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**E-Newsletter of Skin Rejuvenation Clinic | Edina, MN**  
**March 2013 edition**

**Product Spotlight:**

**LYTERA by SkinMedica**

LYTERA is a non-Hydroquinone, paraben-free skin brightening product that minimizes the appearance of skin discoloration and dark spots, suitable for all skin types. When used as part of a daily regimen, LYTERA will truly enhance your skin's luminosity, revealing a more radiant you. Results can be seen in as little as 4 weeks with continued improvement over time.

**Price: \$125**



Check out our March promotions just below this month's feature article!



## Simple Tips to Attaining Gorgeous Skin

By Lori Hartzler, Aesthetician



There was interesting article recently posted on oprah.com titled "[6 Things Women with Gorgeous Skin do Every Day](#)" and it got me thinking about the steps we take to achieve good skin. Being an aesthetician, people ask me all the time "what do you do for your skin?" which ultimately leads to a discussion about what they are (or aren't) doing for their skin. I don't think everyone has to break the bank on their skin care rituals. Often times, most people are just missing

is a basic step. Borrowing the idea from Oprah, here is my spin on attaining gorgeous skin:

**TIP 1: If your cleanser and toner are the most expensive skin care products in your medicine cabinet, we have a problem.**

Yes, it's important to gently cleanse your face, being careful not to use a cleanser that strips your skin. We tend to want to over-cleanse using intense cleansers, when most of us just need a simple gentle cleanser. Whatever cleanser you choose, the bottom line is that you should not be spending your skin care budget on the basics. Use a good cleanser but spend the bulk of

your beauty budget on other products (see below tips for suggestions). For balanced skin, I recommend iS Clinical Cream Cleanser which does not require a toner to follow. \$48.

**TIP 2: Use a Vitamin C or product rich in anti-oxidants in the morning.**

Our skin, the largest organ of the human body, needs nourishment. Feed it each morning with a product rich in anti-oxidants and other nutrients. Consider it breakfast for your skin. Vitamin C can not only provide antioxidant protection but can reduce the appearance of fine lines and wrinkles, increase collagen production and provide UV photo protection. I like iS Clinical's Super Serum (\$140) or SkinMedica's Vitamin C + E Complex (\$95).



**TIP 3: Nightly exfoliation is vital.**

Exfoliating your skin on a regular basis will do two important things. First, it sheds the stratum corneum which is the build-up of dead skin cells that makes up the outer most layer of the skin. This leaves your skin looking smoother and softer, making make-up application a snap and giving a fresh, more youthful appearance. Secondly, by exfoliating regularly, any skin care product you apply afterward is absorbed deeper into your skin, providing better results in the long run. So whether it's a nourishing Vitamin C, anti-aging serum or other product, it will effectively penetrate your skin, rather than just sit at the surface. I recommend exfoliating using a Retinol which is a form of chemical exfoliation. SkinMedica Tri-Retinol Complex is a personal favorite which is not over-priced at \$55. Monthly microdermabrasion or chemical peels are a great way to mechanically exfoliate your skin which is also important (and you can relax at the same time!) Our 30-minute express microdermabrasion treatments are just \$60!



**TIP 4: Protect your investment with sunscreen**

Sunscreen, sunscreen, sunscreen. We can't say it enough. Apply sunscreen each morning as part of your skin care routine! If you don't wear sunscreen daily (and reapply regularly on days when you anticipate perspiring!) your skin will age faster and look less radiant than the skin of your peers who use sunscreen. It's that simple. With so many great bronzers and self-tanners on the market you don't have to sacrifice a golden glow for skin health... you can have the best of both worlds. We carry a host of fabulous sunscreens at our clinic (too many to list). Stop in to meet with a skin care expert to see which is right for your skin type! One I recommend everyone carry in their purse year-round is Colorescience Sunforgettable brush pigmented sunscreen at \$50. Oprah's article featured [this product](#) which is excellent for reapplication during the day because it's a loose powder... after all, I don't know anybody who likes to add creamy sunscreen over

***Employee Must-Have-of-the-Month***



**Employee:**  
Dr. Ann Marshall

**Age:**  
Will be 43 this month!

**Product I Can't Live Without:**  
iS Clinical Youth Eye Complex

**What I Like About It:**  
The Youth Eye Complex has a really nice texture. It goes on smooth and I like how it hydrates my eye area without being too overpowering.

**More About This Product:**  
This product uses "intelligent proteins" to combat the signs of aging at a cellular level. Powerful peptides, key growth factors, and antioxidants rapidly reduce wrinkles, puffiness, and dark circles and keep the skin hydrated and smooth.

**Regular Price:**  
\$95

**Receive ANY injectable service in March and get the Youth Eye Complex and/or the Youth Complex at 20% OFF!**

their make-up applications!  
This brush sunscreen is perfect for golfers, tourists and those who want to avoid shine when they reapply their sunscreen.



If you want a glow built right INTO your sunscreen you must try [Revision Skincare's Intellishade SPF 45](#). It's a fantastic sunscreen that leaves you with a dewy finish and for oilier skin, we also carry it in a matte finish. It's just \$48.



## March Specials

### Book One of our Spring Cosmetic "Staycation" Packages!

You don't need to fly to Bora Bora to feel rejuvenated and refreshed. Whether or not you are off to MSP airport this spring break, we encourage you to book one of our fabulous three Cosmetic "Staycation" Packages that will prep your face and body for warmer weather and provide you with a little "me time" this season.

#### **Fiji Package:**

Buy a Package of 3 St. Bart's Treatments (SkinTyte + BBL) for the Face and Receive a FREE package of 3 St. Bart's for either the hands, neck or décolleté. A savings of \$1200!

St. Bart's Photorejuvenation treatments are a no-downtime way to tactically improve skin's pigment, elasticity, texture and tone all in one treatment. Tighten up, tone up and clear away unwanted pigment from sun damage with a package of St. Bart's!

*-Treatments must be purchased by 3/31/13. Not to be combined with any other discount, offer, certificate or sale.*

#### **Cabo Package:**

Buy a Laser Hair Removal Package of 6 Treatments PLUS Get a Second Package of 6 (of equal or lesser value) FREE!

Be well on your way to a smooth, pool-ready body by starting on a laser hair removal package this month! Using a Sciton laser, one of our skilled aestheticians is able to target the melanin in your hair, heating it and destroying it in its active growth phase. Most popular areas include bikini, underarm, back, legs, arms, upper lip and chin!

*-Treatments must be purchased by 3/31/13. Not to be combined with any other discount, offer, certificate or sale.*

#### **Palm Springs Package:**

"Buff & Brighten" is Back! Buy a Package of 4 Buff & Brighten Treatments, Get 2 FREE! A savings of \$198! Gentle enough for all skin types and will keep you looking luminous all summer long! This package will allow you to do a Buff & Brighten treatment every month from March through the end of August! Keep your skin at it's peak during wedding, reunion and summer clothing

### *Thank You!*

Thank you to all of those who turned out for our 3rd Annual Red Carpet Ready Sale and Open House February 21st!

The event was a hit and we had the biggest crowd ever at one of our events.

This red carpet Oscar party has become the highlight of our work year and we are so happy to share it so many friends and long-time patients. We also want to show our appreciation to the many NEW faces that we met during the event. We hope you enjoyed your first visit and hope to you see back again in the near future.

Due to the private nature of our practice, we will not be publicly announcing the winners of the cosmetic services and products, however we can confirm that all 8 winners have been contacted! We were elated to be able to give away over \$3600 in free services and products to lucky winners!

Thank you to our event sponsors: Zeltiq (CoolSculpting), Allergan, iS Clinical and Sciton.

We look forward to seeing you next year. Below you find

season. Our custom Buff & Brighten treatment is a 45-minute service that includes: a thorough cleanse, your choice of a dermaplane or express microdermabrasion to exfoliate, a lactic peel which will tighten and improve clarity, color and skin texture, and finally a GentleWaves LED treatment to improve pore size. We will send you out the door with just a kiss of our ColoRescience Pro Illuminating Serum.  
 -Not to be combined with any other offer, discount or certificate.  
 Package must be purchased by 3/31/13.

**\$55 Fire & Ice Facial Fridays!**

Pre-Pay just \$55 for a 30-min. Fire & Ice Facial to Take Place on any Friday in March!  
 This express facial by iS Clinical is designed to rapidly and safely resurface the skin, reducing fine lines, smoothing, softening and encouraging cellular renewal with no downtime. It consists of 2 therapeutic masques. The active intensive resurfacing masque is the "fire" component of the treatment evoking aromas of warm cinnamon spice with glycolic and citric acid and Vitamin A (retinol). The next rejuvenating peppermint masque is the "ice" step which hydrates, cools and soothes with hyaluronic acid, massaged in with special cooling globes.  
 -Friday availability only a first come/first serve basis. To receive \$55 price, treatments must be pre-paid at the time of booking and that amount is non-refundable if appointment is cancelled within 24 hours or if patient does not show up for their schedule appointment.

**Product Sale:**

Have any injectable service done in March and get 20% off the iS Clinical Youth Complex or iS Clinical Youth Eye Complex!  
 Sale Prices: Youth Complex: \$118.40 + tax | Youth Eye Complex: \$76 + tax

**Like Us on Facebook in March and be Entered to Win!**

"Like Us" on Facebook in March and you will be entered to win a \$200 gift card for services! If you already liked us prior to 3/1/13 you will be automatically entered into a drawing to win a \$120 gift card for services, as our way of saying thank you for the Facebook LOVE!

a collage of staff photos from the event!

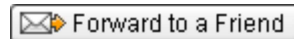
Thank you again for making our event special!

-Dr. Mark and Dr. Beth Hagberg, Owners



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Improve our Service or  
Other Comments?*

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We value your feedback very  
much!

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“  
Designer handbags are nice,  
but I tell each of my clients  
that radiant skin  
is truly their most  
important accessory.”

Amy Lindquist, Fashion & Image Consultant  
(actual client of Skin Rejuvenation Clinic)

**Skin**  
REJUVENATION  
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