



Skincare Newsletter

News and Promotions September 2008

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Fall Into Health and Wellness!



I hope everyone had a

How to Achieve Optimal Health

Dr Patel's book debut on Optimal Health! Join us to learn proven steps to slow down the aging process at this **FREE** Health and Wellness Event!

Date: Saturday October 4, 2008

Time: 10am-2pm

Location: Rosemont College-McShaine Hall

What is Optimal Health?

Optimal Health is the state of peak performance mentally, physically, emotionally, and spiritually at any age. It integrates Eastern philosophies and Western medicine using the synergy between nutrition, exercise, proactive preventative medicine, hormone optimization, supplements, and mindfulness.

Seema Patel, MD, MPH, Medical Director of The Institute for Optimal Health and Age Management Specialist, will discuss ground-breaking information needed to achieve Optimal Health.

***Her workbook, "The Manual to Optimal Health, Creating your Personal Wellness Wheel" will be available for purchase at the event.**

Lee Kirksey, MD, FACS, Vascular Surgeon at the Penn Presbyterian Medical Center, will discuss the newest, cutting-edge testing for heart

fantastic summer. The fall season brings many exciting events and specials to Shanti Medspa at The Institute for Advanced Skincare.

This month, we are promoting our upcoming fall events. The biggest event is our health and wellness expo that is called "How to Achieve Optimal Health". We are also hosting another Botox and Juvederm Party.

Our skincare focus this month is the effect of the sun on the skin. This is the best time to think about erasing the sun damage from the summer. We have great specials to help with this.

To sign up for our events or to schedule your consultation or appointment, please call 1-800-SKINCARE or email me at kmiskin@shantimedspa.com.

Kelly Miskin
Internal Marketing
Coordinator

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Effects of the Sun on the Skin

The sun gives off ultraviolet radiation based on wavelength. UVC radiation typically does not affect the skin. UVB radiation affects the epidermis and is primarily responsible for sunburns. UVB is most intense between the hours of 10am and 2pm, but does not penetrate glass. UVA radiation is a major contributor to skin damage and penetrates deeper into the skin. The intensity is more constant than UVB rays and it can penetrate glass.

Both UVA and UVB radiation can have a profound effect on the skin and cause premature skin aging and changes in the skin. The most noticeable sun-induced pigment change is a freckle. Large freckles can be called age or liver spots. They can be seen on the face, hands, chest, shoulders, arms, and back. These are not age related spots, but sun damage related. The sun can also cause the walls of the blood vessels to thin, leading to bruising and visible blood vessels, especially on the face.

UV radiation can also cause textural changes in the skin. In the dermis, collagen can break down at a higher rate causing solar scars. Thinning of the skin can result in fine lines, wrinkles, bruising, and tearing of skin. Thick skin is found in coarse wrinkles, called solar elastosis. Sun exposure can also cause an increased number of moles, precancerous lesions, and wart-like lesions. The most devastating effect of the sun on the skin is cancer.

At The Institute for Advanced Skincare, we can help reverse the signs of sun damage of the skin. If you have unwanted wrinkles, freckles, or blood vessels on any body areas due to sun exposure,

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we can help erase the damage from the sun!



Botox and Juvederm Party
Featuring Soul Colors

Join the team at The Institute for Advanced Skincare at one of our famous Botox & Juvederm Parties! The party will be held on Thursday September 18th from 9am-6pm in our Ardmore office and Friday September 19th from 11am-5pm in our Center City office.

This special event features discounts on injectables, free giveaways, great food, and for the first time, a visit from Peyton Theodore, Acupuncturist! She will be doing consultations during the event on her Soul Colors Program. This is a personalized color consultation, where you choose four of your favorite color combinations and then discuss and learn about your life's purpose, soul's gifts, present involvements, and future possibilities. Consultations will be 15 minutes for \$25 or 30 minutes for \$50.

To reserve your appointment for Botox, Juvederm, or Soul Color Consultation, please call 1-800-SKINCARE or email me at kmiskin@shantimedspa.com.

September Promotions

Sun Damage Specials

Treat sun damaged or discolored skin of the face, neck, and chest with great combination treatments and discounts on multiple body areas.

Accent/Pixel/Microderm Face: \$950 (Regular Price:\$1350)

Fotofacial/Pixel/Microderm Face: \$850 (Regular Price: \$1250)

Purchase Treatments for the face and get neck and chest for 50% off! Special Includes:

****Pixel***

****Fotofacial***

****Chemical Peels***

****Microdermabrasions***

Botox and Juvederm Special (Party Dates ONLY):

Botox: \$10 per unit (Regular Price: \$15 per unit)

Juvederm: \$550 per syringe, \$1000 for two syringes (Regular Price: \$650 per syringe)

Product Special

Compliment your Botox and Juvederm and help your injections last longer!

Retrinal HAF: \$40 (Regular price \$46)

Student and Young Professional Specials

In addition to Student Specials, we have added a Young Professional Special! This special is open to anyone up to age 30 with a valid student ID, business card, or work ID. Enjoy 25% off on Monday, Tuesday, and Wednesday. Special Includes:

****Facials***

****Backcials***

****Chemical Peels***

****Microderms***

****Fotofacials***

****Laser Hair Removal***

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