



Institute of Advanced Skin Care & Optimal Health: A Cenegenics Medical Affiliate

Skincare Newsletter

October 2008

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How To Achieve Optimal Health

Complimentary Health and Wellness Event

Date: Sat. October 4th

Time: 10am-2pm

Location: Rosemont
College, McShaine Hall

Schedule of Speakers

10:15am - Kathleen
O'Hara: "Introduction to
Mindfulness"

10:30am- Dr. Benjamin
Gerson: "Get more zzzzs
to Lose the Extra Lbs.
How Untreated Sleep

Greetings!

October brings exciting events to The Institute for Advanced Skincare & Optimal Health.

I invite you to attend Dr Patel's book debut and our first Health and Wellness Expo. **It will be held Saturday, October 4th at Rosemont College!** Join the staff of The Institute to learn how to optimize your health, prevent disease and slow down the aging process. There will also be many different wellness practitioners from Aruyveda, Acupuncture, Yoga studios to sleep specialist that can help you achieve Optimal Health. There will be a free meditation class, health screenings and yummy healthy food to snack on. **You can also purchase Dr. Patel's book "The Guide to Optimal Health, Creating Your Personal Wellness Wellness", that will be on sale.**

By popular demand, we have added 2 meditation workshops to our schedule this month. The details for both sessions are listed below.

As always, please feel free to email me with any questions or concerns. I look forward to seeing everyone this month for our great events!

Apnea Affects Weight Loss"

11:00am- Dr. Lee Kirksey: "Cutting Edge Cardiovascular Tests"

11:30am- Dr. Seema Patel: "How to Achieve Optimal Health"

12:45pm- Kathleen O'Hara: Meditation Session

Participating Complimentary Healthcare Providers

*Aryurvedic Specialist:
Dr. Alpa Bhatt

*Acupuncturist:
Peyton Theodore

*Mindfulness Instructor:
Kathleen O'Hara

*Sleep and Weight Management Specialist:
Dr. Gerson

*Mainline YMCA

*Cardiovascular Testing Info

*The Yoga Garden

*Chiropractic Spine Center

*Jockey Person to Person Consultant: Julie Hayes

Kelly Miskin
Internal Marketing Coordinator
The Institute for Advanced Skincare & Optimal Health



Meditation Workshop

You are invited to attend an exclusive Meditation Workshop. Meditation has been used for thousands of years in Eastern tradition and has a powerful effect in reducing stress, improving sleep and general well-being as well as slowing down the aging process.



The workshop will be conducted by Kathleen O'Hara, MA, psychotherapist, published author, and meditation instructor, who has integrated eastern philosophy into her daily life. She has been meditating and teaching for 25 years and has developed an easy three step method, called Modern Meditation. She has been a guest on NPR, CNN, and local and national TV, as well as newspaper and print.

The workshop will be a series of three classes and will cost \$300 for all three sessions and includes a CD to help you develop your practice at home.

Center City Session Location: Shanti Medspa Office, 2031 Locust Street

Dates: Tuesday October 7th, 14th, and 21st.

Time: 7pm-9pm

To reserve your space, please call 610-642-2644 or email me at kmiskin@shantimedspa.com

*FitnWell: Jim Beatty

*Skin
consults, threading,
microderms: Shanti Staff

**Raffle Prizes (To be
drawn throughout the
event)**

*3 hour Wellness
Evaluation w/Dr. Patel
(value \$1,000)

*Pixel Treatment and
post care products
(value: \$755)

*Jockey Robe and
Slippers (value: \$130)

*Obagi CRX Skincare
System (value \$320)

*5 Glycolic Peels (value
\$550)

*3 Salicylic Peels and
Products (value: \$407)

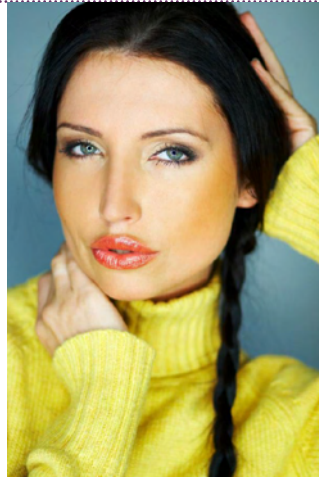
*Salicylic Peel and
Glytone products (value:
\$111)

*Salicylic Peel and
Neostrata products
(value: \$372)

*Facial, Backcial, and
Shanti products (value
\$308)

*10 \$50 Gift Certificates
from the Yoga Garden

Inner Health, Outer Beauty



Looking good and feeling great go hand in hand. To look good on the outside, you have to feel good on the inside. This involves balancing your skincare regimen, your nutrition, your exercise program, your emotional and mental health, your supplement regimen, and possibly optimizing your hormone levels.

The skin is the largest visible organ of the body and it is affected by every decision we make. After the age of 30, we produce less collagen and elastin, which causes the skin to thin and sag.

With sun exposure, sun damage, age spots and cancers can form. If we smoke or do not manage stress properly, acne and wrinkles can worsen due to the increased inflammation in our body.

Furthermore, poor dietary habits over time can worsen acne and dull the skin's overall appearance.

Nutrition is a key element in great looking skin.

The healthier foods that are consumed, the better the skin will look.

Low fat dairy is recommended because it is high in Vitamin A. Vitamin A is vital to the health of the skin cells. Berries are recommended for their high anti-oxidant content. This can help fight free radical damage and prevent premature aging. Whole grains, turkey, and nuts are recommended for the selenium content, which can help repair sun damage. Green tea and Omega 3s have anti-inflammatory properties and can decrease acne. Water is also very important to keep skin hydrated and move toxins out of the cells.

At The Institute for Advanced Skincare, we can customize your skincare regimen based on your specific needs at any stage of life. Our holistic approach can include advanced skin care treatments, products, supplements, nutritional programs, and stress relief techniques to help you have the best skin at any age!

October Promotions



Combination Treatments

Accent-Pixel-
Microderm Face: **\$950**

Fotofacial-Pixel-
Microderm Face:
\$850

Pixel

\$500 with Leida (must
be used at time of
purchase)

Packages

Buy 1 get 1 50% off!

Includes Facials,
Backcials, Peels,
Microderms, and
Fotofacials (limit: 2
treatments)

Accent Laser:

Buy two areas,
Get 1 FREE!

Laser Hair Removal:

Get 25% off the
First Package
Get 50% off the
Second Package!

The Effect of Omega 3s on Skin

Omega-3 fatty acids are polyunsaturated fatty acids that cannot be manufactured by the body, so they must be obtained from food. There are three types of omega-3 fatty acids that are ingested in food and used by the body: alpha-linolenic acid (ALA), which come from plant sources and eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which come from marine sources. When ALA is ingested, it is turned into EPA and DHA.

You can obtain ALA from the following plant sources: leafy green vegetables, nuts (walnuts, hazelnuts, pecans), seeds, oil (canola, flaxseed, linseed), egg yolks, algae, and krill. You can ingest EPA & DHA through salmon, tuna, halibut, mackerel, swordfish, among other fish. If you feel like you are not getting your daily dose of omega-3s, you can also take a fish oil supplement. The proper dosage of supplements should be based on the amount of EPA and DHA in the product, not the amount of fish oil. It is recommended that a healthy person should consume about 1-2 grams of fish oil per day.

When you have optimal levels of Omega 3 oils in your body, it restores the necessary oil needed to maintain healthy appearing skin, hair and nails. When a diet is depleted of Omega 3s skin, hair, and nails become brittle and dull causing the appearance of aging.

These essential fatty acids are also healthy membranes that act as a barrier to keep harmful things out of the cell and allow nutrients to cross in and waste to cross out. This means that water is retained, which helps the skin look plumper and younger. These acids also help decrease inflammation in the skin and can help with conditions including acne, rosacea and sun damage.

Please use pharmaceutical grade Omega 3 to obtain the best results. Dr. Patel recommends Douglas Labs.

Product Special:
Buy 1, Get 1 50% off

*Select Neostrata, Avene, Glo Minerals Makeup and Shanti products.

Day Spa Specials:

50% off Facials, Backcials and Wulf Stone Massage

10% off Waxing with our new staff:

Deena Ridge

Vandana Tambi

(In Ardmore only.

Must be used that day, cannot be purchased for future use) .

Threading Special:

10% off with our new threaders: Seema, Vandana, and Neela. All were trained in India and have a tremendous amount of experience. They will be covering Shilpa while she is on vacation in India from 10.9.08 to 11.8.08.

Botox Event-Your Personal Best

Join Allergan for an inspirational evening featuring celebrated gold medalists Nadia Comaneci and Mark Spitz who will explain how they achieve their personal best by eating right, exercising and why they choose to talk to their doctors about BOTOX® Cosmetic.

Mark and Nadia will be joined by renowned Plastic Surgeon Charles M. Boyd M.D., who will discuss your unique facial anatomy and how to get the most out of a visit with an aesthetic-specialty physician, explain how BOTOX® Cosmetic works, and answer your questions about popular non-surgical aesthetic injectable treatments. All attendees will have the opportunity to make an appointment for a complimentary consultation with a local physician specialized in the administration of BOTOX® Cosmetic. If the physician recommends treatment with BOTOX® Cosmetic, attendees also will receive one complimentary treatment of the glabellar lines (moderate to severe frown lines between the brows).

There is no cost to attend.

Monday, October 13, 2008

6:00 - 8:00 PM

Hilton Philadelphia, City Avenue

Garden Ballroom

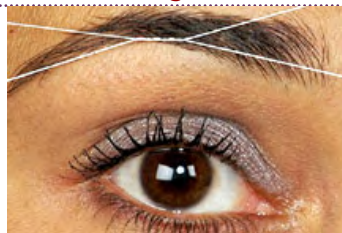
4200 City Avenue

Philadelphia, PA19131

Seating is limited.

Please reserve your place by calling 212-463-6798 or emailing YourPersonalBest@ccapr.com with your name and the names of your guest

Threading Schedule



While Shilpa is on vacation, there is a new threading schedule from Thursday October 9th-Saturday November 8th. Shilpa will be back in Ardmore on Sunday November 9th.

Center City Hours

Tuesday (Neela): 11am-6pm

Friday (Neela): 11am-6pm

Saturday (Seema): 10am-2pm

Ardmore Hours

Thursday (Vandana): 12pm-6pm
Sunday (Vandana): 11am-4pm

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