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*E-Newsletter of Skin Rejuvenation Clinic | Edina, MN  
May 2014 edition*

## Building Construction Begins May 5th!

Check out our May **features and promotions** just below this month's spotlight article!



Southdale Medical Center is expanding and construction begins May 5th. The first phase of the construction will be to demolish the old parking ramp to the east of the building to make way for a new ramp with more patient parking. To do so, there are going to be temporary changes in patient parking.

Primary patient parking will still be in front of the 6545 building. However, overflow parking will be via a complimentary valet located at the 6525 building entrance.

**The building owners tell us their goal is to keep parking disruption to a minimum during the construction period which starts May 5th. Nonetheless, we ask that Skin Rejuvenation Clinic patients allow an additional 5-10 minutes to get to their appointment**

## The Beauty Breakdown: How to Master Your Skin at any Age (Part 1 )

### 20's & 30s

Common Concern: Stubborn Blackheads:

Quick fix: SkinMedica Purifying Foaming Wash

This seriously luxurious cleanser will get to work on breaking down impurities in the skin and flushing them out, leaving you with clean and happy pores. After a week of use, paired with an oil-free moisturizer to keep it balanced, your skin will be happy and breathing easy!

Long-Term: Thermascan Laser

If you feel like blackheads, congestion, and excess oil production are a consistent problem, consider our 1319 Thermascan laser. This laser is non-abblative, meaning little to no downtime, and will heat and treat your sebaceous glands and lead to less oil and acne!

Common Concern: Marks from Blemishes:

#### Quick Fix: Clenziderm Therapeutic Lotion + Colorescience Pressed Mineral Foundation

A great way to help clean out and fade away acne marks is by using a benzoyl peroxide product in your problem areas. This 5% lotion packs an effective punch on the damage left in a blemishes wake. Also, trying a Mineral foundation is the perfect pairing for when you are trying to correct the skin but are also seeking coverage.

#### Long Term: Vitalize Peel

If your discoloration is feeling overwhelming and you are in need of some serious dark mark magic, consider doing a customizable Vitalize peel. This treatment combines Salicylic and Lactic acid, which are both superstars at treating and fading skin discoloration. Combined with the peel's retinol, this treatment will gently resurface the skin to amazing evenness after about a week.

## 40's

#### Common Concern: Crows Feet:

##### Quick Fix: The Clarisonic Opal

This amazing tool deserves tenfold more attention than it gets; the Opal uses sonic infusion to immediately plump and soften lines. Use it in conjunctions with your favorite moisturizer or eye cream to massage away crow's feet creases and see instantly brighter eyes.

##### Long Term: Botox or Dysport

Ideal to start in your 20s and 30s to help keep crow's feet at bay, Botox and Dysport are wrinkle correctors that literally erase crow's feet. This treatment is physician administered and will start working its smoothing wonders after about a week or less.

#### Common Concern: Vanishing Cheeks:

##### Quick Fix: Colorescience Bronze Kiss Illuminating Powder + GloMinerals "Gleam" Shimmer Brick

The fastest way to rejuvenate a complexion is to give it a healthy glow. Start with our Colorescience Illuminating powder to subtly sculpt the back of the cheek, the temple, forehead, and chin. Add to this a dusting of our GloMinerals shimmer brick from the apple of the cheek toward the ear. The rosy, warm toned colors will brighten, lift, and revive the skin instantly.

##### Long-Term: Cheek filler (Voluma or Radiesse)

Voluma and Radiesse are 2 well-loved fillers that defy gravity and add volume back in where you've lost it. Primarily used in the cheek, Voluma and Radiesse will give you immediate results that will continue to benefit you. Not only will you see instant improvement in volume and lift, but cheek filler will actually stimulate your own natural collagen to grow!

## 50's:

starting next week.

We will keep you up-to-date on any construction notices as we receive them from the Southdale Medical Center building owners.

Thank you for your patience!



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## Product Spotlight

by  
Kathleen Maier,  
SkinCare Educator



Common Concern: Sun Spots**Quick Fix: AHA/BHA Cleanser + Oxygenetix Foundation**

Consider it official - We've established our miracle routine for a flawless complexion on the fly. If you need perfected skin for the work day or a night with friends, try this combo. Our AHA/BHA cleanser, morning and night, will gently exfoliate the skin both physically and chemically and will help slough off visible discoloration. Add Oxygenetix foundation in during the daytime to achieve full, even coverage that's breathable and light as a feather.

**Long Term: Forever Bare BBL**

A cult classic treatment in our clinic, Forever Bare BBL is the easiest way to correct discoloration and see results in 7 to 10 days. This service requires no downtime and will actually pull the darker melanin, a.k.a. what's causing those visible spots, to the surface of the skin. After it's pulled to the surface the spots will literally flake off the skin for your most even complexion ever.

Common Concern: Lackluster Lips**Quick Fix: TNS Lip plump + GloMinerals "Snapdragon" Lipstick**

TNS lip plump is essentially a one stop shop for both instant and long term lip gratification. This two-step process includes a treatment cream that will stimulate your own collagen production in and around the lip. Get a rosy glow with a dash of Snapdragon lipstick and finish with Lip Plump gloss for an enviable pout!

**Long Term: Juvederm or Restylane (hyaluronic acid fillers)**

If you know you're ready for a more permanently perfect pout, consider our Juvederm filler. It's an instant way to add volume that looks full yet natural, and gives you results that will perform for up to a year. Be prepared to walk out with a pair of flawless, kissable lips in as little as a half hour.

## 60's and Beyond

Common Concern: Lacking Lift**Quick Fix: SkinTyte**

Need to boost your overall appearance for a night out with friends or a family event? A few speedy SkinTyte sessions will stimulate collagen production and get you started on the path to younger and tighter looking skin. Give yourself a head start at least four weeks prior to an event - one session will give you a quick pep-up, but most impactful results come from multiple sessions!

**Long Term: Ultherapy**

One of our newest additions to our services, Ultherapy is the Cadillac of skin tightening treatments that will deliver long-lasting results. This FDA-approved totally non-invasive facelift uses ultrasound to

**NEW!****SkinMedica AHA/BHA  
Cleanser**

As we slowly emerge from our long, cold and often unforgiving Minnesota winter many of us find ourselves taking stock in the condition of our skin. We have focused all winter on keeping up with moisturizing our dry skin.

With the changing seasons, it's time to switch gears and focus on exfoliation.

While the name might seem a little intimidating, an exfoliating acid will not only gently improve skin tone and texture daily, but will also allow skin to better absorb other products. Spring is a great time to revisit your daily regime, and in this case it's as simple as pumping up your cleanser.

Introducing SkinMedica's AHA/BHA Cleanser (\$45); this fantastic exfoliating cleanser will gently yet effectively slough off excess oils and dead skin cells leaving skin smooth and luminous.

By combining key ingredients like Citric, Glycolic, and Lactic Acids (AHA) and Salicylic Acid (BHA), this product gives amazing exfoliation after a single use. The added vitamin B-5 and licorice make for bright and balanced complexion. Can't help loving the feel of a good physical scrub? This cleanser has you covered with ultra fine jojoba beads that will gently buff and brighten skin to a more radiant finish.

Remember, exfoliating acids pack a powerful punch, even in a cleanser - be sure to follow its use with a good daily SPF for proper

stimulate the foundational level of the skin, in turn creating more collagen and encouraging elastin production. In short, this procedure is the next best thing to a surgical facelift or necklift.

#### Common Concern: Bum Brows

##### Quick Fix: GloMinerals Brow Pencil

Maybe we've seen one too many overdrawn brows, but there's no need to fear the brow pencil! Adding color and definition will immediately lift and take a few years off of your profile. The GloMinerals brow pencil makes adding some shape easy, use a light hand to place color in the same direction as your brow hair. To soften the edges and avoid any sharp angles use the spoolie end of the product to groom through your brows to finish.

##### Long Term: Mini Liquid-Lift

Consider a liquid lift with fillers like Voluma, Juvederm, Restylane or Radiesse. It's done in a flash and gives you restored volume, less fine lines, and lift. Our physicians can customize this treatment based on the natural state of your brow as well as how much lift you're looking for. If your brows seem to have fallen and you want more sustainable definition, search no further.

protection.

**AHA/BHA CLEANSER**  
**SALE PRICE: \$36!**

(sale ends 5/31/14)



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## Mother's Day Gift Card FREE Gift with Purchase

Purchase THE perfect Mother's Day gift this year... a Skin Rejuvenation Clinic gift card, available in any dollar amount. Mom can use it on a facial, chemical peel... or can put it toward skin care products or a more heavy-hitting cosmetic procedure like Botox or a dermal filler!

Our gift cards come in an attractive gold box with satin bow. **BONUS BUY**... if you purchase a gift card of \$100 or more now through Mother's Day, receive an Obagi travel cleanser and toner... a \$26 value to add to the gift or to use yourself!

## Be Your Own Iconic Image

*Features & Promotions*



### 60's and Beyond: Raquel Welch

At 73, Raquel Welch proves there are no "rules" in the aging process. Inspired by her radiant and youthful appearance our, INJECTABLE FACELIFT provides a multi-faceted natural enhancement without the risk of looking overdone and tight. This procedure is ideal to have done 1 month before an event where you wish to look your best. Book a free consultation this month to get a quote on our INJECTABLE FACELIFT, customized to your budget and desired look. **PROMOTION: Invest in a Injectable Facelift (\$1500+) by 6/30/14 and receive a complimentary customized premium chemical peel (\$150 value) to be used at a later date!**



### 50's: Julianne Moore

Aging should look effortless and Julianne Moore, 53, is a picture-perfect example. Ms. Moore's skin texture and tautness is our inspiration for this month's feature targeting those enjoying life in their 50s, ULTHERAPY. This non-surgical facelift is a "one-and-done" way to naturally lift, tone and

tighten skin. **PROMOTION: Invest in an Ultherapy treatment (\$1500+) by 6/30/14 and receive a customized premium chemical peel (\$150 value) to be used at a later date!**



#### 40's: Halle Berry

The poster child for pristine skin for nearly two decades now, Halle Berry's glow is coveted by many. Although we don't know the secret to her flawless skin, we do know that in our 40's many of us start to notice a loss in facial volume. This could be sunken cheeks, under eye area, lips or in the lines around the eyes and mouth. INJECTABLES are a very popular and safe way to restore your face's volume, smoothing fine lines and wrinkles, creating a natural looking, refreshed appearance.

**PROMOTION: Receive \$50 off any Dysport service of 50 Units or more through 5/31/14. Not valid with any other offer or discount. See "Other Offers" below for more ways to save on injectables!**



#### 20's & 30's: Kate Hudson

In our 20's and 30's, we hold the key to keeping our natural skin's beauty for as long as possible... it's called preventative maintenance. The more cosmetic maintenance you do in these 2 decades, the less you will need down the road. Just ask Kate Hudson. Inspired by her uncomplicated beauty, the NEW SkinMedica AHA/BHA Cleanser is

the perfect foray into long-term skin maintenance. With exfoliating acids, the AHA/BHA cleanser does more than just clean, it helps improve texture and preps your skin for the penetration of other skin care products! **PROMOTION: Get 20% OFF the new AHA/BHA Cleanser through 5/30/14. SALE PRICE: just \$36!**

#### Other Offers:

1) \$50 rebate off one vial of Sculptra, a \$100 rebate off 2 vials. Expires 6/30/14.

2) \$75 manufacturer's rebate off one syringe of Juvederm XC (while supplies last). Patients that have not received Juvederm at our clinic within the past 2 years will be eligible for the rebate. There is a Refer-a-Friend component to this rebate that allows participants to refer up to 5 of their friends to our clinic for the \$75 instant rebate (To be eligible, friends must be first time Juvederm patients at our clinic.) Expires: 5/31/14



## The 411 on Free Radicals

Free Radicals, in the simplest of terms, are very unstable scavengers. They can be found in external elements like pollution and sunlight, as well as internal stressors like smoking and alcohol. What they are searching for; your healthy cells and proteins to help stabilize them. When you see an apple turning brown, or iron beginning to rust, that's the result of free radicals. So how does that translate to skin damage? Free radicals are constantly damaging our cells and the proteins that accompany them, which reads as a breakdown in the production of collagen. Also, free radical damage comes easily in the form of sun exposure; read hyperpigmentation and more wrinkles.

Antioxidants are our own "little warriors" that fight free

## This Works: Antioxidants

*Why and how you're missing an essential step in your morning skincare routine.*



By Emily Oster, Retail Sales Manager



To say that antioxidants have been a hot topic in the past few years would be a glaring understatement. In the world of health, nutrition, and skincare, anti-oxidants have been introduced to us as a way to ward off disease, increase our energy, and even "reverse the aging process". While they may not be a one stop shop for all of our maladies, they certainly do some incredible things for your skin.

Introducing an antioxidant product in your morning skincare routine is an easy way to start correcting and preventing everyday damage. Some of the most effective antioxidants are in the forms of Vitamin C, Vitamin E, and Beta Carotene.

Below we've rounded up some of our favorite products which include antioxidants for all different skin types. Combined with a daily SPF (higher than what is in your makeup, please!) you will be fully protected and on the path to seeing healthier and more radiant skin:

**For the Minimalist:** Colorescience Sunforgettable Facial Mist - \$35.00

If you can only muster the bare minimum in the morning then this anti-oxidant mist is a daytime staple. Super-fast and easy to apply, our Sunforgettable mist is filled with Vitamin E to both protect your skin from damage and soothe sun exposure - not to mention it's addictive botanical scent.

**For the Texture Perfector:** SkinMedica Vitamin C & E complex - \$99.00

A crème de la crème product for those looking for smooth supple skin, Vitamin C & E complex has the texture of woven silk. It's stabilized C & E levels are packed into a time release formula that will keep you protected the entire day. With such a flawless finish this product is a perfect pre-makeup and will improve tone and texture.

**For the Glow-Getter:** iS Clinical Pro-Heal serum - \$135.00

This serum should be on permanent retainer for anyone in search of an effortless glow. In 6 to 8 drops Pro-Heal serum delivers 15% vitamin C, Vitamins E & A, and olive leaf extract. The result is a perfect hybrid of protection and relief from skin irritation like redness or acne. This nourishing treatment will keep free radicals at bay and restore skin's natural radiance.

**For the Multi-Tasker:** SkinMedica Rejuvenative Moisturizer - \$54.00

If you want your skincare products to be beyond purposeful, then consider Rejuvenative Moisturizer your new personal assistant in the morning. It mixes Vitamin C & E with both hyaluronic acid and a soluble retinol. That means major moisture and refined texture, in addition to damage protection. All it needs to do now is your dishes.

radicals. Introducing an antioxidant product in your morning skincare routine is an easy way to start correcting and preventing everyday damage. Some of the most effective antioxidants are in the forms of Vitamin C, Vitamin E, and Beta Carotene. Below we've rounded up some of our favorite products for all different skin types. Combined with a daily SPF (higher than what is in your makeup, please!) you will be fully protected and on the path to seeing healthier and more radiant skin.

See story to the left for specific product recommendations!

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## Staff "Must-Have-of-the-Month"



**My Name:**

Kristi Langemo

**My Role:**

Practice Manager

**My Must-Have Product:**

## Our Ultherapy Service Featured in this Month's Issue of Mpls St. Paul Magazine

Ultherapy®  
SEE THE BEAUTY OF SOUND™

Mpls St. Paul Magazine Beauty Editor, Elizabeth Dehn, wanted to "battle her wattle." Neck wattle that is. So recently she underwent an Ultherapy service at Skin Rejuvenation Clinic. She wrote about it in an article featuring in the current issue of the magazine, on newsstands now.

Ultherapy is the popular non-surgical method of "lifting" necks, jowls and faces without plastic surgery. Ultherapy is a "one-and-done" procedure, providing long-lasting results.

To read the Msp Mag article or to visit Elizabeth's beauty blog, **Beauty Bets**, click the links below.



Elizabeth Dehn

[MSP MAG ARTICLE](#)

[BEAUTY BETS \(ELIZABETH DEHN'S BLOG\)](#)

El Título de la Promoción

AHA-BHA Exfoliating  
Cleanser

### **Why This Product is a Must-Have for Me:**

*"I am all about products that multi-task, that way I feel like I'm getting more for my money and bonus... saving time during my skin care regimen! I started using this cleanser last month and already am noticing an improvement in skin texture. Using it with my Clarisonic PRO, my skin has never felt better."*

**SALE PRICE: \$36 + tax**

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### **LIKE US on Facebook for Exclusive Offers and Cosmetic News**

If our clinic doesn't show up on your Facebook newsfeed **LIKE US** right now to get in on updates, news and offers that can only be accessed by our Facebook friends.

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### **Suggestions to Help us Improve our Service or Other Comments?**

Click [HERE](#) to let us know. We value your feedback very much!

The Skin Rejuvenation Clinic formula for radiant skin lies within GRASP.

**G** **GROWTH FACTORS**  
Critical for skin repair and remodeling

**R** **RETINIODS**  
Exfoliates to reveal more even texture

**A** **ANTIOXIDANTS**  
Defends skin tissue against free-radical and environment damage

**S** **SPECIALTY PRODUCTS**  
Treatment products for all skin types and for each person's unique needs and concerns

**P** **PROTECTION**  
Protect your skin from harmful UVA and UVB rays and protect your skin care investment, as well

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