



SHARSHERET®

The Jewish Breast & Ovarian Cancer Community

At-Home Facial 101 with Dana Baze from Beauty Bus April 19, 2021

Sharsheret is a national not for profit cancer support and education organization and does not provide any medical advice or perform any medical procedures. The information provided by Sharsheret is not a substitute for medical advice or treatment for specific medical conditions. You should not use this information to diagnose or treat a health problem. Always seek the advice of your physician or qualified health provider with any questions you may have regarding a medical condition.

Beauty Bus

Website: <https://beautybus.org>

Instagram: @beautybusfoundation

Dana's email: dolledupbydana@gmail.com

Dana's Instagram: @dolled_up_by_dana



Dana's Recommendations:

- Here's what Dana suggested for use prior to the webinar:
 - Cleanser: Honest Beauty Gel to Milk Cleanser
 - Toner: T.N. Dickinsons Witch Hazel liquid or cleansing cloths
 - Mask: Elf Hydrating Water Sheet Mask or Simple Brand Hydrating Sheet Mask
 - Moisturizer: Physician's Formula Organic Wear Bright Booster Oil Elixir
 - Lip balm: EOS Organic Lasting Hydration Lip care
 - Sunscreen: All Good Sunscreen Tinted Butter or All Good Sunscreen Butter Stick
 - The products listed above are clean and available at many local and online retailers such as Target, Amazon, and Walmart.
 - You can visit <http://www.ewg.org> or <http://www.thinkdirtyapp.com> to see what is in your personal care products.
- Leave products on for 5 minutes between applications to allow them time to work and not to interrupt product penetration. If you mix products together too quickly, the product will become diluted
- Skin Love: OncologySpaSolutions.com
 - Tamanu Oil: <https://www.oncologyspasolutions.com/product-page/tamanu-oil>
- Rose Quartz Rollers or another Gem Rollers (sometimes Jade, etc., no difference in stones as long as it's a pure stone) and/or Kansa wands are all helpful in application of serums, oils, and moisturizers - and they feel great!

- Sheet masks: Miss Spa hydrating facial sheet mask, Hydrating water sheet from Elf and Simple- Dana's hot tip: put the mask on your face and put the backing of the mask on your neck! And use whatever liquid is left in the pouch too!
- For chemo rash: First, ask your doctor; never put anything on open skin. If cleared, use Tamanu Oil twice a day or O Skin Love's Tamanu Oil
- For scars: Calendula oil and Tamanu oil both great for scars 2-3 months once they're healed.
- Treatments: Microneedling, infrared light, PMD, Microdermabrasion are not advised for the first year post-treatment, and only once your doctor has cleared you for such.
- When choosing an aesthetician, make sure they are oncology-certified. Facebook has an Oncology Spa Solutions page to find an oncology-certified aesthetician, and Dana is also here to help you find one! You can message/follow Dana on Instagram at [dolled_up_by_dana](#)
- Light Stim is the only FDA approved infrared light (only 6 months post-treatment and once approved by doctor). It helps with product penetration, building collagen, anti-aging, and healing skin spots. Dana can help you order handheld units. Email dolledupbydana@gmail.com I can usually get free shipping for you
- Dry itchy skin: Use hyaluronic acid, and to make it even more impactful, use facial moisturizer or oil on top of it.
- In answer to questions about what to expect from treatment: dry skin and brown spots can occur.
- To prevent neck droop: Use the gem roller going upwards, Baby Bird stretch
- If you're experiencing more skin care issues due to aging, try doing a double application (ie. 2x a day and/or a serum *and* a moisturizer, etc).
- Facial hair removal: no waxing during the first year post-treatment. Instead, you can get a small light to remove hair called the "Flawless by Finishing Touch" for hair removal: <https://www.ulta.com/flawless-instant-painless-facial-hair-remover?productId=xlsImpprod16641047>
- Hair coloring: Don't bleach your hair at all during treatment; wait at least a year post-treatment.
- If you have oily skin, use moisturizer instead of oil
- Avocado is the best DIY mask; coconut oil is great too, just make sure it's pure (no additives).
- Melasma: after moisturizing, use under-eye concealer on dark spots, let it set a bit to dry, then use foundation on afterwards; if you need to spot-touch some concealer on top of the foundation, that works well.
- NuSkin is great after you're done with treatment for at least one year.

Outstanding Questions from the Chat:


- **Hair coloring (not bleaching, just dye) after treatment?** Hair coloring can be very harsh to the scalp and should be avoided until your doctor has cleared you.

These two product lines have clean products. You can use a violet or rose shampoo to help.


- <https://lomabeauty.us/>
- <https://surfacehair.com/>
- **Is there a certain time window post-surgery or post-treatment during which a scar has to be addressed (and after it becomes too late), or is it at any point in time?** After the wound is closed you can start using Tamanu Oil. Make sure it is pure. I suggest ordering it from www.oncologyspasolutions.com
- **Exfoliation product recommendations?** If you have been off treatment at least 6 months, a great and clean exfoliant is: Anna Lotan Pro Carotinol Peeling Exfoliant. **Chemical exfoliant?** No chemical exfoliants for at least one year post treatment and with your doctors' approval.
- **What order should I apply products during my daily skin care regimen?**
 1. Cleanse
 2. Toner
 3. Serum
 4. Moisturizer
 5. Sunscreen
- **I'm African American, are there any specifics for my culture and or skin tone?** When going through treatment the best treatments for every skin type and color are clean products. I suggest O skin Loves complete kit: www.oncologyspasolutions.com/shop
- <https://www.oncologyspasolutions.com/shop> is offering 15% off your order right now with promo code **OSL15**

Email info@sharsheret.org or call 866.474.2774 to connect with Sharsheret support, Sharsheret's genetic counselor, or to bring Sharsheret to your school, doctor's office, or community.


CANCER GENETICS FAST FACTS




EVERYONE who carries a cancer gene mutation has a **50%** chance of passing it on to the **NEXT GENERATION**.




Multi-gene panel testing can **IDENTIFY MUTATIONS** in genes other than BRCA1 or BRCA2, such as ATM, CHEK2, Lynch or PALB2, that may predispose you to a variety of cancers including male breast, colon, pancreatic, prostate, uterine and melanoma.




If the results of genetic testing in a family are negative, it is **STILL POSSIBLE** that the cancer in the family is **INHERITED**, resulting from genetic mutations that we do not yet know how to identify.



1 IN 40
Ashkenazi Jews, **BOTH MEN AND WOMEN**, carries a BRCA1 or BRCA2 gene mutation.



Individuals who carry genetic mutations should **HAVE THE OPPORTUNITY** to make choices about high risk screening and risk-reducing surgery and treatment that can **SAVE THEIR LIFE**.



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If you have any personal questions about your family cancer history or genetics, please contact our genetic counselor at genetics@sharsheret.org.

Facial Yoga Poses

SMILING FISH FACE  <p>FIRM and tone your cheeks and lips. Smile while slightly pursing your lips. Withdraw and pinch your cheeks into the hollows of your face as you do so. Repeat five times.</p>	PUPPET FACE  <p>LIFT lines between your nose and lips. Smile and press your fingertips into the crease between lips and nose. Lift muscles up and press fingertips on the area for resistance. Repeat 20-30 times.</p>	THE SPHINX SMILE  <p>GET rid of your smile lines. Smile by lifting the corners of your mouth up and across, but keep your eyes neutral. Repeat three or four times.</p>
LION FACE  <p>LION Face stretches facial muscles and releases tension. Inhale through nose, make fists and squeeze face muscles. Exhale through mouth, stick out tongue, roll eyes and open hands. Repeat three times.</p>	BUMBLEBEES  <p>WORKS cheeks, lips and jaw. Inhale through nose and make a chewing sound. Vibrate the sound 'mmm' through nose as you exhale and chew. Repeat for four breaths.</p>	MARIYN  <p>THIS keeps lips strong. Keep your brow smooth and blow kisses. Repeat four times. Then press lips to your first two fingers. Repeat three or four times.</p>
BABY BIRD  <p>FIRMS jaw, neck and shoulder muscles. Tilt head back. Swallow and press your tongue to the roof of your mouth. Tilt head to left and swallow, then to the right. Repeat four times each way.</p>	SURPRISE ME  <p>THIS exercise smoothes your wrinkled brow. Widen your eyes without wrinkling your brow, then focus on a point on the horizon for five to ten seconds. Repeat four times.</p>	THE SATCHMO  <p>SATCHMO keeps your cheeks firm. Puff up both cheeks with air, then transfer the air from cheek to cheek. Alternate from side to side until you're out of breath. Repeat three times.</p>