

Metro The Strand



April 2017

WHERE BEAUTY BEGINS

Student Council is entering its 2 year of meetings. Metro Beauty Academy's Student Council is comprised of a member from each class at Metro Beauty Academy. If you're interested in joining please contact a representative.

Latest News

Penny Wars: Is our fund raiser for the month of April. We are raising money for the Student Council. **Metro Sweatshirt:** Orders are on going and if you would like to order one please give money to Ms. Heller. The

cost of the sweatshirt is \$45.00. The orders are submitted to the company for creation after 12 orders are accumulated. **April Jeans Days:** \$1 will be donated to the Autism Walk. Student may wear their Autism T-Shirt with jeans for \$1. Otherwise the student needs to be in dress code. **Autism Walk** – April 29th Saturday, Please go to Lehigh Valley Autism Speaks to sign up for the walk. (No dogs) Students need to arrive at event at 8:30am. Students will report to Metro's tent. We will be offering Blue Hair Extensions and Face Painting for a donation. **If you have**

IN THIS ISSUE

Autism tickets please return to Ms. Heller ASAP. Student may invite family member and wear their Autism T-Shirts. Family members are encouraged to sign up as a team member as well, at Autism Speaks.

How can I help

As a part of the student body at Metro Beauty Academy, you always have a voice even if you're not a member of student council. Anytime your representative announces the meeting minutes this is your chance to voice your opinions about any



Make-Up Removal

by Esthetics

Did you know using a make-up remover product is a simple and effective way to remove make-up but it is often really harsh on your skin? Some make-up removers contain drying ingredients like alcohol and if you wear water-proof mascara or eyeliner, you may find yourself tugging and pulling on your skin which is NEVER a good thing! A more gentle way to just as effectively remove your make-up is to use an oil. Oil causes make-up to break-down and simply slide off your face. It also maintains the integrity of your skin in the process. Choose a gentle oil, such as coconut oil or almond oil and saturate a cotton ball. When removing your make-up, try to use circular motions instead of sweeping, side-to-side motions which cause greater stress on the skin. Be sure to remove ALL traces of make-up. Leaving make-up on the skin, can cause the skin to malfunction and prevent normal shedding of the skin cells. This can then cause irritation and clogged pores.

Make-Up Removal

An easy at home Make-up removal using oils. A non pore clogging at home remedy that can save you money and a natural way of removing eye

Page #2

issues, suggestions, idea's you may have. Every student should feel that their voice is heard and we love to hear anything you might have to share. So feel free to share

make up and more.

Student Council Updates

by Student Council Representatives

with your classmates and representatives.

Update:

Thank you to all of you who participated in the theme day "Prince and Princesses. This was a huge success and turned out to be a wonderful "Dream a Wish" for Phoebe. Thank you to all of you who participated and walked in the Allentown St. Patrick's Day Parade. "Shave the Brave" was a successful event that we hope to be a part of again in the future. Thank you to all students and staff members who attended this wonderful cause. Thank you to all students who donated for the local Animal Shelter for animals in need.



2017 Wella TrendVision

Check out the winners of the 2017 Regional Winners and cheer them on as they journey to NYC on April 30th, 2017 to Compete.

Page #3

SITE CREDIT

http://realbeauty101.typepad.com/real_beauty_101/esthetician-secrets/

If you have any tips that would like to be featured email to :
 rowe@metrobeautyacademy.com





by Metro Administration

Reminder!

Please remember to check the Consumer Info section of the Metro Beauty Academy website regularly for various updates, including updates to the Student Handbook. The Consumer Info section can be located at the bottom of any page of our website.

Thank you!
Metro Beauty Academy



90%

Of "right handed" people's Cow Licks swirl clockwise!

Left: Darvell Snyder, Ms. Becca, Cynthia Antonoli, Lisa Yannes, and Amy Mrazek from Wella/Coty

TrendVision Regional Competition consists of 3 different categories Color Vision, Creative Vision, and Student were inspired, to showcase their crafts and create a vision of what's new in trends.

The competition was open to hairdressers of all ages. Color Vision; this category recognizes best-in-class color work. Creative Vision; Offers you the freedom to express your creative vision by a cut and finish and/or dressing hair with an editorial feel. And Student; open to students and recent graduates (up to 12 months) in US and Canada Only. Student submitted up to 3 photos of their best work in your portfolio.

Regional competition photo submissions do not need to be

WELLA TRENDVISION 2017

by Metro Beauty Academy

WELLA TRENDVISION



Wella TrendVision 2017

This competition is held annually. This is Metro's 4th consecutive year competing in this competition. Metro Beauty Academy won last years competition! Cosmetology Students are encouraged to enter when they are in 103-105.



www.bloom.com

This is the web site wear you can see all the latest trends and they have all the information about TrendVision winners and Contests that are held across the US. Take a minute and explore this amazing website.

FAST FACTS

81%

Of Fashion/Beauty Bloggers read news brands every week.

NEWS LETTER CLUB

Interested in becoming a member:

Contact Ms. Becca Rowe

rrowe@metrobeautyacademy.com

based on 2017 trend movement looks.

Regional winners will be entered automatically as semi-finalists in the national competition. All finalists competing at regionals will receive a free photo shoot to submit into the national competition. Entries were extended to March 24, 2017

Metro Beauty Academy is please to announce that 2 of our students were picked to compete on April 30th in New York City! Winners are 2 out of 5 competitors; Cynthia Antonioli and Danyell Snyder. We wish them all the best!



MASSAGE

By: Bethany Lowrie

Whether it is an aching back, recovery from an injury, a case of carpal tunnel syndrome, or a host of other debilitating physiological conditions, there's no doubt massage and bodywork works to relieve pain. But once your therapist has helped you tackle your pain, do you quit calling? When the pain is gone, are you gone, too? Massage therapy is highly effective for pain relief, but it is an amazing preventive therapy as well. Massage helps build and maintain a healthy body (and mind), it combats stress, and it works to keep the immune system strong. In short, massage can keep on working for you, even after the pain is gone.

MASSAGE FOR WELLNESS If it's been a while since you booked your last massage--because your pain is no longer an issue or your injury is fully rehabbed--you might want to consider massage for preventive care. Massage can play an important role in a good health-care regimen. Just as you eat

healthily, exercise regularly, and take your vitamins to ward off illness and maintain a fit body, you should consider making frequent massage a part of your wellness lifestyle. According to Benny Vaughn, a sports massage expert in Fort Worth, Texas, one of the benefits of consistent and regular massage therapy is better flexibility. "This happens because regular and structured touch stimulus enhances the nervous system's sensory and spatial processing capacity," he says. "That is, the person becomes more aware of her body's movement in space and becomes more aware of tightness or pain long before it reaches a critical point of mechanical dysfunction." As a preventive measure, frequent massage puts you more in tune with your body. "The consistency of massage therapy over time creates a cumulative stress-reduction effect," Vaughn says

"The person becomes acutely aware of stress within her body long before it can create stress-driven damage." And the more massage you receive, the more benefits you reap. "Massage therapists know that people who get massage regularly demonstrate greater improvement and notice a reduction in pain and muscular tension, as well as an improvement in posture," says Anne Williams, author of *Massage Mastery: From Student to Professional* (Lippincott Williams Wilkins, 2012). "People regularly make a commitment to fitness," Williams says. "People regularly make a commitment to changing their diet. The difference they'd experience if they regularly made a commitment to massage is mind-blowing." **STRESS IS A KILLER** Stress is more than just a word we throw around to describe the nature of our hectic day. Today, we understand that stress kills. According to the Benson-Henry Institute for Mind Body Medicine, 60-90 percent of all US medical visits are for stress-related disorders. Chronic pain, headaches, heart disease, hypertension, and ulcers can all be wrought from stress. Many would argue that the best benefit of massage is its ability to reduce the stress in our lives. From the perspective of daily living, think about the stress you felt at today's meeting--now it's hiding in your neck. Tomorrow that can turn into stiffness and eventually begin to affect other parts of your body. If you see your massage therapist for your regular session this week, the chances are good you won't reach the tipping point. Think of massage and bodywork as a way to rebalance your body.

Noted researcher Tiffany Field and her colleagues from the Touch Research Institute at the University of Miami School of Medicine report that massage causes

positive biological changes when it comes to stress. Through the course of more than 20 studies, these scientists found that massage decreases cortisol (a stress-derived hormone that negatively affects immune function and kills our immune cells) and increases dopamine and serotonin (the neurotransmitters most associated with emotional well-being). Add to this the research that shows massage can lower your heart rate and decrease your blood pressure, and you have a mighty effective, nonpharmacological, stress-fighting tool that's about as natural as natural can get.

A ONE-HOUR VACATION AND SO MUCH MORE

You may no longer need to rehab that knee or work the scar tissue from your surgery, but don't forget about everything else massage can do for you. Massage is the entire package, helping to heal body, mind, and spirit. Think of it as a one-hour vacation with an amazing return on investment. Whether it be maintaining joint flexibility, managing blood pressure, or enhancing immunity, massage works. From repair to relief and from recovery to relaxation, massage is a magnificent piece of natural medicine you should always have as part of your health-care routine.



FOR MORE INFORMATION

Come to the Front Desk and book your appointment TODAY!

OR CALL US @
610-398-6227

Massage Therapy Areas

Massage Therapists can work in the following disciplines:

- Spa
- Sports massage
- Reflexology

- Deep tissue massage
- Chair massage
- Pregnancy/infant massage
- Asian modalities
- Geriatric massage



- [Reflexology](#)

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