



The Institute of Advanced Skincare & Optimal Health

## Holiday Gift Guide

*Special Holiday Deals on the Gifts that Keep Giving: Wellness, Beauty, and Youth!*



November 2007

### Greetings!

The holiday season is approaching quickly and that means it is time to start thinking about special gifts for those you love. We have designed a Gift Guide to help you find the perfect gift for anyone on your list, even the person that has everything. We have unique gift ideas that will keep giving for years to come!

### December Special Event!

Our special Holiday BOTOX PARTY will be held on Thursday December 13th! As part of our 12 Days of Christmas specials, Botox will be \$10/unit and Juvederm will be discounted to \$550 on this day only! These treatments will help you look your best for the holidays.

There will also be special giveaways, healthy snacks, and discounted medical spa treatments for everyone that attends! Call now to schedule your appointment.  
**877.642.2644**

## Wellness Gifts



### Integrative Massage

This massage combines therapeutic and soothing techniques into a one hour session. Our amazing therapists will help you forget your holiday stress!

**List Price: \$100**

**Our Price: \$85**

### Initial Evaluation

Choose from a 30 minute evaluation with Dr. Patel to help jump start your wellness plan. Options include weight loss, smoking cessation, or exercise initial evaluation.

**List Price: \$150**

**Our Price: \$100**

### Body Age Assessment

This assessment measures cardiovascular health, strength and flexibility and then provides an individual diet and exercise plan based on performance. This also gives "real age" and tips on how to lower the body age. This is a great motivational tool for anyone!

**List Price: \$199**

**Our Price: \$150**

## Beauty Gifts



### Deluxe Facial

Look and feel your best after a calming 90 minute facial. Our aestheticians will even include a hand and foot massage for total relaxation!

**List Price: \$130**

**Our Price: \$100**

### Microdermabrasion of Face and Hands

Mechanically exfoliate dry, flaky skin and stimulate the growth of new, healthy skin. This will leave the skin of your face and hands glowing!

**List Price: \$160**

**Our Price: \$100**

### Chemical Peel of Face and Hands

Brighten your complexion with this chemical exfoliation of the face and hands. This treatment will leave your skin youthful, clearer, and healthier!

**List Price: \$160**

**Our Price: 100**

## Skincare Gifts



### Hydration Package Avene Products

This package is perfect for hydrating the face and body.

It includes an Extreme Tolerance Kit for the face, and Trixera Emollient Bath and Cream for the body. These products are perfect for sensitive skin!

**List Price:\$63**

**Our Price:\$50**

### Acne Package

#### Neostrata Products

The AHAs and PHAs in these products will help heal and prevent breakouts. It includes Antibacterial Cleanser, Acne Treatment Pads, Acne Spot Treatment Gel, Oil Control Gel, and Oil Free Lotion SPF 15.

**List Price: \$114.50**

**Our Price: \$80**

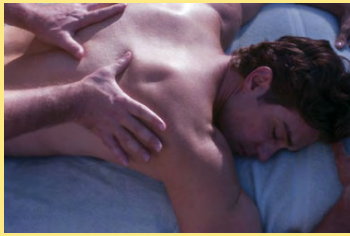
### Rejuvenation Package

Keep your skin glowing and looking youthful with this amazing package. It includes Retrinal .1, Retrinal HAF, and Obagi CRX. With this purchase receive a FREE Neostrata Facial Cleanser!

**List Price:\$217**

**Our Price: \$175**

## Wellness Packages



### Package of Massages

This package includes 3 of our relaxing one hour Swedish Massages. This is the perfect gift of tranquility!

**List Price: \$240**

**Our Price: \$210**

### Wellness Sampler

Can't choose just one of our wellness gifts? This package combines 3 of our wellness services, including a Swedish Massage, a Body Age Assessment, and your choice of one of the initial consultations of weight loss, smoking cessation, or exercise!

**List Price: \$429**

**Our Price: \$320**

### Package of Wellness Evaluations

This is a package of two wellness evaluations with Dr. Patel. These evaluations are a holistic approach to health that integrate nutrition, exercise, a review of family and lifestyle history, and so much more! A complete blood panel can be done between evaluations for an extra cost.

**List Price: \$600**

**Our Price: \$400**

### Premier Evaluation

This wellness evaluation includes a two hour consultation with Dr. Patel and a Body Age Assessment. This is the perfect gift for the person that wants to jump start their health. Blood work is not included in the cost.

**List Price: \$1,000**

**Our Price: \$700**

### Executive Evaluation

Give the gift of health to the person that has everything. This program is called Cenegenics and will help anyone attain optimal health. This is a full day of evaluation with Dr. Patel and includes the cost of blood work.

**List Price: \$2,995**

**Our Price: \$2,200**

## Beauty Packages



### Day Spa Package

Soothe and beautify the face and body with two of our relaxing day spa treatments. This package includes a Signature Facial and Backcial.

**List Price: \$215**

**Our Price: \$150**

### Med Spa Package

Treat three body areas with your choice of Microdermabrasion or Chemical Peel. Your skin will look and feel great! This package allows you to treat your face, chest, and hands for one great price!

**List Price: \$270**

**Our Price: \$200**

### Beauty Sampler

This package is a combination of day spa and medical spa treatments to help correct and nourish the skin on the face and body that can be used for months to come! This sampler includes a Signature Facial, Backcial, Chemical Peel, and Microdermabrasion.

**List Price: \$435**

**Our Price: \$300**

### Skin Rejuvenation I

Repair your sun damage, red or brown spots, rosacea, and improve fine lines with a Fotofacial of the face followed by a Microderm. Skin will look amazing after this treatment.

**List Price: \$500**

**Our Price: \$350**

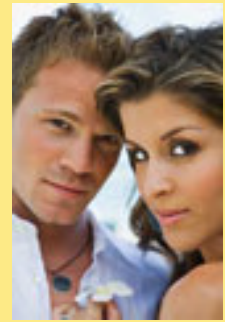
### Skin Rejuvenation II

This package includes a Fotofacial combined with ALA, aminolevulinic acid, to help fight acne or remove precancerous lesions.

**List Price: \$500**

**Our Price: \$400**

## The Gift of Youth



**These packages have been designed to appeal to both men and women who wish to maintain or enhance their youthful appearance.**

### Premier I

Botox 25 units, Juvederm.

**List Price: \$975**

**Our Price: \$750**

### Premier II

Pixel Treatment, Botox 25 units, Microderm.

**List Price: \$1,080**

**Our Price: \$850**

### Holistic I

Pixel/Skin Laxity Treatment, Microdermabrasion, Chemical Peel, and laser post care products.

**List Price: \$1,366**

**Our Price: \$900**

### Holistic II

2 Pixel Treatments

**List Price: \$1,200**

**Our Price: \$1,000**

### Royal I

Laser 360-Fotofacial/Skin Laxity Treatment, Pixel/Skin Laxity Treatment, Microderm, and laser post care products.

**List Price: \$2,146**

**Our Price: \$1,500**

### Royal II

2 Pixel/Skin Laxity Treatments, 2 Microderms, and laser post care products.

**List Price: \$2,466**

**Our Price: \$1,600**

## **Special Gift Certificate Offer!**

Gift Certificates make the perfect gift! You can purchase a gift certificate online, on the phone, or in person at either of our locations.

Purchase a gift certificate in any amount and we will add 10% of the purchase price for FREE!

The specials listed above are available for purchase immediately! We hope that this guide makes it easier for you to purchase gifts for everyone on your list, even the person that has it all!

We will also be counting down the 12 Days of Christmas at Shanti beginning on Tuesday December 4th. There will be 12 different specials available only on those days. These amazing deals will be revealed in the December Spa Newsletter that will be sent on Tuesday 11/27, so mark your calendars. Please visit our offices to browse our gift table and make your holiday purchases.

Happy Holidays!

***Sincerely,***

The Shanti Team

*Dr. Patel, Kelly, Leida, Dana, Monica, Kernika, Shilpa, and Rohini*

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

*877.642.2644*

*[www.optimalhealthtoday.com](http://www.optimalhealthtoday.com)*

*[www.phillythreading.com](http://www.phillythreading.com)*

These special packages are available until January 1, 2008! Don't miss out on the great savings!

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