

# Spring Specials & Skin Care News

REJUVADERM™  
MediSpa  
Repair. Refresh. Renew.

Happy Spring!

It's back again - SPRING - my favorite time of year. In fact, spring is the favorite time of year for most of us and throughout time, in poetry, books and movies, there's good reason for it.

Shakespeare exclaimed, "April hath put a spirit of youth in everything." The great author, Tolstoy, wrote, "Spring is the time of plans and projects."

This is, indeed, the season to refresh and start anew. How about you? What's your plan? **"Turn back the hands of time"** - easy treatments to recapture the youthful appearance and glowing complexion nature intended for you.

Please take a moment to look at all we have available this spring to resolve those nagging and, sometimes puzzling, appearance issues. Make an appointment today for a free skin analysis. We have solutions and we'll get you feeling and looking the best you have in years.



*Dr. Frankel*

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

## Defeat The Skin Cycle



Skin is the largest organ of the body. It consists of three layers of tissues: the epidermis, the dermis and the subcutaneous layer. The epidermis is the paper-thin outer layer of the skin that consists of dead cells that are always flaking or washing off. These are replaced by new cells manufactured in the lower portion of the epidermis, which move upward to the outside of the skin. As they do so, the cells harden and die.

This cycle of cell production and replacement slows as we age. It takes about 28 days for the average, middle-aged adult. As we grow older, this skin cycle slows to about 45-60 days in our 40's and 50's. It can further slow to about 60-90 days in our 50's and 60's.

As this process slows, dead cells accumulate on the surface of skin causing sagging and collapse of structure or what we see as lines, wrinkles, and deeper folds. Discolored and irregular cells can also become trapped causing spots, discoloration, and sometimes more serious skin conditions.

Other factors can affect the skin cycle, including: hormones, nutrition, sun exposure, illness, and stress.

Here at Rejuvaderm, our state-of-the-art treatments and procedures can help you **"Turn Back the Hands of Time."** When the outer surface of skin is made of newer skin cells, skin feels softer and looks more luminous with less lines and imperfections. By maintaining an average 28-day or faster replacement cycle through healthy lifestyle choices and a regular skin care routine that addresses the basics of skin, your skin will appear smoother and more youthful.

### Skin Rejuvenation Cycle

AGE	TURNOVER CYCLE
Infants/Children	3-5 Days
Teens	10-21 Days
20's	14-21 Days
30's	28-45 Days
40's	45-60 Days
50's+	60-90+ Days

## Cut Back on the Salt, Sugar & Alcohol



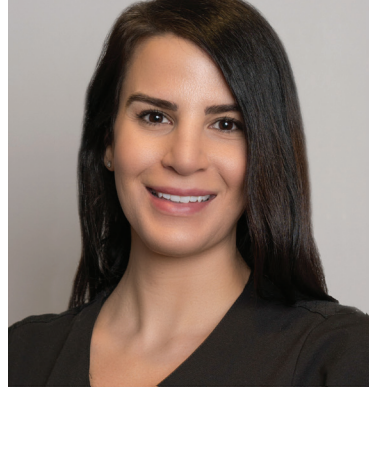
We're so pleased to announce that one of Rejuvaderm MediSpa's most requested aestheticians, Jennifer, has returned after a short time away.

Jennifer reminds all of us that we are what we eat. Here are her choices for the 3 major culprits that stand in the way of always looking and feeling your very best.

**SUGAR** - A good way to improve the health of your skin is to eat in a manner that keeps your blood sugar steady. High blood sugar can weaken the skin by affecting tissues like collagen and leave you more vulnerable to lines and wrinkles.

**SALT** - Ever wake up feeling a little puffy around the eyes? Too much salt can cause some of us to retain water, which can lead to swelling. Because the skin around the eyes is so thin, that area swells easily. The effects of salt are definitely age related and become more common in middle age.

**ALCOHOL** - It's a natural diuretic, which means the more you drink, the more dehydrated you become. It saps the natural moisture from your skin, as well, which can make wrinkles and fine lines larger and more noticeable or trigger rosacea outbreaks.



## 10 REASONS why Injectables have become so mainstream



1. Fillers can enhance facial volume and shape.
2. Botox and Dysport are muscle relaxers designed to decrease lines caused by muscle dynamic.
3. Your skin will look refreshed and lifted
4. Non-invasive.
5. Have a busy schedule? Some treatments can be done on/within your lunch hour!
6. Minimal to no downtime.
7. Some results can last up to a year.
8. Self-esteem boosting! There's nothing wrong with wanting to look your very best.
9. Affordable! Many facilities offer savings programs for your treatments.
10. No need for surgery; instead get wonderful results with just a few injections.

## Custom Facials



**BUY 6. Get 1 FREE!**

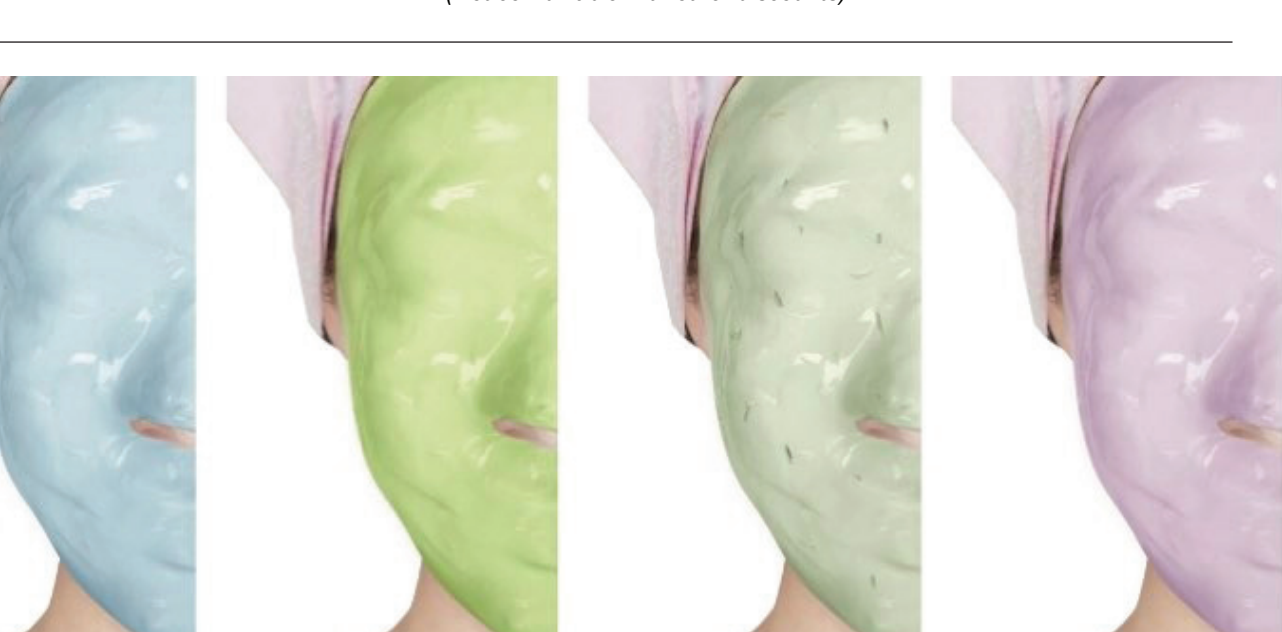
**Save \$85**

**BUY 12. Get 2 FREE!**

**Save \$170**

Skin care is such an individualized treatment for most people. Customized treatment plans are put together by you and your aesthetician focusing on your individual skin care goals. Receive a skin care analysis and go over at home care, product recommendations and healthy habits for your skin.

*(Not combinable with other discounts)*



## Jelly Mask

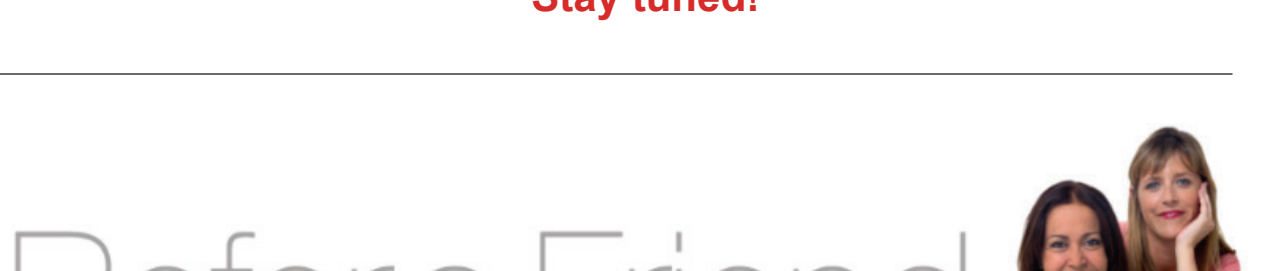
Enhance your next aesthetic treatment! Add a jelly mask to optimize your results and/or soothe/calm the skin post treatment. *(Facial areas only)*

**Add on to your service for \$20.**

**If your service is \$150 or more add for \$15**

*(Not combinable with other discounts)*

**Stop in to see our new Spa look and updated policies. We have some new and exciting services coming your way. Stay tuned!**



## Refer a Friend

Have your referral mention your first and last name.

**When your referral spends \$100 or more 100 Rejuvabuck points will be awarded to your account.**

SkinTalk  
with the  
SkinDoc  
The official blog of Dr. Ellen Frankel

This month's topic:

**New FDA**

**Sunscreen**

**Regulations**

[Click here to read more](#)

The Fine Print

All specials in this newsletter expire on June 30, 2019 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!