



TrueBeauty

Advice you can trust in today's world of beauty



I'm 50 years old and am starting to look my age. I want to look younger, but I'm not ready for cosmetic surgery. What nonsurgical options do I have?

Nonsurgical Treatments

The trend today is toward less invasive procedures, and there are more choices than ever.



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ACCORDING TO the American Society for Aesthetic Plastic Surgery, 84 percent of the 12.2 million cosmetic procedures in 2007 were nonsurgical. The trend in today's world of beauty is toward less invasive procedures, and there are more choices than ever before. Among the many options are these:

Daily skin care is essential for healthy skin, which is the first step to looking younger.

Corrective skin care treatments such as microdermabrasion and glycolic peels can minimize fine lines, soften and smooth the skin's texture, and brighten dull skin.

Botox Cosmetic® is commonly used to relax and smooth the upper face, including frown lines and crow's feet.

Dermal fillers such as Restylane® and Juvederm® are great options to restore volume in the deep creases around the mouth and add volume to thinning lips.

IPL (Intense Pulsed Light) is light-based therapy that can provide overall skin tightening and rejuvenation, diminish sunspots and reduce broken capillaries.

The field of Medical Aesthetics is growing rapidly and new treatments are being developed all the time. Seek advice from a credentialed professional to explore all your options in greater detail-you should be able to put off surgery for a while.



TrueBeauty Tip:

Think "thin to thick" when it comes to skin care products.

Apply thinner treatment serums or gels before

thicker lotions or creams for the best absorption.

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Natural Makeup



My 15-year-old daughter wants to start wearing makeup. What do you think is appropriate for young teenagers to wear today?

WHEN I WAS a teenager back in the 80s, my mother did not approve of my heavy blue eyeliner, frosted pink eye shadow and brightly colored lips. Fortunately, today's look is more natural and makeup is available in lighter, sheer formulations and unlimited color palettes.

The information in this newsletter is not intended as a substitute for professional medical, health or beauty advice, diagnosis or treatment. Consult with a credentialed professional for specific information about your personal beauty and health concerns.

I recommend that your daughter follow this simple makeup routine:

- A little concealer for blemishes
- A tinted moisturizer or mineral makeup to even out her skin tone
- A sheer neutral eye shadow and a touch of mascara
- A bit of blush for the apples of the cheeks
- Finish with a pretty lip gloss.

Make a day of shopping for makeup together and try to agree on products you can both live with.

Although leggings and skinny jeans are back in style, keep your makeup current with a natural look that can work for both you and your daughter.



Microdermabrasion is an exfoliating treatment that uses a powerful device with a stream of microscopic crystals to remove dead, damaged cells on the skin's surface. This process takes less than 30 minutes and can minimize fine lines, sunspots and smooth the skin's texture.

Microdermabrasion

What's the difference between a facial and microdermabrasion?

FACIALS ARE relaxing, deep cleansing treatments that nourish and hydrate the skin. They take from 45 to 90 minutes and usually include a little steaming, extraction of blackheads and other impurities, massage techniques and manual exfoliation.

Facials are tailored to each individual's needs and can minimize the effects of acne, aging skin and dehydration. The experience is meant to be pampering and provide instant results. Facials are recommended every 4 to 6 weeks for fresher skin or once a season for skin care maintenance.

Microdermabrasion is often followed by professional treatment products that can provide long-term benefits. A series of at least 6 treatments, scheduled about 4 weeks apart, is recommended to provide maximum results. Look for an experienced professional at a medical office or medical spa.

Treatment styles and protocols may vary, but both of these treatments can be beneficial to maintain healthy skin. Since you should expect vibrant, smoother skin after either treatment, you can't make a wrong choice.

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