at home. I've written about this in other posts (see [here](#)), but 1. A professional esthetician is working in a sterilized environment which therefore greatly reduces the chance of infection. 2. She has access to pro-use-only products to treat the skin for maximum results. 3. She'll use professional equipment to prep the skin for easier extractions, greatly reducing the chance for skin injury. 4. She has years and years of training – specific training on extractions, and knows particularly what can and cannot be extracted. This is invaluable knowledge that simply cannot be underestimated when it come to your face.

I often say "the easiest way to get more pimples is to pop one at home." When you pop a pimple, you increase the spread of infection and bacteria. Leave extractions to the professional estheticians.

Alcohol and acne:

Q. I see acne breakouts after a night of drinking alcohol, probably from dehydration and sugary drinks. Which is better to drink to help with this situation: beer, or liquor?

A. Alcohol is a diuretic, which causes dehydration, and dehydration can wreak havoc on the skin. Since most alcohol is packed with sugar, neither beer nor liquor is the right choice in excess, so limit how much you drink of either during a night out — and make sure you also drink lots of water during the evening. Your skin will thank you in the morning.

There are also things you can do for your skin the morning after a night out. Give it a soothing and hydrating mask, such as our [Gel Therapy](#). This mask will hydrate and feed your skin with essential minerals. Leave it on for 10 minutes, remove with water and follow with several spritzes of [Calmitude Hydrating Solution](#), our calming toner. Finally, apply [Stress Solution](#) over your entire face to comfort, smooth and lock in moisture with green tea extracts and vitamins E and A.

Tanning and acne:

Q. Is there any truth behind tanning beds being good for acne? I've had nurses and cosmetologists suggest this. What are your thoughts? I'd like to set the record straight! Thank you.

A. This is an excellent question. It is a complete misconception that tanning beds – or any UV exposure – is good for acne. Many people feel that tanning can improve their skin because it can temporarily dry up surface oil and mask redness. However, despite these temporary results (and yes, they are only temporary) – UV exposure only weakens and damages skin, significantly increasing the likelihood that it will be left with red, brown or black pigment marks where skin tried to protect itself from the UV rays. In addition, ultraviolet light will only increase the risk of skin cancer and early aging of the skin.



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Sea Salt Primer N° 14

Toss this in your tote for those impromptu change in plans or last minute dates. Use as a styling spray that gives the hair fullness and body for an "on the beach" style.



N° 7 Crystal Fixative Lacquer

Keep one in your car for those long days when you just can't stop at home to freshen-up. Use as a finishing spray to create firm structure, hold and control without flaking or build-up.



REFLECTIONS METRO SALON & SPA
 1945 S. Bridge St Yorkville
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Spa Package Raffle!!
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Package Includes:
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Spa Package Value: \$253

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Happy Thanksgiving!

From all of us @ Reflections Metro Salon & Spa

SPREAD SOME CHEER

Holiday

Merry Christmas
 from Reflections Metro Salon & Day Spa

Our Holiday Hours:

Mon Dec 24th	9am-12pm
Tues Dec 25th	Closed
Wed Dec 26th	Closed
Mon Dec 31st	10am-3pm
Tuesday Jan 1st	Closed

