



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

Skincare Newsletter

February 2008

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Greetings!

February is American Heart Month, so Shanti wants to help you prevent heart disease. Coronary heart disease is America's number 1 killer and stroke is number 3. Making healthy lifestyle choices can help you reduce your risk of getting these diseases. Eating healthy foods, exercising, maintaining a healthy weight, reducing stress, and quitting smoking are just a few of the things you can do to live a heart healthier lifestyle.

At Shanti, we have a variety of wellness programs and relaxing spa services from which to choose to help you achieve heart health. Our Valentine's Day spa treatments can help you relax and our wellness consultations with Dr. Patel can get your heart in better shape!

As always, please contact me with any questions or to schedule your next appointment!

Sincerely,

Kelly Miskin

Internal Marketing Coordinator
kmiskin@shantimedspa.com



Special Threading Event



Join the staff at Shanti Medspa for a special Threading Event! On Friday February 29, 2008, visit the Ardmooe or Rittenhouse office for threading from 10am-6pm and receive 10% off the cost of threading!

This special event will also include discounts on other treatments. On this day ONLY, purchase medspa treatments for 50% off! This includes Facials, Backcials, Chemical Peels, Microdermabrasions, Fotofacials, and Laser Hair Removal!

Appointments are REQUIRED for this event due to the high volume of patients expected. Call or email today to reserve your space.

877.642.2644 or kmiskin@shantimedspa.com

The Pixel Skin Resurfacing Laser

If you haven't had a Pixel Treatment, you are missing out on one of the most sought after treatments at our facilities. Patients are seeing great results from this Fractional Ablative Laser. This means that it is a true laser, as opposed to Intense Pulsed Light to penetrate deep into the skin and build collagen & elastin.



When you have a Pixel treatment, expect to feel a stinging sensation, followed by an intense heat, like a sunburn. The sunburned look and feel will disappear about 24-48 hours after the treatment. You will then see waffle marks on the skin. They will turn brown & slough off after 4-5 days. The proper use of post-laser products will help with the healing process.

The Pixel can penetrate 30-1000 microns into the skin. We typically treat 100-300 microns, which does not require sedation. Therefore, several treatments may be required to achieve your desired results. The Pixel is indicated for the following conditions: wrinkles on the face and around the eyes, moderate to severe acne and acne scars, sun damage, hyperpigmentation, wrinkle prevention, and scars.

The Pixel will now be in the Center City office every Tuesday and one Friday every month. Book your treatment in either location now!

Pixel Video

Omega-3 Fatty Acids

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 comes 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 not consume more than 3 grams of fish oil per day.

Omega-3 fatty acids may be helpful in preventing and treating a variety of health conditions. EPA is helpful in heart health issues, such as reducing high cholesterol, high blood pressure, and the risk factors for heart disease. DHA is a building block of brain function. It can help with mental disorders, such as depression, schizophrenia, memory loss, and bipolar disorder. They are also helpful with reducing inflammation in disease like arthritis, inflammatory bowel disorder and for certain cancers, such as colon, breast, and prostate.

[Read More](#)

Employee Spotlight - Dana Palumbo

Dana Palumbo has been a member of the Shanti Team since September 2006. She graduated from Penn State with a degree in Liberal Arts. After graduation, she decided to enroll in Jean Madeline's Advanced Esthetics Course, since she had an interest in skincare and makeup. She completed 600 hours of Aesthetics classes and training and received her Aesthetics license in Pennsylvania.



After getting her license, Dana was interested in a medical spa setting because it offered many things, such as the ability to do relaxing facials, as well as correct skin conditions with medical treatments. Dana was hired by Dr. Patel as a Medical Aesthetician on a probationary basis, as are all of the Aestheticians at Shanti. She had to undergo 6 weeks of intense training with Dr. Patel and Alma Lasers to get certified. She had to know the differences in skin types and had to practice on 25 body parts to be certified. She has attended conferences and received certifications from all of the product lines used at Shanti including, Avene, Neostrata, and Obagi.

Dana has been performing facials, backcials, waxing, peels, microderms, ALA treatments, and laser hair removal since October 2006. Since July 2007, she has also been doing Skin Laxity treatments. Dana looks forward to seeing you for your next treatment!

[Read More About Treatments](#)

February Promotions

Buy 1, Get 1 50% off: Includes: Facials, Backcials, Chemical Peels, Microderms, & Fotofacials.

Student Discount: Students get 35% discount on Tuesdays with valid ID. Threading, Massage, and Pixel not included.

New Patient: Receive 10% discount on your first purchase at Shanti. Includes products and treatments.

Accent Discount: The Accent will arrive in the Ardmore office soon. Training rates still apply through February!