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Local woman writes book of skincare recipes

By Robin Kaminski / The Daily Item

A local woman has unlocked the fountain of youth by whipping up skincare recipes using simple ingredients found in any kitchen cupboard.

Sue Dolan, founder of the Skin Care Resource Center, is also the author of *Naturally Skinsational*, a natural skin care and anti-aging recipe book using natural methods to maintain that youthful glow.

As a twin sister, Dolan took a more natural approach to aging, while her sister Chris was far more aggressive at staving off the effects of aging with laser peels, CO2 surgery and microdermabrasions.

"I wanted to know what was the simplest, most natural and cost-effective skincare and anti-aging treatments I could find," she said. "So I spent years researching in that arena and it evolved into a book."

The book offers "Skinsational Tips" along with more than 150 rejuvenating skin care recipes including masks, peels, toners, moisturizers, spritzers, steams, under eye treatments and facials called, "The Love Scrub" or "Boo Berry Peel."

"More than 80 percent of current medicines are based upon properties found in nature," Dolan said. "Consumers are now demanding all natural products and cosmetic companies have begun to focus more attention on utilizing natural ingredients in their beauty and skin care product development. But *Naturally Skinsational* gives consumers the recipes to create their own skin care products themselves right now."

Dolan, who has worked for more than 20 years at the Department of Children and Family in Lynn, said her book provides consumers with an effective, reasonably-priced and natural alternative to treat the needs of aging skin in contrast to the often expensive retail products with commercial grade ingredients available on store shelves.

One simple and cost effective way to brighten the skin is to cut off a lemon and dip it in sugar, wait a little while for the sugar crystals to dissolve, and then slowly rub in a circular motion on the skin.

"And voila!" Dolan said. "Then you have the fruit acid from a nice, natural approach, and the mechanical motion takes off the outer layer and dead layers of skin. Plus, it stimulates new skin cells."

Dolan's book, which offers inexpensive natural skin care recipes, is available at Amazon and Target. She also has a Web site, www.skincareresourcecenter.com .

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By Wendy Killeen

AUTHOR'S CORNER: Sue Dolan of Byfield is the author of "Naturally Skinsational," a book of more than 150 recipes for natural and anti-aging skin care. The masks, peels, toners, moisturizers, under eye, and facial treatments make use of natural and inexpensive ingredients found in any kitchen cupboard. The book also includes a glossary on the revitalizing attributes of natural ingredients.

For more, visit www.skincareresourcecenter.com . . .