



## Institute of Advanced Skin Care & Optimal Health

A Cenegenics Medical Affiliate

Skincare and Health Newsletter

May 2008

### In This Issue

Adrenal Fatigue  
Skin Cancer

### Quick Links...

[Visit Our Website](#)  
[Women's Health Concerns](#)  
[Neostrata Online Store](#)  
[Threading Information](#)

### Holy Basil



Holy Basil is an herb native to India, where it is known as Tulsi. It is a symbol in the Hindu religious tradition for spiritual healing and regarded as one of the most important plants used in Aruyvedic medicine.

Various studies over the

Greetings!

May is the month to celebrate Mothers and all of the women who have inspired and encouraged to do our best. To help you celebrate yourself, your mother, or that special mentor, we at The Institute of Advanced Skincare have dedicated this month on providing education and treatments that our women clients love.

As always, please call our staff at 1-800-SKINCARE with any questions or to book your next appointment.

Sincerely,  
Kelly Miskin  
Internal Marketing Coordinator

### What is Adrenal Fatigue?

**Adrenal fatigue** is a collection of symptoms that result when the adrenal glands function below normal level. It is most commonly associated with intense or prolonged stress or it can arise after acute or chronic infections, such as the flu or respiratory infections.

**Adrenal Fatigue** is produced when your adrenal glands cannot meet the demands of stress. These glands deal with your body's reaction to stress (physical, emotional, or mental) through hormones that energy production and storage, heart rate, muscle tone, and other processes that help you cope with stress.

You may be suffering from **Adrenal Fatigue** if you regularly experience one or more of the following symptoms: tired for no reason, trouble getting out of bed, feeling rundown or overwhelmed, inability to bounce

past decade have found that **Holy Basil** may have some effects of a painkiller, an anti-oxidant, and as a treatment for bacterial, fungal, and viral infections, and also may control blood sugar.

**Holy Basil** is also used to help counteract the effects of stress and can reduce the elevated levels of the stress hormone cortisol. Elevated levels of cortisol can lead to fatigue, increased glucose levels, increased body fat, and an accelerated aging process. You can buy Holy Basil as a supplement or can brew the fresh leaves of the Tulsi plant in your tea.

[Read More](#)

#### Product Spotlight - Obagi Healthy Skin Protection



Obagi Nu Derm Healthy Skin Protection SPF 35 is a staff favorite at The Institute for Advanced Skincare. It effectively prevents sun-induced skin damage by blocking

back from stress or illness, craving for salty or sweet snacks, and feeling best after 6pm.

To see if you are suffering from **Adrenal Fatigue**, call today to be tested. To help prevent **Adrenal Fatigue**, Dr Patel strongly recommends meditation. We will be offering another meditation workshop in the summer and recommend the three step modern meditation CD by Kathleen O'Hara. Furthermore, **Adrenal support** from Douglas Labs is an excellent supplement to use to help with or prevent **Adrenal Fatigue**.

### [Supplement Information](#)

#### [Skin Cancer](#)

With summer vacation right around the corner, it is important to address a very important subject-skin cancer. Skin cancer is the most common form of cancer in the United States. More than 90% of all skin cancers are caused by sun exposure. Getting one blistering sunburn in childhood more than doubles a person's chances of developing melanoma later in life.

Skin tone is also another risk factor for skin cancer. People with light skin, light hair and who have difficulty tanning are at the greatest risk for skin cancer, but any skin tone can get skin cancer. To protect yourself from skin cancer, avoid the sun between the hours of 10 and 2, wear sun protective clothes, have an annual skin exam and use sun block daily.

Sunblock provides you protection against both UVA and UVB rays. SPF provides you protection from UVB only. You must have a physical barrier such as Zinc or Titanium to protect you from UVA.

UVA rays are more powerful than UVB. UVA can penetrate through windows and are given off by florescent lighting seen in most offices. UVA penetrates deep in the skin to cause wrinkling, leathering, and sagging, as well as serves as a carcinogen for skin cancer.

UVB rays are weaker but just as bad as UVA. UVB rays can not penetrate through windows and a good SPF will protect you from UVB. When you do not have protection against both UVA and UVB you increase your risk of cancer, wrinkling and sun damage.

Dr. Patel recommends a sunblock with an SPF of 15 or higher that contains zinc or titanium which will protect against both UVA and UVB rays. Her favorite sunblock for the face is Obagi's Healthy Skin Protection. For the body, she recommends Aveeno sunblock and Johnson & Johnson baby sunblock. These are the only two approved by the American Academy of Dermatology as excellent sunblocks!

out UVA and UVB rays.

This sunblock has been awarded with the Skin Cancer Foundation's "Seal of Recommendation". It contains high levels of micronized zinc and SPF that effectively block UVA and UVB rays. When used regularly, it can help reduce the risk of skin cancer. It is safe for adults and children over the age of 6 months.

This is a physician grade product and available at both of our offices for \$44.

### Employee Spotlight: Alyson Fair



Alyson Fair is the newest Medical Aesthetician to join the Shanti team. Alyson graduated from Loyola College in New Orleans in 2002 with a degree in Opera Performance. After graduation, she traveled the country because of her love of music. While living in L.A., she became interested in skin care while working at Clinique.

### Read More

#### Amazing Specials on our Most Popular Treatments for Women!

**Week 1 (starting May 4th):** Get a jump start on that summer glow with 25% off peels and microderms!

**Week 2 (starting May 11th):** Be cellulite free for the summer with this amazing 25% off all 5X7 areas with the new Accent laser for body sculpting. (Excludes face and neck treatments)

**Week 3 (starting May 18th):** Here's your chance to stock up on all of your favorites, 10% off all skincare products.

**Week 4 (starting May 25th):** Say goodbye to that shaver with this great laser hair removal special: 25% off 1st Package and 50% off the second!



#### Holiday Hours



The following are hours for our offices during the summer holidays.

#### Memorial Day Weekend

Sat. May 24th: 9am-2pm  
Sun. May 25th: CLOSED  
Mon. May 26th: CLOSED

#### July 4th Weekend

Fri. July 4th: CLOSED  
Sat. July 5th: CLOSED  
Sun. July 6th: CLOSED

In 2007, Alyson decided to pursue her passion for skincare. She attended The Aveda Institute's 600 hour Advanced Aesthetics Course in Washington DC. After graduating and receiving her license and worked in a Medical Spa in Northern Virginia before starting with us.

To help welcome Alyson, any medical spa treatment with her will be 50% off! Hurry! This only lasts through May!

Alyson works in our Ardmore office on Tuesday, Friday, and every other weekend. She will be working in our Center City office on Thursday beginning May 1st!!!

## Please Join Us!

Dr. Patel, Leida, and Kelly will be speaking at this event.

### Enhance Your Career Through Wellness and Beauty

**Date:**

May 7, 2008

**Time:** 6:00 p.m.

**Location:** Margaret Kuo's, 175 E. Lancaster Avenue, Wayne, PA

Looking great and feeling better can give both you and your career a tremendous lift! The WRBC and the Corporate Call Center invite you to a very special fun and educational evening with professional guest speakers who are well known local providers of beauty and wellness services. They will host roundtables to give one-on-one tips and product demonstrations - plus drawings for free products and consultations.

[Sign Up!](#)

[Forward email](#)

 [SafeUnsubscribe®](#)

This email was sent to jennl@jenntel.net, by [kmiskin@shantimedspa.com](mailto:kmiskin@shantimedspa.com)

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Institute of Advanced Skin Care & Optimal Health: A Cenegenics Medical Affiliate | 2031 Locust Street, Suite 400 | Philadelphia, PA 19130 | 59 W Lancaster Ave | Ardmore | PA | 19003