



Institute of Advanced Skincare & Optimal Health: A Cenegene Medical Affiliate



Spa Newsletter

January 2008

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Greetings!

The Shanti team would like to wish everyone a Happy New Year! We hope you had a great holiday season and are ready to begin 2008 relaxed and rejuvenated.



This time of year is full of promises for the year ahead. Many of you have made resolutions to lose weight, exercise more, eat healthfully, or to quit smoking. At Shanti, we can help you achieve all of your goals for this year. We have a variety of physician based programs to help you on your journey to better health. Please call us today to set up your appointment!

Winter Beauty Event
Silkpeel Dermalinfusion

Join the Shanti Staff on Thursday January 24, 2008, for a special microdermabrasion event in our Ardmore office from 10am-6pm. For one day only, we will be offering a brand new "wet abrasion" technique called the Silkpeel.



The Silkpeel exfoliates the skin and simultaneously infuses a topical dermaceutical. This will hydrate, brighten, or clarify the skin, which addresses specific conditions, such as dehydration, photodamage, and acne.

The cost of this amazing treatment will be discounted to \$150 for this special event. Call or email to make your appointment. Space is limited, so don't wait!

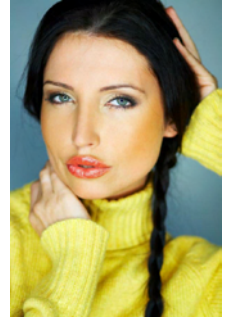
877.642.2644 or kmiskin@shanitmedspa.com

Dry Winter Skin

Skin tends to be drier during winter months because there's less moisture in the air. Combine that with cold winds outside and hot, dry, heated air inside, and you could get dry, cracked, itchy or scaly skin as a result.

But there are ways to hydrate your skin and get its glow back even in winter.

- Moisturize from the inside out: What you eat can help your skin look and feel better. Foods rich in Omega-3 fatty acids and Vitamin E have a lubricating effect on skin over time.
- Drink plenty of fluids.
- Keep shower or bath water at a luke-warm, not hot temperature.
- Rub your bath oil directly on your body, which will help it penetrate into the skin.
- Use a mild soap instead of a bath gel.
- Use a moisturizing lotion immediately after your bath to keep moisture in the skin.



At The Institute, we have a variety of treatments and products that can help smooth and soothe dry, winter skin. This month, all of our Microdermabrasion treatments are 25% off. That includes full body Microderms, Microderm Facials, and Micropeels, which will help exfoliate that skin. We also carry a variety of products to help moisturize after your treatments and on a daily basis. Call to schedule your microderm treatment today!

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Vitamin C

Vitamin C is a water-soluble vitamin that is necessary for growth and development. It is required for the growth and repair of tissues in all parts of the body. It is necessary to form collagen, an important protein to make skin, scar tissue, tendons, ligaments, and blood vessels. It is essential for healing wounds, and the repair and maintenance of cartilage, bones, and teeth. Vitamin C is an antioxidant, which are nutrients that block some of the damage caused by free radicals. The build up of these free radicals over time is caused by the process of aging and can contribute to various health conditions.

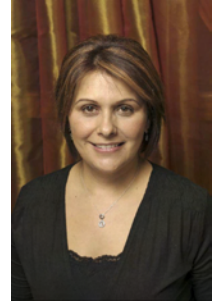
Since Vitamin C is water-soluble, it dissolves in water. The body cannot store it and leftover amounts leave the body through the urine. The body does not manufacture Vitamin C so it is very important to include plenty of Vitamin C in your diet or through supplementation. Too little

Vitamin C can lead to dry skin, dry hair, gingivitis, easy bruising, swollen joints, and other ailments. Vitamin C can be found in all fruits and vegetables. Vitamin C supplementation can be used if you are not getting enough from your daily diet. The recommendations for adults is 75-90 mg/day. More than 2,000 mg/day is not recommended, since it can lead to an upset stomach.

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Employee Spotlight - Leida Rivera

For those of you that don't know her, Leida Rivera has been with the Shanti team for the past year and is an integral part of the organization. She has an extensive medical and laser background that has helped her provide the best in customer service and patient care.



Leida grew up in Puerto Rico and received her Bachelor's Degree in Biology, received her nursing license and worked as a Practical Nurse for 10 years. She then moved to the US and worked in Washington DC in the Department of Defense. Since 2002, she has been employed at three medical spas in two different cities, including Shanti.

Leida has been trained on various lasers and skincare techniques. Prior to working at Shanti, she was trained in Laser Hair Removal, Fotofacials, Yag Lasers, Spider Vein Therapy, Microdermabrasion, and Thermage. Upon her employment at Shanti she had 6 weeks of supervised training with Dr. Patel to learn specific protocols and how to do Chemical Peels. She was trained also on the Harmony Laser, including the Pixel Laser. She had to become familiar with the philosophy and mission of Shanti, as well as the wellness program that Dr. Patel offers.

Join the Shanti team in congratulating Leida on one year of fantastic service!

Winter Savings

Microdermabrasion Special: Enjoy a 25% savings during the month of January on any Microdermabrasion Treatment. This includes regular Microderms, Micropeels, and Microderm Facials.

Student Discount: Tuesdays are student discount days! Save 35% on Facials, Peels, Microderms, Laser Hair Removal, Fotofacials, and Acne Treatments with a valid student ID.

New Client Discount: Receive a 10% discount on your first purchase with us. Save on products or treatments. This is not valid on Threading or Massages.

Shanti Medspa can help everyone achieve their New Years resolution, whether it is to take time to relax, lose weight, or take better care of your skin. We have a program to target all of your specific needs. Please call or email me if you have any questions or would like to schedule an appointment. Have a great month & I hope to see all of you soon!

Sincerely,



Kelly Miskin
Internal Marketing Coordinator
Institute of Advanced Skin Care & Optimal Health: A Cenegenics Medical Affiliate