

Here's what's
happening this month at



The New Year is "All About Taking Care of Our Body"

FIVE KEY RESOLUTIONS TO "TAKE CARE OF OUR BODY" AND JUMP START 2010!

- 1) **Be Positive** – A 2004 psychiatric study found that people were 23 percent less likely to die from cardiovascular disease if they had high levels of optimism and a positive mindset.
- 2) **Get Eight Hours of Sleep** – Without sufficient sleep, our performance is greatly diminished; the stress of busy lives takes a toll on a healthy body.
- 3) **Eat a Balanced Diet** – Nutritional balance helps us acquire the vitamins and minerals our bodies need.
- 4) **Stay Hydrated** – "Water, the Gift of Life" cleanses the body and promotes the healing process. Drink at least 6 to 8 glasses daily.
- 5) **Exercise Regularly** – This strengthens and tones the body and improves flexibility; exercise at least 3 times a week.

** Resolve now to do every one of these and 2010 and your future years will be much healthier!!

A FAVORITE SKIN SPECTRUM BODY SOLUTION:

To continue to "Take Care of Our Body" a Thermage treatment will greatly improve the skin tone and texture. No one likes what age does to our bodies and we would all love to have a more firm, tight, shapely figure. Also, after weight loss or pregnancy we may find it difficult to get our shape back. Our **Body By Thermage™** procedure will help smooth, tighten and deep contour the skin all over the body. Thighs, abdomen, arms, hips and buttocks get an overall younger looking appearance without surgery.

As we age, the collagen in our skin breaks down, resulting in wrinkles, crepiness, and sagging or bulging skin. Our Thermage procedure helps tighten and renew the skin's collagen through all three skin layers; the epidermis, the dermis, and the subcutaneous (fat) layers.

Thermage's unique capacitive radiofrequency (RF) technology safely heats the deeper layers of the skin, stimulating existing collagen and promoting new collagen growth. When the energy is applied, there is a brief, deep heating sensation, indicating that collagen is reaching effective temperatures for tightening. To protect the skin's surface, a cooling spray is delivered before, during and after each application. The patient is asked for feedback on the level of heat sensation experienced during the procedure to help balance the comfort with maximum results. Side effects are generally mild and some patients may experience mild redness that usually disappears quickly.

The result is skin that looks and feels noticeably smoother, tighter and firmer. Successful results can be achieved regardless of skin type.

Generally, improvement can be seen immediately and will continue for up to six months with a single treatment. In some cases, results last much longer. Depending on the condition of the area, additional treatments may be necessary; usually only one is needed.

After treatment, return quickly to your normal routine!

Schedule an in-depth, expert Thermage™ consultation with one of our Physician Assistants, Kate, Christy, or Danielle by calling 797-8885.

Our Special Body By Thermage™ Procedure is \$1800 for January and February! (\$2000 Value!!)

OUR FAVORITE BODY PRODUCTS:

The PRO Sonic Skin Cleansing System by Clarisonic - The Clarisonic PRO offers 3 speeds for the face, plus a 4th speed and a "spot therapy mode" for areas of the **body** that need extra attention. The brush cleanses so well that products absorb better and the texture and tone of the skin improve visibly. Just one minute a day for the best skin of your life! *Reg. \$195*



SkinCeuticals Body Polish - An excellent exfoliant to remove dull, dry, flaky skin revealing smooth, even skin. Even better when used with the Clarisonic **Body** Brush \$25. Synthetic and natural wax beads exfoliate gently. For all skin types. *Reg. \$32*



SkinCeuticals Advanced Body Firming Lotion - After the **Body** Polish exfoliation, use this lotion to firm the skin, counter moisture loss and restore elasticity while providing antioxidant protection. Ideal for targeted areas such as the upper arms, thighs, abdomen and décolleté. *Reg. \$133*



SkinCeuticals AOX Body Treatment - An alternative to the Advanced **Body** Firming Lotion or in addition to is this invigorating antioxidant **body** treatment which protects skin from free radicals and damaging environmental aggressors such as diet, stress, pollution and physical exertion, while visibly improving firmness for a more radiant appearance. *Reg. \$85*



DermaDoctor KP Duty Body Scrub - This **body** scrub delivers serious medical exfoliation for deeper, more thorough results. It helps prepare the skin for post bathing treatments including care for **body** acne, keratosis pilaris, shaving bumps, bleaching and ingrown hairs. It is infused with green tea and willow bark, ideal antidotes to irritation and redness sometimes associated with that necessary exfoliation. *Reg. \$44*



**Receive 10% off in January and February on
all of the above Body Products!**

*We hope this information will help daily to remind us all to
Jump Start 2010*

and keep these

Five Key Resolutions to "Take Care of Our Body"!

Thank you again for choosing Skin Spectrum for your skincare!

*We look forward to continue to provide our
dermatology services to you.*

A JEWEL FOR VALENTINE'S DAY!

Prepare to be amazed! Clarisonic's newest innovation combines sonic infusion technology with our Anti-Aging Sea Serum. You have seen the benefits of our sonic cleansing — softer, smoother skin — now experience what sonic infusion can do for your wrinkles. The Clarisonic Opal Sonic Infusion System provides an immediately noticeable reduction of fine lines and wrinkles that lasts for hours, with results that build over time.



Call our office and order your Opal today! \$245

Mention this email ad and we will not charge you shipping & handling. (Free shipping for the months of January and February)

520.797.8885
For more information
Visit us at SkinSpectrum.com

