



What's Happening?

February 2016

In This Issue

Spotlight on Products

Epionce

Cleanse and Prepare

Healthy skin starts with clean skin. Epionce Cleanse & Prepare products gently remove dirt, oil and makeup without irritating or drying out the skin, and prepare the skin before the application of other products.

Milky Lotion Cleanser

The ultimate cleanser for dry and sensitive skin types, Milky Lotion Cleanser gently removes makeup, pollutants, dirt particles, and other surface impurities. This soothing cleanser is effective without harming, irritating or drying out the skin. Helps reduce factors that can lead to continual damage and chronic irritation. It is ideal for dry, sensitive and delicate skin.

Gentle Foaming Cleanser

Formulated for most skin types,

Welcome to our **quarterly newsletter**. Please take a few moments to explore news and upcoming events at **The Aesthetic Surgery Centre and Esthetique Medical Spa.**



[Click here to view our monthly specials!](#)



Lose your Double Chin with KYBELLA® and SAVE!

KYBELLA® is a prescription medicine used in adults to improve the appearance of moderate to severe fat below the chin (submental fat), also called "double chin." It is not known if KYBELLA® is safe and effective for use outside of the submental area.

How does KYBELLA® work?

Gentle Foaming Cleanser effectively removes surface impurities and dissolves makeup without leaving the skin feeling tight, dry or stripped of its natural protective oils. Set at optimal pH. It is ideal for normal-to-combination skin.

Lytic Gel Cleanser

An Epionce favorite, this is a refreshing go-to cleanser for oily and problem skin types. Lytic Gel Cleanser effectively dissolves dirt, oil and makeup, and calms the visible appearance of irritated skin without over-drying.

Balancing Toner

Balancing Toner helps remove traces of dirt, oil and makeup. A concentrated blend of botanical extracts and humectants give the skin a surge of moisture. Alcohol-free formula, pH balanced.

Purifying Toner

Purifying Toner helps remove traces of dirt, oil and makeup. Botanical ingredients reduce surface shine while helping control factors that can lead to the visible appearance of problem or irritated skin. Set at optimal pH.

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The active ingredient in KYBELLA® is deoxycholic acid, a naturally-occurring molecule in the body that aids in the breakdown and absorption of dietary fat.

When injected into the fat beneath your chin, KYBELLA® causes the destruction of fat cells. Once destroyed, those cells cannot store or accumulate fat. Patients typically need between 2 and 4 treatments for best results.

Side effects include bruising, discomfort and swelling at the treatment area. See link below for additional information.

How much does it cost for treatment?

For a limited time only you can receive KYBELLA® for the amazing price of \$399 per syringe, normally \$600!

For more information about Kybella - [CLICK HERE!](#)

Combine your KYBELLA® treatment with our skin tightening laser, **Exilis Elite** for even better results. Call to schedule your free consultation with Debbie Friant, PA-C to see if you are a candidate now. 253-284-9230

Micro Needling

Lift, Tighten and Rejuvenate Your Skin



Micro Needling is a new service we are offering at Esthetique Medical Spa. This treatment can help improve fine lines & wrinkles, diminish the appearance of enlarged pores, minimize acne scarring and reduce pigmentation.

First, your esthetician applies a growth-factor serum to the skin. (There are treatments with and without the growth factor depending on the skin condition.) Next, the hand-held device containing very tiny needles glides across the skin allowing the serum to penetrate deeply, stimulating the body to produce new collagen and elastin. This procedure takes about 1 hour with minimal down-time of 24 to 48 hours.

Most patients may feel slightly sunburned after their treatment.

Join Our Mailing List!



Aesthetic Surgery Centre
Esthetique Medical Spa



Our Physicians

- Troy Woodman, MD
- Frederick Ehret, MD
- David Pratt, MD

Our Physician Assistant



Debbie Friant, PA-C

One week later the skin will begin to look smoother and brighter. For optimal results, most patients need a series of at least 4 to 6 treatments, scheduled 4 to 6 weeks apart. If you are looking to try the newest up-and-coming type of Collagen Induction Therapy, please call our front desk to schedule your free consultation.



Sunscreen in the dead of winter?

"If I go on vacation I always wear my sunscreen, but in the greater Seattle area we have no sun in the winter." Oh yes we do!

Although the clouds and shorter days leave us with fewer bright sunny days in the winter, the UV rays from the sun permeate the clouds and cause DNA damage leading to skin cancer and wrinkling.

Going out of doors for even short periods of time during the day you accumulate UVA and UVB rays that cause damage. Even car and other windows with UV protection only cover UVB and are not considered "broad spectrum" protection. UVA rays penetrate to the deeper levels of the skin and are considered the rays that do the most damage in terms of skin cancers and visible aging.

High altitude exposure to UV is especially dangerous. If you love the mountains and skiing in the winter, you are at increased risk of intense UV exposure and damage. Apply broad spectrum sunscreen with an SPF of 30 or higher liberally and reapply every 2-3 hours, wear UV protective sunglasses, wear a hat and don't forget sun protective lip balm; be sure to apply to ears and the neck as well.

In our Spa we sell several brands of excellent, cosmetically elegant sunscreens that have zinc, an important ingredient for the least irritation and most efficacy. These sunscreens can substitute for your daily moisturizer in most cases, unless your skin is particularly dry. If so,

apply your moisturizer first and then apply sunscreen. Makeup may be applied over your sunscreen, if desired. We have samples of most of our sunscreens so you can "try before you buy".

You too can have smooth clear skin ...

Clearista may be your secret weapon to smoother skin.

Do you have **keratosis pilaris** - a bumpy genetic skin condition usually found on the backs of the upper arms? How about **seborrheic keratoses** (sometimes called barnacles) - dry crusty, waxy or warty growths often seen on the trunk or other areas in people over 40?

These conditions consist of a buildup of keratin, the waxy substance in our skin. Now there is a treatment to improve the appearance of the skin with both of these conditions.

Clearista Retexturizing Gel is a take home product that is applied to keratosis pilaris (usually found on the backs of the upper arms) and massaged in daily. The keratin plugs begin to soften over time and reveal smoother softer skin.

For seborrheic keratoses a gel is applied in the spa for about a minute to begin the process of smoothing the skin. Additional exfoliation is achieved by gentle circular pressure on the area with the **Clearista Pen** causing it to slowly dissolve and the growth is removed.

Please call for a free consultation with our physician assistant to diagnose the condition and get a recommendation for the best treatment of your skin.

Doctors' Corner:

A safe and effective way to eliminate facial lines and wrinkles is Botox. Botox has been used in medicine since 1981. It was first utilized to reduce uncontrolled eyelid spasms and it quickly became apparent there were cosmetic benefits as well. Botox works by relaxing superficial facial muscles.

Since everyone's superficial facial muscles have connections to the

Since everyone's superficial facial muscles have connections to the skin, if the muscle is relaxed the wrinkles are reduced or eliminated. The injections are not particularly uncomfortable. The effects of Botox usually can be seen within 2-5 days, and the treatment often lasts 3-6 months. Please call our spa at 253-284-9230 to book an appointment with Debbie Friant, PA-C who has extensive experience with Botox. She is also skilled at administering fillers, such as Juvederm and Restylane.

Dr. David Pratt



We know your time is valuable and appreciate your interest in our newsletter. Click below to share it with a friend. Remember, consults are always free. We look forward to seeing you soon the Clinic and Spa.

Sincerely,

Aesthetic Surgery Centre and Esthetique Medical Spa