

The Skinny Minute

Premier's Health & Beauty News

SEPTEMBER/OCTOBER 2010

**Group Discounts
Available for Medical
Weight Loss with
Steve Fabrizio, MD**

SEPTEMBER SPECIALS

SkinCeuticals Cleansers & Toners	20% OFF
Any Single Laser Hair Removal Package of 6 Treatments	50% OFF
ProThera CoQ10 Vitamins	20% OFF

OCTOBER SPECIALS

SkinCeuticals Correct Products for Aging Skin	20% OFF
Purchase Skin Brightening Masque Series of 6 Treatments, Get Pigment Regulator	FREE
Buy a 4 Pack of B12 Lipotropic Injections, Get 1 Injection	FREE



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Breakthrough Skin Treatment

Our amazing, new SkinCeuticals Pigment Balancing Masque lightens and reduces existing hyperpig-



mentation, improves overall skin tone and protects your skin from future discoloration without the potentially harmful side-effects of bleaching agents.

In October, invest in a series of six Pigment Balancing Masque Treatments for \$625 and receive a FREE

SkinCeuticals Pigment Regulator for use in between treatments to maximize results. This is a savings of over \$85!

Ask Julie, our Licensed Esthetician, if this treatment is right for you!

Back To School Tips for Weight Loss

- ◆ Use the increase in free time wisely - Kids at school usually means more time for Mom and Dad. Schedule time to exercise and stick to it. Swing through the grocery store or produce stand regularly so fresh, healthy foods are readily available.
- ◆ Breakfast with the family - Eat breakfast with the

family. Greek yogurt, eggs, protein bars and high protein cereals are good options.

- ◆ Stock the kitchen - Keep healthy foods in plain sight on the counter. Yogurt and cheese sticks should be in a prominent place in the fridge. Sandwiches should be made with whole grain breads.

Repair Your Summer Skin:

How to Maintain a Clear Complexion for Fall

By: Julie Costa, Licensed Esthetician

Labor Day marks the end of summer and now it's time to evaluate summertime skin damage. To prepare your skin for the drying times of autumn, use the following tips:

- At the end of each day, no matter how tired you are, wash your face. Wearing makeup to bed can damage skin's texture, and removing it helps

your skin breathe during the night.

- The dry skin of fall does not need the serious summer scrubs you've used over the past few months. Switch to a gentler, softer exfoliator like SkinCeuticals Retexturing Activator. Instead of leaving skin dry and flaky, an exfoliator with glycolic acid, a moisture attracting humectant, will effectively remove dried skin cells and hydrate skin.

- Harsh scrubbing and exfoliating doesn't mean cleaner skin. Over-cleansing leads

to stripping of essential nutrients and oils from the skin. After you cleanse, your skin should feel soft and smooth -- it should never feel tight or dry.

- Between the dry air outdoors and heating indoors, the skin has few places upon where to draw hydration. Using a humidifier adds much needed moisture to the air, allowing the skin to replenish itself.

Ask me about the latest in skin care. I can help you formulate a balanced regimen of both in office treatments and home skincare products to rejuvenate your skin.



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