

Welcome to Good Skin Matters

Your Guide to Great Skin and Innovation ~ by Pamela Good CME

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Why did I do this, you may wonder?

Well, there are two fundamental reasons:

I have some juicy info to tell you about and wanted to ensure I got your undivided attention.

A long-overdue skin health tune-up.

Discover Your Inner Esthetician. Solve Dehydration & Breakouts Non-Invasively.

Since you may have a skin issue or problem that's been bugging you for a while,

I need to tell you about a few "Esthetician Recommendations," Beginning with Daily Nutritional Building Blocks, Exercise, Relaxation, and Quality Sleep.

Professional Facials every 30-60 days are suggested for healthier skin.

Esthetician recommendation #1:

Use Aloe Ice Instead Of Heat immediately when you notice a breakout. Freeze aloe juice in ice trays.

Here's why it is important to use aloe ice (or even an ice cube) after a breakout or injury: ice will have an immediate pain-relieving effect, encouraging quicker healing. Period. Here's what I recommend for my clients—Aloe Ice in the morning and before bed. Your skin heals and regenerates while you sleep. Therefore, when in doubt, use ice!

Please Note: During a professional facial, the steam with an enzyme mask protects the skin from the heat and dissolves the cells blocking the pores, softening, and removing debris.

The seasons change, and so do the needs of your skin. Maximize & Refresh Your Regimen Quarterly to Support Your Healthy and Balanced Lifestyle.

Imagine you are at the controls between Professional Appointments. Esthetic guidance and treatment are essential once a month, quarter, or yearly is an hour or two dedicated to Making sure your routine, diet, exercise, relaxation, and quality sleep support more healthy, brilliant skin. Follow cooperative guidance with your Skin Specialist to achieve and maintain more beautiful, clearer, and vibrant skin.

Esthetician recommendation #2:

Drink Plenty of Water

When your body becomes dehydrated (or even slightly dry), you can experience various miserable symptoms. These nasty symptoms can include Blemishes, headaches, dizziness, shortness of breath, joint pain, high blood pressure, and more.

Many of our clients drink one quart of water in the morning and another quart in the afternoon.

Now, "water" means water.

It does not include beer, juices, wine, or coffee. If you don't like to drink "bland" water, it's perfectly ok to add a squeeze of lemon to your water.

Try this simple home remedy for just a week and see how great you feel. And the next time you start getting a headache, drink more water.

It seems simple, but most people forget the basics.

Strive for Skin that is even more Nourished, Beautiful, Soft, Hydrated, Clear, and Healthy.

Prevention is more straightforward than cure. It is never too early or too late to focus on your skin which reflects your overall health.

Start a good skincare routine in your 20's. Hydrate your skin by drinking about eight glasses of water a day. Consume nutritional supplements first thing in the morning and eat healthily.

Eat plenty of fruits and vegetables daily. Use products that contain vitamin C; it can also boost your collagen.

Stay within your professional skin care brand. Do not piece your regimen together.

Cleanser, Toner, Serum, and Moisturizer with Sunblock are essential. Use skin care products that contain antioxidants and AHA's.

Facial scrubs remove the build-up of dead cells that can increase the appearance of wrinkles; try this weekly. Use an eye cream for the delicate skin around the eyes nightly. Applying moisturizer to the skin twice daily morning and evening is hydrating. Always wear sunscreen. Sun damage can occur through the glass.

Do Not Smoke ~ Reduce stress.

Habits can begin within 21 days. Try reading, exercising, meditating 15 minutes a day is a good start.

Reduce alcohol consumption. Overdoing it dehydrates you and can put a strain on your system, accelerating sallow skin and the formation of wrinkles. Plus, Contracting the same muscles over and over creates lines/wrinkles.

Use skin care products that nourish your skin and give it lots of vitamins and minerals to help it stay fresh and healthy.

Esthetician recommendation #3:

Relaxation Calms the muscles from head to toe. Use A Rolled Bath Towel.

One of the quickest ways to relieve your nagging headaches is to use a rolled-up bath towel.

The same is true for your miserable and low back pains from driving your car; just use a rolled-up bath towel.

Here's how it works: Take a regular bath towel, fold it over, and roll it into a cylinder about 4 inches in diameter.

The rolled towel creates a natural curve in your neck that relieves the nerve pressure. If you need to drive long distances, place this rolled bath towel in the small of your back while you go. The rolled towel creates a natural curve in your low back that also relieves nerve pressure.

At night, you can use your rolled towel as a "passive neck exercise" before bed. Simply place it under your neck for about 10 to 15 minutes. Then go to sleep as you usually do. You don't have to sleep on your rolled bath towel, but you can if you want.

Let's talk about the differences between professional and at-home expert Skincare Treatments.

It is essential to balance skin care products, treatments at home, and professional skincare.

Learn about Innovative Technologies, Products, and At Home Beauty Tools.

- Hydra Dermabrasion for head-to-toe hydration the process infuses specific treatment serum at the moment of mechanical exfoliation.
- Microdermabrasion utilizes manual cream, or machine exfoliation, removing top surface cells unblocking pores, and revealing healthy skin.
- Derma-blading removes the top layer of skin and the peach fuzz.
- Micro-Needling causes micro-cuts into the skin, increasing serum penetration deeper into the skin.
- Light Therapy stimulates healing, control bacteria and rejuvenation.
- Muscle Stimulation non-surgical lift. With electrodes at the origin and insertion of the muscle firming and toning.
- Micro Current and Galvanic current stimulate circulation, firms, and tones muscles.
- Cryo Therapy calms, soothes, revitalizes the skin, helps penetrate aloe to breakouts.

These treatments are available in the treatment room performed by a licensed professional. I've personally repaired the damage caused by people who did not understand or have the education necessary to provide the service.

Always practice safety first; repairing the damage could require professional intervention. It takes time and costs money.

At-Home Devices, Devices, Devices

SAFETY FIRST !!

- Even though the technology is not professional strength, at-home devices can cause injury if not used correctly.
- At-home skincare devices are vast; some work great while others simply do not.
- Professional consultation is recommended before choosing at-home devices.
- Use safe practices during the application of any device. Read the warnings and instructions thoroughly. It only takes once to cause an injury.

Remember to protect your eyes when using light therapy.

- If you are using high frequency, keep the device moving, it can burn you if left in the same place.
- Remember to use upward and outward movements for uplifting results.

Virtual Consultations and Instructions are the best way to make sure you know how to use your devices safely and effectively.

Facials-To-Go Quarantine Kits ~ The Maskne Solution TM ~ Professional Grade at-Home Beauty Tools.

Corrective Skincare Treatments and Products provide Clearer, Healthier, and More Beautiful Skin, one Person at a time.

We are Gearing up for what's next ~ GSM Beauty Group Network.

The group is an Interactive opportunity through technology and broadcasting.

Good Skin Matters brings women together who seek access to preventative measures and modalities to achieve clearer, healthier skin from head to toe.

I am leading this charge because I have experienced problems with my skin since birth. I had eczema, allergies, colic, and gut-related issues. Nutrition is the key and reflects in our appearance.

Realize that naturally, beautiful skin begins from within. Information at network.goodskinmatters.com

The best way to start having beautiful skin for life begins from within with drinkable supplements taken with breakfast.

They are bioavailable, immediately absorbed, and are the building blocks each day to support our skin.

Skincare products and professional treatments enhance the health of our skin.

Join us to Learn More:

My goal is to share knowledge that adds value to you and your family—providing processes and step-by-step instructions you can implement at home today.

I am a Licensed/Certified Medical Esthetician with over 34 years of experience in the beauty and wellness industry.

I realized my purpose early, beginning in High School and beyond. My first jobs were in culinary art, modeling, performance, stage production, photography, and makeup application. In my 20's I received my Esthetician and Manicurist Licenses.

I quickly discovered my love for corrective treatments. In my 30's I received my medical certifications.

Over the years, I have opened a mobile clinic, a day spa, and my crown jewel, Good Skin Matters, in 2002.

The signature treatments that I have created are called the GSM Beauty Solution.

Treatments combined with professional products work on the surface, muscular, and cellular levels.

I have pivoted online: offering a book series, courses, and membership in this inclusive, interactive mighty network.

We created Good Skin Matters to bring you together with equally passionate people ready for something new.

A few things you will see quickly that make the GSM Beauty group network different:

- It is Ours. As we build this community together, we have great features for creating exclusive content, deeper conversations, richer polls, and online or in-real-life events. Plus, I am building this community off social media; you can have valuable experience with us and each other.

There are more ways for you to meet people near you who are interested in the same categories, or who care about the same topics.

- We cannot get this in free groups or on a website elsewhere.

We Can Bring Together Content and Community. Meaning we can bring you new, fresh ideas and things you can use in your daily life.

What You Should Expect from Good Skin Matters

- We are aiming to make your experience here awesome.
- Get interactive content and conversations you cannot find anywhere else. (Some Books, Articles, Videos, Podcasts are available on our other platforms.)
- Meet people who share your interests.
- Make better, more well-informed decisions about Skincare and the things that are most important to you.
- Share stories, experiences, and ideas around our shared mission.
- Get support, be inspired, engage in thought-provoking conversations, and receive expert perspectives.
- To make this a reality, we are going to need your help. Every time you share a story, experience, or idea, you build a knowledge base every community member can access to make better decisions.
- And when you invite two new members, you add value to what this community can accomplish together. It does not get better than that.

Welcome to Good Skin Matters, where you will find inclusive, transformative skincare with me, Pamela Good C.M.E.

I bring women together who want an interactive experience accessing information and practical application to preventive measures and modalities achieving clearer, healthier skin from head to toe.

Today we realize more and more the connection with stomach health related to our overall health.

It is so obvious, right?

Nutrition is foundational: the best I have found starts each day with drinkable bioavailable supplements that are the building blocks that provide naturally beautiful skin, hair, and nails from within.

I have created the GSM Beauty Solution. Providing my signature Corrective Skincare treatments ~ Professional Grade at Home Beauty Tools, paired with Customized Beauty Boxes ~ Facials-to-Go Quarantine Kits to protect your skin sculpted, firmed, toned, and healthy.

In the news! Learn more about Good Skin Matters ~ Pamela is passionate about taking care of clients. Her career began in her twenties, applying makeup for stage productions, models, and photographers. She worked at Porter Hospital while studying for her medical certifications.

She opened the first mobile Skincare Clinic in the Denver area, shortly after that had her first child, and went on to work with Doctor Murad in California at his inclusive day spa.

She Founded Good Skin Matters in 2002. Pamela became the Caregiver for her sister's children, and then a few years later, she took care of her father during his fight against cancer.

Pamela's purpose as a caregiver was made clear early on in her life and can relate to skin problems in her teens and now with mature skin issues.

You can watch the Featured news story "Chemical Burns" on 9News, Channel 2News, and listen to the 710KNUS radio interview by request on Facebook messenger or the Good Skin Matters website.

Learn about The Modalities, Treatments, Supplements, and Skincare products I love and how they complement each other.

- Hydra Dermabrasion is Facial Exfoliation and Infusion of specific Serum at the most optimal moment benefiting the skin's cellular level. Microdermabrasion can be in a crème or applied by Mechanical Exfoliation with crystals vacuumed across the skin or diamond tip.

- Photo Rejuvenation offers an alternating pulse Light Therapy. Intense Pulse Laser, Photon Light therapy, acupuncture focused therapy.
- Non-Surgical Lift Firms and Tones the muscles at the origin and insertion of the muscles, providing stimulation massage.
- Endermology is for lymphatic drainage is FDA approved for reducing cellulite.

Esthetician recommendation #4:

Protect Your Skin ~ Umbrellas protect your skin year round, from the sun, along with sunblock. Sun-damaged skin compromises your health. The melanin in your skin is overstimulated, causing your skin to defend itself against disease. Sunblock and sunscreen your diet high in beta carotene can protect and prevent dehydration, lines, and wrinkles.

Preventing sun damage is essential to be able to have beautiful skin for life.

Thanks for reading this. I hope you've found it helpful.

Easily and quickly book your Zoom call using our "fancy-schmancy" online scheduling system that lets you make your appointments without having to call our office.

It's as simple as:

- 1) schedule your "virtual appointment."
- 2) we talk, I help you
- 3) you feel better

Thank you for the opportunity to serve you. ~ Pamela