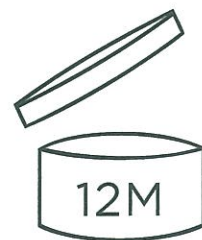


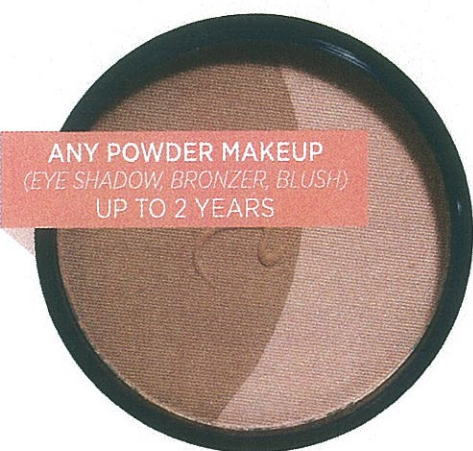
# Out with



The New Year is the perfect time to take inventory of your current collection of toiletries and beauty products so you know what to toss and what needs to be replaced. Why ditch items that aren't empty? Some

products contain active ingredients that expire, so your results could start to vary dramatically. While other products, such as eyeshadow, might not be dangerous after their ideal "use by" date, colors start to fade or distort and a once smooth application can become uneven and blotchy.

For skincare products, check the date on the container or box.



ANY POWDER MAKEUP  
(EYE SHADOW, BRONZER, BLUSH)  
UP TO 2 YEARS



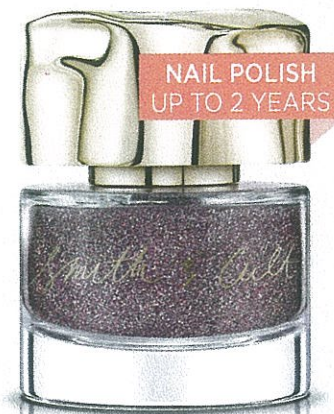
CONCEALER  
12 MONTHS



LIP GLOSS  
UP TO 12 MONTHS



LIPSTICK  
UP TO 2 YEARS



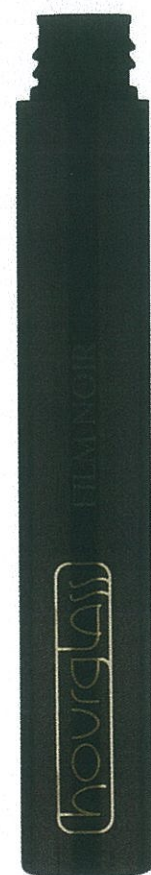
NAIL POLISH  
UP TO 2 YEARS



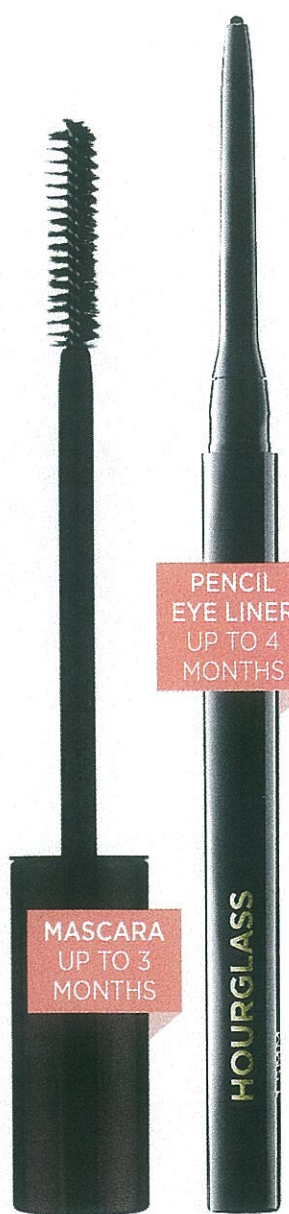
LIQUID EYE LINER  
UP TO 6 MONTHS



LIQUID FOUNDATION  
6-12 MONTHS



MASCARA  
UP TO 3 MONTHS



PENCIL EYE LINER  
UP TO 4 MONTHS

# the Old...

## WHY & HOW TO CREATE A VISION BOARD

We all have goals and aspirations, but what often helps those people who are successful is visualization. Most athletes who make it to the top of their game will tell you that they pictured the scenario in their mind hundreds of times before it became a reality. To give your New Year's resolutions and goals a little more life this year, create a vision board.

### BEGIN YOUR VISION

Select your background. You could use poster board from the craft store or, if you'll be displaying your vision board where many will see it, consider a framed corkboard for a more 'permanent' and decorative look.

### GET ORGANIZED

Set aside some time (ideally at least 2-3 hours), clear a large workspace (an empty dining table or the living room floor are great options) and collect everything you need - double-sided tape, glue or push pins and a stack of magazines that you don't mind tearing apart.

### INSPIRATION BRAINSTORMING

Start your vision "brainstorming" by flipping through magazines and pulling out anything that inspires you or resembles your goals or interests in the coming year. Just like any brainstorming session, gather pictures and quotes without too much thought at this point. Go with your gut and intuition without analyzing.

### ASSEMBLE

Assemble your vision board in a way that's visually appealing to you. You can place all of your quotes and pictures in a random fashion or separate your board into four quadrants dedicated to four areas of your life in which you'd like to focus. For example, use the top left corner of your board for career goals, the top right for family, the bottom left for your vision of beauty and health, and the bottom right for travel.

### DISPLAY

Last, but not least, choose a place to display your vision board. Ideally, this should be a place where you'll see it every day so you'll constantly be reminded of your goals and motivated to reach your vision of your future.

*"Logic will get you from A to B. Imagination will take you everywhere."*

- Albert Einstein

# ...IN WITH THE NEW!

By Andrea Blair Cirignano

Products available at The Spa