

Spa & Skincare Marketing Content Club Articles, Recipes &

Tips



This list does not include new bonus articles published in your Seasonal & Holiday package.

Package 1

- Lash extensions – what do I need to know?
- What Are Cosmeceuticals?
- Why It's Smart to 'Go-Pro' with Skincare
- Make-up Through the Ages
- All Inclusive – Everyone Is Welcome Here!
- Recipes & Tips: Spa Recipes for Making Your Own Products
- Recipes & Tips: How Can Vegetables Improve Your Skin?

Package 2

- Hydradermabrasion Facts
- A New Face Every Month
- Acne-Fighting Tips for Teens
- Galvanic Facials: What Are They and How Do They Work?
- 5 Tips for Caring for Sensitive Skin
- Recipes & Tips: Top Three Ways Thinking Positively Helps with Aging

Package 3

- Your Morning Skincare – Start The Night Before!
- The Lowdown on Spray Tanning
- Eat Right for Healthy Skin
- Why Sticking With One Therapist Will Get You Better Results
- The Stress-Pain Connection
- Recipes & Tips: Healthy Reminder! What have you been putting off?

- Recipes & Tips: Are You Getting Your ZZZ's?

Package 4

- Vitamins for Your Skin
- Five Benefits of Facial Massage
- What To Expect From A Back Facial
- Treatment Options for Acne Scars
- The Beauty of a Body Scrub
- Recipes & Tips: Saying NO for self care!
- Recipes & Tips: Essential Oils for a Good Night's Sleep

Package 5

- Top Shaving tips for Men
- Don't Believe Everything You Hear – Skincare Myths to Ignore
- The Importance of Self-Care
- How to Up Level Your Skincare for Winter
- Skincare for Confident Teens
- Recipes & Tips: 5 Ways to Keep a Positive Mindset

Package 6

- Which Skincare Supplements Will Work for You?
- Hands On – Keeping Hands Healthy This Winter
- Skin Care for Swimming Season
- Get Your Glow On! The Best Skincare Products and Spa Services for Pregnancy
- Weird and Wonderful Global Spa Therapies
- Recipes & Tips: Healthy Eating Tips
- Recipes & Tips: Green Smoothies
- Recipes & Tips: Stretching Feels Good and Is Good For You!

Package 7

- Skincare During Cancer Treatment
- Caring For Your Skin – All Over!
- The joys of the Brazilian wax
- Skincare for Men in Their 40's and 50's
- Taking Time Out – Just for You!
- Recipes & Tips: Simple Post Work Yoga Stretches
- Recipes & Tips: Healthy Lunches for Busy People

Package 8

- The Best Care for Your Oily Skin
- Skincare Tips for Men
- Why We Need Client Information Forms for Skincare Services
- 10 Ways to Fit Regular Facials into Your Budget
- What Is Dermaplaning and Is It for Me?
- Recipes & Tips: Wake yourself up with self-acupressure
- Recipes & Tips: Get Mindful – for Free
- Recipes & Tips: Four Day Wonder Skin Smoothie
- Recipes & Tips: Ten Essential Oils to Help Clear Acne

Package 9

- UVA and UVB Sun Protection – what's the difference?
- Why is My Skin Suddenly Sensitive?
- Everything You Need To Know About Cellulite
- Yes, You Do Need an Eye Cream, Here's Why
- Recipes & Tips: Wrist Moves for Office Workers

Package 10

- Have Your Spa at Home!
- How to Banish Dark Under Eye Circles for Good!
- What are Retinoids?
- LED Light Therapy: How Does It Work and What Does It Help With?
- Recipes & Tips: Instant quiet for a busy mind

Package 11

- Moles – what to look for
- Rosacea – The Do's and Don'ts of Caring for Rosacea
- Top Tips for Soothing Stressed Skin
- Skin Conditions vs Skin Types–What's the Difference
- Recipes & Tips: Top Tips for a Peaceful Slumber

Package 12

- Pigmentation – What Is It, and What to Do About It?
- The Dry Skin Diet
- Top Ten Skincare Tips
- Love Your Lips – Tips for Healthy Beautiful Lips
- Recipes & Tips: Foods to Eat for Whiter, Brighter Eyes
- Recipes & Tips: Why You Need to Take Your Lunchbreak