

Cosmetic Center

2013 Newsletter



Keep Red in Your Fashion, Not Your Face

Fire red has been the color for this season. Lovely for fashion, but not so great on the face. Winter is the ideal time of year to have an Intense Pulsed Light treatment with our Palomar StarLux 300 laser to get rid of red facial blood vessels. This cosmetic treatment uses gentle pulses of intense, optimized light to treat undesirable pigment and vessels which can occur as a result of aging and lifestyle choices. There is little to no down time, and the treatment is very tolerable.

Stop covering and concealing your skin imperfections-and get back to the clear, youthful skin you desire, quickly, easily, and with minimal downtime.

Go to: www.palomarmedical.com for more information.

Call (423) 246-4961, option 5 for an appointment.

Six Steps to Great Winter Skin

- Stay Hydrated
- Keep Your Skin Exfoliated
- Switch From Lotion to Cream
 - Protect Your Lips
- Do Not Forget Your Hands
- Continue to Use Sunscreen

Winter Products

Available

in the Cosmetic Center

- Avene Trixera Emollient Cream
- Avene Trixera Emollient Bath
- Cerave Moisturizing Cream
- Colorescience SPF 35 Lip Shine
 - Elta MD Sunscreens
- FixMySkin Healing Lip Balm
- Glytone Retexturize Body Lotion
- SkinCeuticals Hydrating B5 Gel
- SkinCeuticals Hydrating B5 Masque

Now is the time to get your legs ready for summer!

Few of us are thinking of getting into a swimsuit when temperatures are cold but Winter is the time to remove unwanted hair . Laser hair removal is a great treatment for the underarms, legs and bikini area for permanent hair reduction. For most, the treatment requires several sessions spaced four to eight weeks apart. Since the laser is attracted to brown pigment, having *no* tan is an absolute must. For these reasons, Winter is the optimal time to have laser hair removal.



How does it work? The laser utilizes a specific wavelength of light that targets the pigment of the hair with minimal damage to the surrounding skin. The laser heats up the hair follicle, which causes delayed re-growth of the hair and in some cases permanent destruction of the hair follicle.

Who is a good candidate for laser hair removal? The ideal candidate for most hair removal lasers has dark hairs and light skin, because the laser light is attracted to dark pigment. For the same reason, dark or tan skin has a higher risk of becoming lighter in color after healing. In other words, the laser is non-selective and cannot differentiate between dark hair and dark skin.

Are there things I should do to get ready for the treatment? Before the treatment, you should shave the area you want to have treated. Do not apply deodorant or antiperspirant. Never wax, bleach or use depilatory creams prior to having laser hair removal.

Does it hurt? You may feel a tingling or stinging sensation, and some areas of the body are more sensitive than others, but most people tolerate the procedure.

How many treatments will I need? Only hairs that are actively growing are affected by the laser, so at least three treatments are usually necessary.

Are the results permanent? Laser hair removal causes a sustained hair reduction, which typically lasts months to years. Some people will achieve long term hair removal, but most will require maintenance treatments.

What should I expect after the treatment? The treated area becomes slightly red and puffy, which subsides within a day or so. Bandages are not usually required. The treated hairs will generally fall out after two to four weeks.

Schedule your laser hair removal appointment today. Call (423) 246-4961, option 5.