



**2020 Festival Passes on Sale December 9**  
 Sept. 11, 12 & 13  
 (Sales start at 10am PST; Early Bird Pricing for first 500 tickets. Limit 2 per customer)

**Perfect Holiday Gift!**  
 541-549-4979  
<https://sff2020.eventbrite.com>

**'Tis the Season** A holiday gift of relaxation & wellness for everyone year-round!



**\$500 OFF Any New Hot Tub Or Sauna!**  
 American Whirlpool Hot Tubs or Oregon-made Finlandia Saunas. Expires 12/31/19.

541-410-1023 • 413 W. Hood Ave., Sisters  
 Monday-Friday, 9 a.m. to 5 p.m.; Saturday & Evenings by Appt.



**Stay healthy during the stress of the holiday season!**

We offer chiropractic, acupuncture and massage. We can help keep you happy & feeling good!



**BLACK BUTTE**  
 CHIROPRACTIC • ACUPUNCTURE • MASSAGE  
 Formerly Bigfoot Wellness

541-389-9183 | [WWW.BLACKBUTTECHIROPRACTIC.COM](http://WWW.BLACKBUTTECHIROPRACTIC.COM)  
 392 E. Main Ave., Sisters | In the Red Brick Building  
 Mon.-Sat., Some Evening Appts. Available

**ESSENTIALS SKINCARE HOLIDAY SPECIALS!**

**BUY 1 FACIAL, GET 2ND 1/2 OFF**  
 For you or a friend - with Rickie  
 541-363-5339

**COMPLIMENTARY BROW GROOMING & LIP TREATMENT**  
 With All December Facials

**ANNUAL OPEN HOUSE**  
 Sunday, December 8, 2 to 4 p.m.

492 E Main. Ave. | 541-480-1412  
 Open 7 days a week (Sun., by appt)

**BEDOUIN**

**Enjoy 20% Off Your Purchase**



**Expires 12/31/2019**



**'Tis the season to be beautiful**  
 — By Karen Keady —

Unless you're Santa, rosy cheeks are not necessarily a sign of robust health.

Wintertime in Sisters can be hard on the skin, and a little knowledge goes a long way toward warding off its effects and looking and feeling our best through the holidays.

We know that the epidermis is constantly being renewed, and it's the cellular renewal process that forms lipids that create the skin's barrier function. Mark Lees, PhD, clinical skin therapist, compares the epidermis to a brick wall. The "bricks" are the epidermal cells, the barrier lipid complex is the mortar between the bricks. This "mortar" holds essential moisture in the skin and blocks irritants from penetrating the epidermis. When the barrier lipid complex is damaged by extreme cold and windy weather, the skin becomes dry, chapped, sensitive, dehydrated and rough. Those clients with rosacea are more likely to suffer excessive redness as the immune system responds, due to the blood bringing immune cells to the site.

Re-establishing the barrier lipids, and repairing barrier function, protecting against TEWL, (transepidermal water loss.), is what

winter skin care is all about. Unprotected environmental exposure to sun, cold, wind and dry air all contribute to TEWL.

According to Shelly Burns, naturopathic M.D., biotin or, D-biotin is a commonly overlooked vitamin B which is important in supporting healthy skin. During cold months it's especially important to protect and prevent dry skin. Biotin has been called the dry skin cure. It can also help prevent hair loss and muscle cramps. Good food sources of biotin are eggs, legumes, nuts, brewer's yeast and oat bran.

It's very important to avoid harsh detergent cleansers or soaps on the face as well as avoid washing too often. Use a low-foaming, or a no-foaming cleanser. I advise my clients to cleanse skin at the end of the day — take off the day, the make-up, the sebum, the sweat, pollution of wood smoke or other irritants. You go to bed

## Essentials Skincare

Essentials Skincare, Sisters' exclusive Éminence Organics salon, offers advanced esthetics with master estheticians Karen Keady and Rickie Harmon. With 32 years of combined education and skincare experience, they serve their clients in a relaxing, one-on-one environment.

Every service — from microneedling, dermaplaning, nano facials, to their most-requested Éminence signature facial with Euro massage — is followed by a complete make-up session. Lash lifting and tinting with Rickie is a popular new favorite.

This holiday season, Éminence offers two limited-edition gift sets. Get ready, get set, glow with the cleanse and glow set including the lactic acid duo of mangosteen cleanser and strawberry rhubarb dermafoliant.

A free gift set will be one of the many door prizes at Essentials' annual Holiday Open House, Sunday, December 8 from 2 to 4 p.m. Enjoy hot buttered rum, wine, music, good friends and fun!



## Bedouin

As your caravan winds through Sisters, be sure to make a stop at Bedouin, where you are sure to find the perfect gift for those special people on your holiday shopping list.

For decades, Bedouin has brought the world to Sisters. Harmony Thomas and her staff curate the treasures of the wide world — while also searching out locally created goods from Sisters and Central Oregon's astonishing population of artisans.

The result is a store that is truly unique and offers much more than a selection of clothing, gifts, jewelry and stationary. Shopping at Bedouin is a true experience, a wonderful way of being in the moment during what can too often be a hectic and harried season.

Customers fall in love with the place each time they walk through the doors of Bedouin. Stop by and find out why — and put checkmarks next to those special names on your list.

