

The Institute for Advanced Skincare & Optimal Health: A Cenegenics Medical Affiliate



Skincare Newsletter

June 2008

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Greetings!

We hope everyone is having a great start to the summer season. June is our 3rd Anniversary so we would like to thank all our loyal clients for helping us become successful. To thank you for your patronage, we have some exciting specials and events planned for you throughout the month that are listed below.

In order to help ease the stress of the summertime events, we have planned another meditation workshop for July 16th, 23rd, and 30th at Bryn Mawr College. Also, our new Ayurvedic Holistic Physician, Dr. Alpa Bhatt, will begin practicing in our Ardmore location on Tuesdays beginning June 5th.

Please email me at [kmiskin@shantimedspa.com](mailto:kmiskin@shantimedspa.com) or call the office at 1-800-SKINCARE to schedule your appointments for this special anniversary month.

## AGE MANAGEMENT FOR THE SKIN

### TO SLOW DOWN AGING: TREAT ALL THE LAYERS OF THE SKIN

The skin has three different layers to it. To help slow down the aging process of the skin, all three layers of the skin need to be treated. The treatment is different for each layer because the aging process affects each layer differently. To help you understand what is the best treatment for you, read on.

The top layer of skin, the epidermis, regenerates itself every 6-8 weeks, but as we age, the natural exfoliation process of the epidermis begins to slow down. This leaves the skin appearing uneven, dryer and duller. Your skin care products don't work as well because they now have to pass through this thick layer of dead skin for them to have an affect. The best treatment for epidermal aging is microdermabasion or glycolic peels.

The middle layer of skin, the dermis, is where collagen and elastin are produced. After the age of 30, we begin producing less collagen and elastin fibers. This causes the skin to thin, and if you are fair, it may appear more red because the superficial blood vessels under the skin are more noticeable, and skin begins to sag. If you have sun damage, there is an accumulation of abnormal tissue that begins to

replace collagen, causing it to further weaken. The skin begins to develop fine lines, deep wrinkles and leathery skin. The best treatment to help rebuild this layer are the fractional resurfacing lasers (the PIXEL). These lasers penetrate deeper in the dermis to build collagen and elastin. If there is more redness, the skin rejuvenation lasers can help decrease the redness.

The last layer of the skin is the hypodermis, the subcutaneous fat which provides us the natural fullness seen in young faces. As the dermis thins and atrophies, gravity begins to take its effect and slowly begins to pull the subcutaneous fat down to the jawline. Our facial structure begins to slowly change. In our twenties and thirties, we had an inverted triangle with the fullest part of our face in our cheeks with a natural tight jawline. In our forties and fifties, our face becomes more square or rectangular like as the dermis thins and gravity begins to pull the fat in the cheeks down towards the jaw line. As we approach our sixties, the fat is now at the jaw line causing more of the jowling and sagging effect. The end result is that we have an upright triangle rather than the inverted triangle we started with as a young person. The treatment for this layer is the Accent laser that helps remodel the subcutaneous fat while tightening the skin.

At Shanti, you can slow down this process with our new 3 in 1 combo: **ACCENT, PIXEL, MICRODERM**. This treatment procedure helps you rebuild, remodel and revitalize all three layers of the skin to truly slow down the aging process. To see if you are a candidate for this revolutionary anti-aging treatment, please call or email us today!



**20-30 YEAR OLD**



**40-59 YEAR OLD**



**60 PLUS YEARS**

## **VARICOSE VEINS**



Varicose veins look like bulging, bluish cords just under the surface of the skin and can be surrounded by flooded capillaries called spider veins or superficial varicose veins. Varicose veins are caused when the valves that push blood through the arteries do not work properly. Blood pools in the vein and makes it difficult for muscles to push the blood uphill.

Any condition that puts pressure on the legs or abdomen can cause varicosity. The most common pressure inducers are pregnancy, obesity, and standing for long periods of time. Also, being sedentary, age, leg injuries, and genetics can play a role in varicose veins.

The symptoms of varicose veins include prominent dark blue blood vessels, especially in the feet and legs. They cause aching, tenderness, or sore legs and can accompany swelling in the ankles or feet after standing for a long time. To help prevent varicose veins, you should exercise regularly, eat a healthy diet,

drink plenty of water, quit smoking, and sleep on your side during pregnancy.

If you have varicose or spider veins, **The Institute of Advanced Skincare can help! Spider veins can be removed through laser vein treatments and varicose veins can be treated with sclerotherapy. To see if you are a candidate for laser vein treatments or sclerotherapy, call to schedule your appointment with Dr. Patel! Our laser vein treatment will be available from June 10th - 16th.**

[Read More](#)

## **TURMERIC**

Turmeric is a spice that comes from the root *Curcuma longa* and is a member of the ginger family. Turmeric has a deep yellow-orange color and has a peppery taste. Turmeric is native to Indonesia and southern India. In Ayurveda it has been used for its medicinal properties for various conditions topically, orally, and by inhalation.

Curcumin is the main component of turmeric. Curcumin has many anti-inflammatory effects. It has been shown to help prevent many cancers including breast cancer, prostate cancer, pancreatic cancer and melanoma. It can also be used to treat depression and slow the progression of Alzheimer's. It has been shown to aid in fat metabolism and weight management. It can also assist in remodeling of damaged skin, treat psoriasis and other inflammatory skin conditions.

Turmeric may be sold in supermarkets, but is more readily available with superior quality of freshness from a local spice or ethnic store. Try to select organically grown turmeric to assure it has not been irradiated. Turmeric can be added to egg salad, vegetables, lentils, salad dressing, or brown rice.

[Read More](#)

## **SHANTI'S 3RD ANNIVERSARY PARTY**



The staff at Shanti Medspa at The Institute for Advanced Skincare would like to thank you for choosing us as your skincare specialists for the past 3 years.

Join us on Tuesday June 17th for our 3rd anniversary party! We invite all of our patients to visit our offices in Ardmore and Center City from 9am-7pm for great food, fun, and special discounts!!!

The following treatments will be **50% off**:

**Facials, Backcials, Chemical Peels, Microderms, Fotofacials, and Laser**

**Hair Removal.**

The **Accent Laser for body sculpting and cellulite reduction** will also be discounted!

Every 5x7 area can be purchased for **\$115!** (regular price is \$150 per area).

Discounts can be purchased that day and used at a later date. Stock up on your favorite treatments at a great price!

## JUNE PROMOTIONS

### Celebrate Shanti's 3rd Anniversary with Packages of 3!

**Product Special:** Stock up on your favorite 3 products at 10% off!

**3 in 1 combo Special:** Treat all 3 layers of skin with this amazing special of Accent, Pixel, and Microderm of the face for only \$950! (original price: \$1600)

**Resurfacing Special:** Improve your skin's tone and texture with 2 Pixels and a Microderm for only \$1100! (original price \$1310)

**Wrinkles Be Gone :** Fill in those wrinkles just in time for the summer with a Pixel followed by 25 units of Botox and 1 syringe of Juvederm for only \$1300! (regular price is \$1650)

In order to service our clients better, we have opened our Center City office on Thursdays from 11am-7pm. Starting June 5th, Dr. Patel will be changing her office hours to our Center City location on Thursdays, instead of Fridays. Also, **Shilpa will be threading in the Center City office on Thursdays from 11am-6pm.**

We will also be bringing in special lasers throughout the month. We will bring in the **Vein Yag laser from June 10th - 17th** and also the **Soprano Diode laser for hair removal will be back June 25 - 29th!** Please email or call to schedule your time!

We hope to see everyone during this month of celebration!.

Sincerely,

Kelly Miskin  
Internal Marketing Coordinator  
Shanti Medspa at The Institute for Advanced Skincare & Optimal Health

