

true skin - a luxurious, affordable escape

Taking care of your skin does not have to break the bank

You walk into another world when you enter the intimate setting of True Skin. Designed to whisk you away from your hectic life, this esthetic spa has been created to treat your skin in a relaxing, one-on-one setting.



Jacquee Rudy and Dawn Kalin

Owners Jacquee Rudy and Dawn Kalin are passionate about skin care and it shows. Both are trained and certified in many aspects of Esthetics and microdermabrasion. They know the key to having beautiful skin is proper maintenance.

“Turning over new cells is what makes

your skin look healthy and vibrant,” says Dawn. “A lot of those little fine lines and wrinkles are dead skin. It is important to get the dead skin off first, rather than just moisturizing it.”

They do caution that exfoliation is different for each individual, best prescribed by a professional. People with oily skin have a much different tolerance for exfoliation than people with dry skin. In fact, excessive exfoliation can prematurely age your skin. They also want to warn you that winter can be just as bad for your skin as the summer, if not worse.

“The number one thing people need to realize is the sun is still really affecting you in the winter. Putting SPF on your face, neck and hands is so important, even on cloudy days,” adds Jacquee. “Also, dry indoor heat can age your skin and lead to wrinkles.”

To combat the daily assault on our skin, they offer a wide variety of services. These include three types of microdermabrasion (machine, files and manual), a variety of peels and a large menu of facials. They also have Wull Stone Therapy. This is much like

See **Skin** on page 27



True Skin's warm and inviting interior

Skin from page 26

a traditional hot stone massage, the difference being the ceramic stones are heated electrically to maintain their temperature. And, if you can't live without a tan, they have sunless tan spray to give you that sun-kissed look year round.

Jacquee and Dawn believe a personal setting is best for the services they offer. They have a consultation with everyone before and after their services, to educate them on the specific needs of their skin. They also spend the time to teach them what to

look for on skin care product labels, showing what to avoid that may be harmful.

For an experience that treats your skin, educates your mind and pampers your soul, visit True Skin just outside Chestnut Hill at 523 Bethlehem Pike in Erdenheim. They are open Monday and Tuesday from 10 a.m. to 6 p.m.; Wednesday through Friday from 10 a.m. to 7 p.m.; and Saturday 10 a.m. to 5 p.m. Appointments are available for Sundays upon request. For more information, visit their website at www.trueskin4u.com.