

Get Ready for the Sun!



We had a fabulous spring weather preview. So, we know it's time to get serious about sun protection for more great weather coming this summer. Read our newsletter for tips on how you can get ready for the sun and look your best...

As always, enjoy the nice weather and sunshine, but be smart—stay in the shade as much as possible. Wear a UV protecting hat and a broad spectrum zinc oxide containing sun block.

—Michelle B. Vessely, M.D.



NEW FOR SPRING

The Power of Greens Gift Box

Finally! All your favourite Greens products in one fabulous gift box. A beautiful handcrafted wooden gift box that includes the following travel sized products:

- Refreshing Lemon Cleanser
- Re-Energizing Almond and Mineral Scrub
- Revitalizing 8 Greens Masque
- Thirst quenching 8 Greens Whip Moisturizer
- Uplifting 8 Greens Youth Serum (Full retail size!)

In this issue:

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- Find out about our new line of UV protection hats *page 2*
- Read about how to undo sun damage *page 2*
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- Learn how to recognize signs of skin cancer *page 3*
- See our "Sun Survival Kit" special *page 4*

Like Mother, Like Daughter

GET YOUTHFUL LOOKING
SKIN AT THE VESSELY CENTER.



SKIN CARE TIPS TO IMPROVE THE APPEARANCE OF SUN DAMAGED SKIN



Number one, of course, is to prevent further damage by the use of sun block, hats, and avoidance of the sun at peak UV exposure times. And the rest of this discussion assumes that you have no evidence of an actual skin cancer. If that is the case, we may concentrate on improving the appearance of the skin. Number two

is to maintain a good skin care routine: sunblock, cleanser, moisturizer, exfoliant, and finally use a topical antioxidant such as Vitamin C serum, Vitamin C+E, CE Ferulic, or PreVage™. Then the options need to be customized to the patient and his or her preferences. Resurfacing is a fantastic way to remove sun spots, wrinkles and soften the often thick and leathery feel that is commonly seen with severe sun damage. Photodynamic Therapy (PDT) combines IPL with Blu-U and Levulan. This treatment targets red and brown skin changes caused by chronic UV damage. Improvement in pore size and skin texture is often noted as well. PDT with Blu-U and Levulan is an FDA-approved treatment for actinic keratoses, precancerous skin lesion. For less severe cases, a series of IPL treatments may be all that is needed to freshen and improve the skin's appearance. Consider a consultation with Dr. Vessely to find out what would be the best choice for your skin.

INTRODUCING PHYSICIAN ENDORSED UPF 50 SUN HATS



For our educated, skin conscious consumer who believes sun protection and style are equally important, we now carry a wide selection of the latest collection in resort wear, sun protective hats. Physician Endorsed offers exotic designs, colors and styles that truly do protect wearers from harmful UVA and UVB rays.

Our 2005 line springs off with signature items (including the Diva, St. Tropez, Martinique, Bimini, Safari, etc). We carry 30 different styles in our office, come in and marry a hat to your latest aesthetic treatment.

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See our "Sun Survival Kits" article on page 4. Save 20%!



EXTENDED PRODUCT LINE

Now offering some additional products with Skin Ceuticals, for exceptionally dry skin and high altitude climates we have Emollience, formulated with an exclusive selection of natural extracts and oils, this rich and restorative moisturizer is perfect for use on dry and or sensitive skin. Three nutrient-rich brazilian sea algae nourish and hydrate the skin, while grape seed, rose hip, and macadamia oils restore and maintain moisture.

Renew Overnight Oily

Ideal for combination or oily skin, this nighttime skin-refining moisturizer diminishes the appearance of fine lines and wrinkles by hydrating and exfoliating the skin. Special extracts help replenish moisture, while a 10% hydroxyl acid blend gently exfoliates to help restore a healthy, radiant complexion. Added orange oil helps clear acneic, congested skin.

Renew Overnight Dry

Ideal for normal or dry skin, this nighttime skin refining moisturizer contains a 10% hydroxyl acid blend to gently exfoliate the skin for a healthier appearance, formulated with extracts of aloe, chamomile, evening primrose oil, and comfrey. Renew overnight dry helps to restore a radiant complexion and diminish the appearance of fine lines, wrinkles and other sings of premature aging.

EARLY SIGNS OF SKIN CANCER



Although an annual skin evaluation by your general dermatologist is the best way to detect skin cancer, you can help by regularly inspecting your own skin. Note the size, color, location of any moles. Signs to watch for would include rapid growth, irregular borders, irregular pigmentation, and ulceration. Other skin changes that should trigger an evaluation

by your doctor include nonhealing lesions, scaling or scabbed areas that don't heal or do heal but recur quickly, and new "bumps" or raised lesions. As with any other type of malignancy, it is much easier to treat and cure when the lesion is detected early. Prevention is certainly important, but much of the damage we see now was earned many years ago. So, even if you are good about sunblock and skin protection now, you still have the risk of developing a skin cancer. Avoidance of UV rays and monitoring your skin are the key to reducing your risk of skin cancer.

CE FERULIC



CE Ferulic is a revolutionary topical antioxidant combination that provides unprecedented 8-times the skin's natural photoaging protection culminating more than 10 years research and testing. This latest antioxidant breakthrough contains the original potent formulation of 15% pure l-ascorbic acid and 1% alpha tocopherol. However, the addition of ferulic acid, a plant-based antioxidant, has transformed the formula, doubling performance of the already powerful combination. This synergistic formulation provides unmatched protection against UV induced erythema, free radical formation, and cellular damage that results

in premature skin aging. Daily application of this cutting edge serum, along with the use of a broad spectrum sunblock, offers ultimate protection from UV light and associated skin damage.

OUR LASER & AESTHETIC SERVICES

- ❖ THERMAGE® TREATMENT
- ❖ BOTOX® COSMETIC
- ❖ SKIN RESURFACING
- ❖ INTENSE PULSED LIGHT
- ❖ RESTYLANE
- ❖ COOLTOUCH
- ❖ BLU-U
- ❖ AESTHETIC SERVICES
- ❖ LASER HAIR REMOVAL
- ❖ LASER TATTOO REMOVAL
- ❖ LEG VEIN TREATMENT



Renew Your Beauty.

Questions about which services are right for you? Call for your complimentary consultation with Michelle B. Vessely, M.D. 503.692.1190



Michelle B. Vessely, M.D.