

About Face

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Facial Plastic & Cosmetic Surgery Center

Spaderma

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Pumping Up the Volume

What happened here? I often hear from my patients as they are pointing to the area around their mouth. As we age, we lose both volume and elasticity in all areas of the face. Common results of this are sunken cheeks, hollow looking eyes and thinner lips. Many times people do not realize how much the loss of volume can add to the appearance of aging. There are surgical procedures available to restore volume such as facial implants. However, in today's market there are very



good injectables available that will last months to years.

Restylane® and Radiesse® addresses plumping the lips, around the mouth and other areas of the lower face. Restylane® is an injectable filler which can improve the appearance of deep facial wrinkles, folds, lines, and acne scars, enhance the lips, and contour facial features like the chin and cheeks. Restylane® is made of hyaluronic acid, a natural substance found in all species which is highly attracted to water and has the ability to bind to it. The results are very natural and long-lasting, with the effect remaining for six months or longer.

There is also Sculptra® which addresses loss volume in the cheeks and around the mouth. This material can last for up to 2 years. Multiple injections are necessary.

Newest to the market is Perlane®, an injectable cosmetic dermal filler that has been used to soften wrinkles and facial folds of patients. It is also a popular filler for lip augmentation, facial depressions, and facial scarring.

For more information about any of the above mentioned injectable fillers, visit our web site at www.anaturalyou.com or call us for more information.

RX for Sun Damaged Skin

Many of us have enjoyed our summer activities outside in the St. Louis sunshine. But that sun really wreaks havoc on our skin, especially on our faces. To combat the effects of photo-aging, the Medical Estheticians at Spaderma have a terrific array of treatment options available to help you.

To prevent further sun damage, Dr. Simo's staff recommends the use of an antioxidant, such as SkinCeutical's CE Ferulic, under your sunscreen. CE Ferulic provides 8 times the skin's natural photo-aging protection. It has been researched and tested for more than 8 years. The latest research on this product even showed a 96% reduction of sunburn cells in UV irradiated skin!

Our medical estheticians also recommend the use of Hydroquinone for a period of 90 days to help reduce brown spots and other pigmentation caused by the sun. This product must always be used in conjunction with a sunscreen.

For more advanced sun damage, our Sciton Laser can begin the skin repair process using Micro Laser Peels or Broad Band Light treatments. If you are bothered by your facial skin texture and/or fine lines, a complimentary laser consultation with a Medical Esthetician can help you to determine if this is the correct option for you.



And don't forget the sunscreen! Just because summer has ended doesn't mean that you don't need sunscreen every day. You are exposed to the sun year-round, even when you can't see it hiding behind the clouds. Dr. Simo and Spaderma advise patients to wear a sunscreen of at least a 30 SPF every day of every season—it's a must!

SPA TREATMENTS AT HOME

Our Medical Estheticians have a couple of great suggestions for products that let you look and feel like you just had a spa treatment, even when you're at home. Try PCA's Purifying Mask as a detox for your face. You can also use this product as a weekly body-smoothing treatment, especially on dry elbows and knees.



Lips need TLC, too, and Peptide Lip Therapy is a wonderful product to reduce peeling, improve hydration and dramatically reduce lip lines. You'll love what this product does for your lips.

Call now to get started on these effective home treatments. Our Medical Estheticians will be glad to answer all your questions. Treat yourself today! 314.743.4000

Are Men More Thick-Skinned Than Women?

Although the basic structure of men's skin is the same as that of women's, the differences in hormone function between the sexes consequently result in skin variances. Testosterone levels are directly related to the more active sebaceous and sweat glands that are responsible for men's oilier skin. Younger men have thicker skin with increased collagen and elastin content, but as they age and testosterone levels drop, the skin strength begins to show signs of aging—just like women's skin does. Fine lines and wrinkles



appear over the years, making cosmetics that help strengthen and protect the skin increasingly important to today's man. We offer a men's skin care line that includes a Facial Wash, Body Cleanser, a Line and Pore Minimizer and a Calming Hydrator with SPF 25. This line is perfect for addressing the needs of men's skin at any age. Call today for a complimentary consultation and samples 314.743.4000.

REDNESS HAS MET ITS MATCH

Spaderma is pleased to introduce the new Anti-Redness Serum by PCA Skin. This clinically proven corrective serum controls persistent flushing in sensitive or rosacea-prone skin, as well as redness caused by inflammation from over-exposure to UV rays. Anti-Redness Serum helps to minimize irritation and maximize skin function. Call today for an appointment to find out how this product can help you. 314.743.4000



Kick Off Your Fall & Winter Skin Care with a Pumpkin Peel



The Pumpkin Peel has simultaneous actions: it exfoliates and draws impurities out of the skin while introducing vitamins, enzymes and nutrients into the skin. The skin will be glowing and extremely healthy-looking following the treatment. Call today to schedule your Pumpkin

Fall Into a Great Skin Care Routine

The crisp, cooler weather of autumn is just around the corner—is your skin ready for it? Our primary goal at Spaderma is helping our patients achieve and maintain skin health, and we pride ourselves on being among the leaders in the field. We offer the best in skin-care products and services, and our wonderful medical estheticians are here to provide one-on-one assistance. Now is a perfect time to set up a skin care evaluation to learn how to repair any summer damage and fine tune your skin care program for fall. Call us at 314-743-4000 to book your appointment today.

Acne Rescue for Your Teen

If your teen is having issues with acne and you are having difficulty teaching them how to take care of their skin, why not schedule a complimentary consultation with one of our Medical Estheticians? Parents are invited, too!

Jane, an esthetician with 25 years of experience recently shared her exasperation over dealing with her daughter's acne. "My daughter thinks she knows more about acne than I do, and she wasn't happy with my advice. I brought her to meet with a professional from Spaderma for a consultation. She now washes her face with the appropriate cleanser and religiously follows the skin care routine prescribed by Mindy. Let Spaderma take the headache away from you and your teenager. I did and it was time well spent!" We couldn't agree more! Call 314-743-4000 to set your teen up for a consultation at Spaderma today.



Buyer Beware by Dr. Simo

Beware of Procedures that Over-Promise and Under-Deliver

Do you feel that every time you watch television or pick up a magazine that there is another advertisement for a new “miracle” procedure to replace a facelift? Well, my patients are talking and they feel this way.

Beware of these procedures, as some can be damaging, while others are expensive and do not provide results.

Studies are showing that most surgeons who are performing the procedure are ending up performing mini-facelifts one year later to make the patients happier with the original results. A procedure needs to have some proven efficacy and lasting results with a safety history before I would use it on patients.

One procedure touting its ability to tighten and lift the skin in the forehead/eyebrow area is being advertised. The technology utilizes high frequency radio wave energy that passes through the skin, creating heat in the collagen and deeper skin layers. This may cause temporary contracting or tightening. It is still unclear how safe the procedure is and how

many sessions are necessary to see any benefit, and its expensive. Eighty percent of physicians who were included in a scientific survey said they were disappointed with the results, while more than 60% stated it was not worth the time and monetary investment.

The most controversial procedure today being touted is the Lifestyle Lift®, the Lunch Time Lift, One Hour Lift, etc. I am a firm believer in doing what is proven, what is effective and what works. Many of these so called procedures cut corners and do far less for the patient than a traditional facelift. The scars are often much more noticeable and they do very little improvement in the neck area.

We offer a mini-facelift for our patients that do not need a traditional facelift but more of a refreshing look or a touch up procedure. This proves results, no noticeable scarring and minimal downtime. Make sure you go to a reputable surgeon. Beware of the hoopla and remember...this is your face!

New Products & Colors for Fall with Jane Iredale Cosmetics



Introducing Jane Iredale Cosmetic’s fantastic new collection; “with love, from me to you”. The collection is composed of five great products including sugar and butter lip duo, copper liquid eye liner, plum plus cream-to-powder eyeliner, in-touch cream stick blush, and sunbeam—24k Gold Bronzer. Ask to sample these must have fall and winter products. Call today for an appointment. 314.743.4000

New Financing Available for Surgery, Laser Services and Injectables

We now offer CareCredit, the leader in patient financing, to make it easier for our patients to get the cosmetic enhancements they want—when they want them. CareCredit has a payment plan for everyone. Depending upon your procedure, service or injectable filler, you can conveniently pay over time with a No Interest if paid within the promotional period or Low Interest Payment Plan that fits comfortably into your lifestyle and budget.

We offer two types of plans: 3 Month No Interest If Paid Within 3 Months or 48 Month Low Interest Plan

With CareCredit You Can:

- Get the cosmetic or reconstructive procedure, injectable fillers and laser services you want when you want them.
- Pay over time with low minimum monthly payments
- Have a financial resource for additional procedures without having to reapply.
- Pay No Annual Fees.

For more information, you may contact our office at 314-743-4000 or

info@anaturalyou.com or visit CareCredit www.carecredit.comwwwcosmetic/procedure



It's A Boy!



On Tuesday, August 14th, one of our estheticians, Mindy, became a new mom! Mindy, and her husband, Mark, became the proud parents of Mason James, who entered the world weighing 8 pounds, 8 ounces and measuring 21 ½ inches long. Mason has a very excited big sister, Alex, who loves helping to take care of him. He is adorable, as you can see for yourself! We're guessing Mason has the healthiest skin of any newborn in St. Louis! Congratulations Mindy and welcome back!

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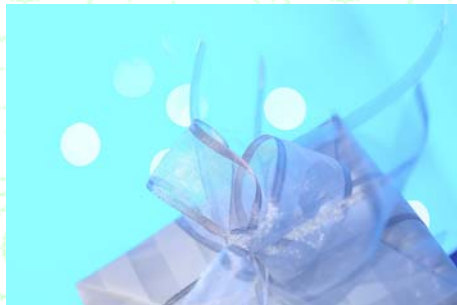
Don't Forget to Give the Gift of Great Skin for the Holidays!

Let us do your holiday shopping for you! Bring in your list or call us with your list and let us take care of your gift giving. Why not give the one you love the gift of great skin? We offer gift cards for all services in the medical spa, Spaderma and at Facial Plastic and Cosmetic Surgery Center including surgery, Botox and Injectable Fillers.

We will also customize a product gift box for that special someone. Do you ever get a gift card from a place you would never visit? Let us know who to send that reminder to about getting you what you want.

Call us Today and we will take care of the rest. 314.743.4000
We will even deliver your gifts at no charge*!

*within the St. Louis area.



Enter a Chance to Win Free Botox & Products

Send us the name of three of your friends that would enjoy reading our newsletters and your name will be automatically entered for a chance to win free Botox and skin care products.

You may email their names to us at info@anaturalyou.com or fax them to us at 314.743.8055 or send them through regular mail.

The drawings will take place during the month of December, so get your names in so you will have a chance to win!

If you have entered before, your name will be reentered into the drawing.