



Springtime is the Perfect Time to

Turn Back the Hands of Time

# Spring Specials & Newsletter



## Greetings!

Excited, happy or stressed, it's our face that gives us away.

Since Spring is here, I can only hope that you've taken our Winter skin care advice, practiced what we've preached, and put on a happy face for the sunny days ahead.

Of course, we're all a little bit older than we were since Spring last rolled around. Fact is, no matter how faithful we are in taking good care of our skin and complexion, age has a way of reminding us that we're not getting any younger.

This month, we have more tips on smart, simple things YOU can do yourself to keep blemishes at bay and enhance your natural beauty. Turning back the hands of time, however, is something WE do best. And as each season passes by, our procedures become that much more advanced.

This season, we're offering savings on innovative technologies unheard of just a few years ago. Our new state-of-the-art treatments can erase or minimize wrinkles, scars and dark spots; even out your complexion; remove unwanted hair or tattoos; or add volume lost with age or where you've always wanted it.

So, why not Spring to it! Make your appointment today...and put on a happy face!



*Dr. Frankel*

"Protect your birthday suit...wear your sunscreen daily!"

## DO's & DON'T's for Smart Spring Skin Care

**DO: Make sure you always remove your makeup** before hitting the sheets. The skin needs to breathe overnight. Makeup clogs the pores, which may cause blemishes and/or blackheads.

**DON'T: Forget that exfoliation is indispensable.** At least once or twice a week, exfoliate your skin to remove the layers of dead skin. It's sure to leave you with a healthier glow and brighter skin.

**DO: Apply sunscreen with SPF of at least 30+** that contains zinc oxide and/or titanium dioxide to block both UVA and UVB rays. Make sure the label reads 'noncomedogenic' or 'nonacnegenic' to prevent blocked pores.

**DON'T: Skip the sunscreen,** whether it's cloudy or cold outside. No excuses. If you're heading to a beach or around reflective surfaces like snow or ice, lather your skin up with some more sunscreen of at least SPF 30+ with zinc oxide and/or titanium dioxide.

**DO: Eat fresh fruits, greens, sufficient protein and vitamins.** A diet rich in vitamin C and low in fats and sugar promotes radiant skin. Consider a low-sugar diet, which can keep insulin levels down while allowing cells to maintain a healthy balance.

**DON'T: Eat spicy and fermented foods,** salt, citrus fruits, or fried food. Instead, favor blander foods such as rice, oatmeal and applesauce.

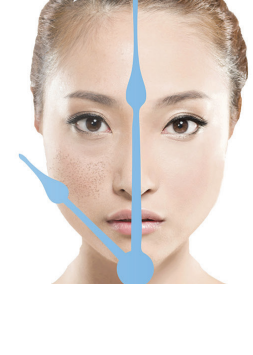
**DO: Exercise regularly.** Running, jogging and yoga will accelerate blood circulation and the cleansing process of your entire body. You can see it in the glow on your face after working out.

**DON'T: Skip skincare.** Apply a toner to help minimize oil production before heading out. Exfoliate after, and then moisturize.

**DO: Hydrate.** Drink lots of water daily, at least 8 glasses if not more. Also, eats fruits and vegetables that have a high water content such as watermelon, cucumber, orange, strawberry, grapefruit and cantaloupe.

**DON'T: Smoke or Over Do Cosmetics.** Smoking accelerates aging and depletes the nutrients required for healthy skin. Also, minimize the amount and types of compacts, creams and powders you apply. Too many chemicals cause facial redness and rashes.

## A NEW YOU. NO DOWNTIME. REALLY.

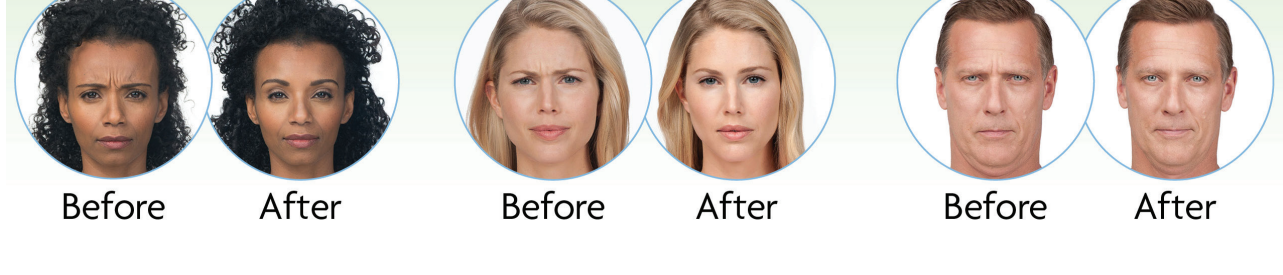


### SAVE on PicoWay Laser Procedures \$25 OFF

**PicoWay® Resolve** is a revolutionary laser treatment for texture, skin irregularities and signs of aging. Since each treatment typically takes less than 45 minutes, you can easily have an appointment during your lunch hour.

*(Not combinable with other discounts)*

## BOTOX or DYSPORT SPECIAL



Give yourself a more refreshed look by improving moderate to severe frown lines and wrinkles.

**SAVE \$25** off 1st Area  
**SAVE \$50** off 2nd Area  
**SAVE \$75** off 3rd Area

*(Not combinable with other discounts)*

## All Sunscreens 15% OFF



We offer the finest broad-spectrum and multi-spectrum sunscreens to protect you from the dangers of UVB and UVA rays with products that feature zinc oxide and/or titanium oxide.

## Refer a Friend



Refer a **NEW CLIENT** and earn **20% OFF** any service!



This month's topic: **All Shade is NOT Equal!**

**The Fine Print**  
All specials in this newsletter expire on June 30, 2018 and cannot be combined with one another or any other offers. No further discounts apply to prescription products. There are no refunds or substitutions on series or Gift Card purchases. For the safety of our patients, it is not our policy to save vials of toxins or fillers.  
**Don't miss out! Call today as our specials cannot be extended!**