

The First Step to a Smoother You

SPOTLIGHT ON: RESTYLANE®

M.D. Forté® Replenish Hydrating Cream

As skin ages, there are many unpleasant changes that can occur. It is important to know what can happen and to protect your skin from the results of age, and environmental factors. Age related changes:

- Desquamation (sloughing off dead skin cells) slows down
- Layers of nonproductive skin cells build up
- Appearance of fine lines and wrinkles is heightened
- Skin is roughened
- Skin tone becomes slack and lax

M.D. Forté® Hydrating Cream is designed to help combat these changes. The hydrator contains humectants that bind moisture with agents that strengthen and repair environmental damage. This cream super hydrates the area to instantly restore skin suppleness and smoothness, while calming and soothing vulnerable skin. Humectants naturally plump the skin, improving the skin's ability to retain water and maximize firmness. The other ingredients, Ceramides, millet extract and essential fatty acids fortify and rebuild the damaged skin. This is a good product to use after cleansing twice a day to maintain a youthful smooth appearance.

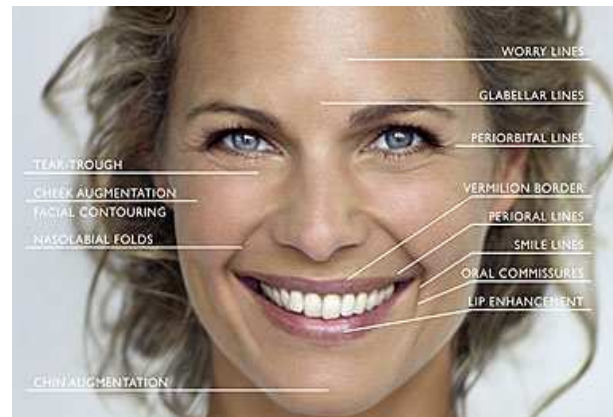
Restylane® is an injectable gel that is used to restore volume and fullness to the skin. This cosmetic dermal filler is made of non-animal based hyaluronic acid. This means there are no animal proteins which limits the risk of animal-based disease transmission or allergic reactions. The hyaluronic acid is a crystal-clear, tissue-friendly substance closely resembling the hyaluronic acid that naturally occurs in the body. It is biodegradable and fully biocompatible with the human hyaluronic acid. Millions of treatments have been done world-wide with continuous research and safety as a top company priority.

What areas can be treated?

Restylane® is FDA approved in the U. S. for facial wrinkles and nasolabial folds.

Is Restylane® safe?

Restylane® has proven to be safe, effective and long lasting. It has been used since 1996 by dermatologists and plastic surgeons world-wide. The company continues to research ways to ensure patient satisfaction and safety.



What do treatments feel like?

Restylane® is injected in tiny amounts with a very fine needle resulting in minimal discomfort. Cold compresses can be used to minimize any discomfort.

How long does Restylane last?

Studies have shown that Restylane® effects will last for approximately six months, sometimes longer. The stabilization technology allows the product to continue to maintain the cosmetic effect until the injected gel is nearly gone.

What happens after the treatment?

You may have some redness or mild swelling at the injection site





Talk to your nurse at Smooth Reflections about this product.

You may have some redness or mild swelling at the injection site. Occasionally bruising may occur and will resolve in several days.

When will I see results?

Unless there is swelling, you will see results immediately! If you are planning a special event where you want to look your absolute best, make your appointment a couple of weeks prior to the event. That will help ensure the look of a Smoother You !

ROSACEA - What is it?

This is a little known skin disorder that affects over 14 million Americans; most are not aware of the condition. This disease is not life threatening but affects personal appearance and therefore can cause psychological effects on self esteem, and ultimately social and occupational problems if untreated. Rosacea affects both sexes of mostly white skinned people of northern European descent. While it can occur in men, it is much more common in women. Onset of this condition is typically between ages 30-60. The exact cause of Rosacea is unknown but is mostly thought to be caused by heredity and environmental factors. It is often mistaken for acne or seborrhoeic dermatitis.

Signs and symptoms

Rosacea begins as erythma, which is the flushing and redness of the skin on the central portion of the face and across the cheeks and forehead. Occasionally, it also affects the neck and the chest. As time goes on, the disease progresses and more symptoms may appear. Other symptoms can include:

- facial flushing or blushing
- telangiectasia (dilation of superficial blood vessels on the face)
- domed papules (small bumps)
- red and pustules (not the same as whiteheads or blackheads)
- red gritty eyes
- burning and stinging sensations
- a red lobulated nose (rhinophyma) seen in advanced cases

What are Rosacea triggers?

Specific activities can cause an increase or onset of Rosacea symptoms. It is important that you learn what your triggers are. Here are some typical triggers.

- Hot foods or beverages
- Spicy foods
- Alcohol
- Temperature extremes
- Sunlight
- Stress, anger or embarrassment
- Strenuous exercise
- Hot baths, saunas
- Corticosteroids
- Drugs that dilate blood vessels, including some blood pressure medications

Treatments Available

While there is no specific "cure" for Rosacea, there are several treatment options available. The easiest start to any treatment plan is avoidance of the components that you have found that trigger symptoms during the early stages. Certain topical prescription medications such as methronidazole (Metrogel, Mertrocream) have been found helpful for their anti-inflammatory properties. Azelaic acid is also used to reduce redness and inflammation. Some oral antibiotics such as tetracycline or minocycline tend to work faster to relieve symptoms. Improvement typically occurs within 1-2 months but can reoccur when the medication is stopped so long term treatment plan is recommended.

The **ndYAG laser** (single wavelength) or **Intense Pulsed Light** (IPL-broad spectrum) machines can offer one of the best treatments available for rosacea, in particular for the redness of the skin. The light penetrates the **epidermis** (the upper layer of the skin) to target the capillaries in the **dermis** (the second layer of the skin). The light is absorbed by oxy-hemoglobin. When this occurs, heat causes the capillary walls to heat up to 70 °C, damaging them. Over several weeks they are absorbed by the body's natural defense mechanism. With a sufficient number of treatments, this method may even eliminate the redness altogether, though additional periodic maintenance treatments will likely be necessary to remove newly-formed capillaries.

Where do you start?

In addition to learning your triggers and avoiding them as often as possible, making basic lifestyle changes can greatly improve the symptoms of Rosacea.

- Wear sunscreen with a sun protection factor (SPF) of 15 or higher to protect your face.
- Protect your face from cold in the winter with a scarf or ski mask.
- Avoid irritating your facial skin by rubbing or touching it too much.
- Avoid facial products that contain alcohol or other skin irritants.
- When using moisturizer with a topical medication, apply the moisturizer after the medication has dried.
- Use products that are labeled noncomedogenic. These won't clog your oil and sweat gland openings (pores) as much.
- Avoid overheating.
- If you wear makeup, consider using green- or yellow-tinted pre-foundation creams and powders, because they're designed to counter skin redness.
- Avoid alcohol.
- Use non-irritating cleansers such as M.D. Forté® Hydrating Cleanser.

This Month's Special

Laser Genesis package of 5 for Collagen Rebuilding 10% Off the Package

Valid through 31 August 2008.

Special may not be combined with other discounts.

Did you know?

According to the American Society for Aesthetic Plastic Surgery, there were 1,448,716 Restlane® injections done in the U.S. in 2007.

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