



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

Health & Beauty Newsletter

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Greetings!

It is almost spring time and to get you in the best mental and physical shape, we at the Institute have alot to offer! We have our brand new Accent Laser for reducing body fat and cellulite along with new meditation classes and our wellness program to help you get in the best shape yet! Read on to learn more and if you have any questions or concerns, please feel free to email me.

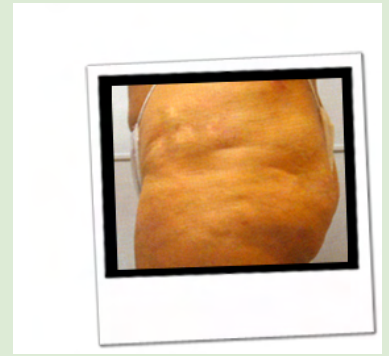
Sincerely,
Kelly Miskin
Internal Marketing Coordinator

Please call our new phone number!



The Truth About Cellulite

Cellulite is the abnormal storage of fat in the layer of skin called the hypodermis. The fat cells are grouped together in two large collections, separated by fibrous strands. These strands run between the muscle and the skin. As the fat cells expand with weight gain, the gap between muscle & skin expands, but the strands do not stretch. This results in the dimpling effect called cellulite.



Cellulite is most common in the buttock and thigh area, but can affect other areas of the body and any body type. It does not matter if you are thin, athletic, overweight, young, or old, you can have cellulite.

Up until now, there has not been an effective way to improve cellulite other than temporary treatments, such as wraps, ultrasound, and massage, which do not treat the structural problem. The Accent Laser is the newest FDA approved laser that penetrates deep in the skin to effectively reduce cellulite and body fat. Radiofrequency using both unipolar (deep heat penetrating 20mm) & bipolar (penetrating 6-8mm) is used to cause stretching of the fibrous strands to reduce the dimpling of cellulite at the deepest and superficial layers. This heat causes fat cells to break down and be absorbed. There is an increase blood flow and metabolism to the area which causes a smoother appearance of the skin and reduction of size.

So if you have cellulite or body fat in those areas you just can't get rid of, try the new Accent laser! The Accent is permanently in Ardmore now. We are excited to share this amazing treatment with all of our patients. Call to schedule a consultation to see if you are a candidate!

Accent Information

Understanding the Hormone System

There are four main hormones. The first is the Thyroid hormone, which affects metabolic rate and body temperature. If thyroid levels are low, you can feel tired, cold, suffer from constipation, hair loss and dry skin. The goal is to restore both T3 and T4 to their natural ratio and blood concentrations. The second are sex hormones such as Testosterone, Estrogen, and Progesterone. They are essential for normal reproductive function, sexual characteristics as well as mood, cognitive function, and well-being. The third are Adrenal hormones, which are very important in our response to physical and emotional stress. The fourth is Human Growth Hormone. It is the master hormone that regulates all the other hormones and sends a powerful message to continue to grow. In youth, it is essential for organ and bone growth. In adulthood, it is essential for vital functions, such as energy, weight reduction, increase in muscle

mass, maintaining cognitive function, improvement of mood and general well-being.

The aging process begins in our 30's. We lose about 1-3% of our critical hormones per year, which means it is a 10-30% loss per decade! If you are feeling tired, lack energy, lack vitality, consider getting your hormones checked. You can slow down the aging process and improve your overall health and skin while preventing disease! Learn how Age Management Medicine can help you.

[Read More](#)

Employee Spotlight-Monica Hernandez

Monica Hernandez spent 2 years in college studying business when she realized that skin was her passion. She enrolled in Jean Madeline's Advanced Aesthetics Course and started pursuing her true love. She completed 600 hours of courses, training and received her Aesthetics license in Pennsylvania.



Monica started her aesthetics career at a day spa in Philadelphia. She performed facials, body treatments, and waxing services. After a year, she decided that she wanted to learn more about how to correct skin conditions.

She joined Shanti Medspa in October 2006. She trained intensely under Dr. Patel learning the philosophy of how inner health and outer beauty work together. She has extensive training and certification in laser hair removal, laser skin rejuvenation, laser skin tightening, body sculpting and cellulite reduction, microdermabrasion, and glycolic peels. She continues to learn more about how health and skin are connected everyday with Dr Patel and with continued education.

Monica has a passion for helping people look good, feel great and live better. She believes in educating her clients to help them achieve their goals.

Meditation Workshop

Meditation has been used for thousands of years in Eastern tradition and has a powerful effect in reducing stress, improving sleep, general well-being as well as slowing down the aging process. The difficulty for us in the west is that we have a hard time learning how to do it. So, we at Shanti are pleased to present an exclusive opportunity to learn this ancient skill of meditation.



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 for many years. She has been meditating and teaching for 25 years. She 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 that will occur on the first three Thursdays in April in our Center City office from 7pm-9pm. The workshop will cost \$300 for all three sessions and includes a CD to help you develop your practice at home. To reserve your space, please email me, kmiskin@shantimedspa.com or call 610.642.2644. Begin this powerful ancient art

Silkpeel Event

The Silkpeel is Back! Join the Shanti Staff for this special 2 day event to get your skin ready for spring! The Silkpeel will be available on Thursday March 13th from 10am-6pm in Ardmore and Friday March 14th from 9am-1pm in Center City.



The Silkpeel is a "wet abrasion" technique used to hydrate, clarify, or brighten the skin. It exfoliates while infusing a topical dermaceutical to help combat photodamage, acne, and dehydration. The cost of this amazing treatment will be \$150. Call or email today to book your appointment. 1-800-SKINCARE or kmiskin@shantimedspa.com.

March Promotions

New Patients: Receive 10% discount on your first purchase at Shanti. This includes products and treatments.

Student Discount: Receive 35% discount on Tuesdays with valid student ID. This excludes threading, waxing, massage, pixel, and wellness.

Accent Special: Accent will be discounted on Mondays and Wednesdays. Receive \$25 off every 5" X 7" area to be treated. Regular cost is \$150 per area.

Accent/Pixel Special: Combine two of our laser treatments and save \$300! Regular cost is \$1400, during March the cost is only \$1100!