



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



December 2007
Spa Newsletter

In This Issue

[12 Days of Christmas](#)

[Adult Acne](#)

[Beat The Holiday Bulge](#)

[Vitamin D](#)

12 Days of Christmas



The holiday season is in full swing and we hope that everyone is enjoying it. This is our favorite time of year at Shanti.

We are very excited to help with your holiday shopping, even for the people on your list that have everything. Our special Holiday Gift Guide and The 12 Days of Christmas will help you choose the perfect gift. The 12 Days of Christmas are listed below and these specials can only be purchased on the dates that are specified. Make sure to take advantage of these amazing deals!

Also, with the purchase of any gift certificate, we will add 10% of the purchase price for FREE! Click on the link below to purchase a Gift Certificate!

[Purchase a Gift Certificate](#)

On the 1st Day of Christmas, Shanti gave to me....

***Backcial & eyebrow wax for \$100**

**Save \$25
(12/4/07)**

On the 2nd Day of Christmas, Shanti gave to me...

**Buy 1, Get 1 50% off, includes Chemical Peels, Microderms, & Facials
(12/7/07)**

On the 3rd Day of Christmas, Shanti gave to me...

***15% off ALL skincare products
(12/8/07)**

On the 4th Day of Christmas, Shanti gave to me...

***Micropeel for \$110
Save \$40
(12/9/07)**

On the 5th Day of Christmas, Shanti gave to me...

***Package of 3 Chemical Peels or Microderms & a FREE Facial for \$300
Save \$130
(12/11/07)**

On the 6th Day of Christmas. Shanti gave to me...

Holiday BOTOX PARTY!



Mark your calendars for Thursday December 13th! This special event will be held in the Ardmore office from 3pm-7pm. Botox will be sold for \$10/unit and Juvederm will be sold for a discounted price!

There will also be giveaways, healthy snacks, and discounts on medical spa treatments for everyone that attends! Call NOW to schedule your appointment. 877.642.2644

Adult Acne

Just when you thought your days of bad skin were over, adult acne strikes. It is a more common problem than you might think. There are many causes of acne, including hormonal changes, heredity, oil from cosmetics, pollution, and even high humidity.



Acne is basically a plug of fat, skin debris, and keratin stuck in a hair duct. When it is open, it is called a blackhead. When closed, it is a whitehead. When the walls of the hair duct rupture, it leads to redness, infection, papules, pustules, nodules, and cysts.

The goals of treating acne are to heal existing lesions, stop new lesions from forming, prevent scarring, and minimize psychological stress and embarrassment of this disease. Depending on the extent of the problem, Dr. Patel may prescribe over the counter or prescription medication that may be topical or oral. There are also a variety of medical spa treatments available at Shanti to help combat the problem. Those treatments include chemical peels, ALA treatments, Fotofacials, and the Pixel. Please call to set up a complimentary consultation. We are excited to help you on your quest for better skin!

[Acne Question Form](#)

BOTOX PARTY!
Botox for \$10/unit
&
Juvederm for \$550
(12/13/07)

**On the 7th Day of
Christmas, Shanti
gave to me...**
*Deluxe Facial &
eyebrow threading
for \$100
Save \$40
(12/14/07)

**On the 8th Day of
Christmas, Shanti
gave to me...**
*Pixel of Face for
\$550 & a \$50 Gift
Card FREE
Save \$100
(12/15/07)

**On the 9th Day of
Christmas, Shanti
gave to me...**
*25% off Laser
Hair Removal
Package & Lip
Package for FREE!
(12/18/07)

**On the 10th Day of
Christmas, Shanti
gave to me...**
*Fotofacial &
Microderm for \$300
Save \$200
(12/21/07)

**On the 11th Day of
Christmas, Shanti
gave to me...**
*Buy Pixel of Face
& Get Pixel of Neck
FREE
Save \$400
(12/22/07)

Beat the Holiday Bulge



It's that time of year again. It is the joyous season full of candy, cookies, and seasonal foods. All of those holiday parties and family get togethers can result in extra pounds. It's ok to indulge in these foods, because the holidays are not a time for deprivation. However, it is not an excuse to overindulge.

Here are some tips for making better choices at your holiday gathering.

- *Eat a small, nutritious snack before leaving for the party to help take the edge off your appetite.
- *Offer to bring a healthy dish.
- *Wear an outfit that is comfortable, but tight so you don't eat too much.
- *Watch alcohol calories because they add up quickly!
- *Don't linger around the food table.
- *Eat slowly and savor every bite.
- *Always sit down to eat.
- *Use a smaller plate.

Healthy Holiday Foods

The Importance of Vitamin D

Mortality rates from any disease have been shown to decrease by 7% when taking a Vitamin D supplement. Vitamin D is fat-soluble and is vital for calcium and phosphorus absorption and utilization. A deficiency in Vitamin D can result in osteoporosis, muscle weakness, fibromyalgia, fractures, common cancers, autoimmune diseases, infectious diseases, and cardiovascular disease.



The dietary form of Vitamin D, D2, is present in egg yolks, fish oil, and a variety of plants. Most natural diets do not contain an appropriate amount. The more potent form of Vitamin D, D3, is generated by sun exposure when UV rays create a Vitamin D synthesis in the skin.

The U.S. Food and Nutrition Board determined that the upper limit of Vitamin D supplementation is 2,000 international units

On the 12th Day of Christmas, Shanti gave to me...
Laser 360
Pixel/Laxity Treatment & Microderm for \$850
Save \$360
(12/23/07)

per day. There has been a recommendation to increase the intake of D3 to 10,000 units per day due to its benefits and its absence of toxicity using this dose. The average American consumes 230 units per day.

If you are not getting enough Vitamin D, you can make an appointment with Dr. Patel to discuss your options for supplementation.

[Read More](#)

Quick Links

[Visit Our Website](#)
[Gift Certificates](#)
[Threading Info](#)

We want to thank all of you for your continued patronage to Shanti. We will keep each of you in our thoughts during this festive time of year. From our family to yours, we would like to wish you a happy and healthy holiday season!

Sincerely,

Dr. Patel, Kelly, Leida, Dana, Monica, Kernika, and Shilpa
Institute of Advanced Skin Care & Optimal Health: A
Cenegenics Medical Affiliate

[Forward email](#)

 **SafeUnsubscribe**®

This email was sent to spatel@shantimedspa.com, by 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