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Find out the latest news from our office by joining our email list. Send your information to info@[aesthetics.com](mailto:info@aesthetics.com)

April Event Spring into a New You

We invite all of our friends to an all day savings Spring Event at Joseph's Salon and Spa on April 4th. We will have great specials on Peels, Botox™, Laser treatments and more. Joseph's Salon & Spa will be offering specials as well. Watch your mail and e-mails for an invitation and reminders. Don't forget to bring a friend, we'll see you there!

Some Specials Available:

- Buy 5 products at regular price, receive 2 MicroPeels Free (\$160 Value)
- Every purchase made receives \$50 off coupon for Botox™
- Laser Resurfacing 5 Lesions \$100 (\$250 Value)
- And many more...

The Liquid Facelift – That's right, liquid!

Did you hear us right? Yes, you did. Liquid...you say? Yes! It's called Botox™ and Dermal Filler! The right filler or combination of fillers can fill and smooth wrinkles instantly. They are injected at varying depths within and beneath the skin to immediately fill space and create a new shape. What we see is added definition to the cheekbones, plumping of the nasolabial folds and restoration of youthful volume. The lips... well that is another great area for filler that we see fabulous results. By restoring volume to the lips an instant younger appearance is achieved and the "lipstick bleed" lines disappear.

There is an actual art to injecting liquid such as Botox™ and Dermal Filler. It requires artistic vision and planning on the doctor's (or nurse's) part. Studies have shown that filler results may last longer when used in combination with Botox™. We believe that the Botox™ may help slow the breakdown of the filler due to less movement of an area. But, you need to remember is that Botox™ is not appropriate for all areas of the face.

The results usually last from 4-7 months. Maintenance as with all good things in life, is required. If you have excess skin or true sagging, surgical interventions are the only restoration to achieving a more youthful position..

Interested? We bet you are! Come and see if you are a candidate for a Liquid Facelift!

Women and Their Skin



Dr. Joseph Banis*

Certified by the
American Board of Plastic
Surgery
&
American Board of Surgery
&
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of Surgeons

As we meet so many women through Dr. Banis Aesthetic Surgery and Skin Care Solutions, we often tell women it is never too early nor too late to start caring for your skin. As women, we cannot argue the fact that we have hormonal fluctuations during the majority of our lives, but we can continue to educate ourselves about our bodies and all we can do for our skin. Even those who have beautiful skin in their teens and twenties will need to change their skin care regimen as they age. What was effective in your youth may no longer work in your thirties or forties and by the time you reach your fifties and sixties, everyone will require an intensive moisturizer routine to combat age related dryness and loss of elasticity. Hormonal influence and free radicals affect not only how our skin ages, but also how it is preserved. It is our goal that you share the education we give you with all of the women in your life!

Skin in your 20's

A good skin care regime should begin as soon as possible, including protecting your skin from the sun, which is responsible for 95% of skin damage and wrinkles later in life, let alone life-threatening skin cancers! Yikes, that is a scary number! Tanning beds are not a safe way to tan. Self tanners are the only safe tanning device. It takes just 15- 30 minutes on a tanning bed to be exposed to the equivalent amount of UV light that you would require from a day on the beach! Acne breakouts should be starting to get under control and hormonal imbalances start to meet equilibrium.

Skin Care Tips: Facial Shield SPF 20 \$29.50; Anthelios SX SPF 15 \$29.50; Micro-Exfoliating Scrub \$29.50; Eflacar K (Acne Breakout) \$19; Toleriane Foaming Cream or Purifying Cleanser \$20 - \$29.50

Skin in your 30's

The 30's is the time when many women first begin to notice the appearance of laugh lines around the eyes, relaxation lines on either side of the mouth, expression lines across the forehead, and frown lines between the eyes. Drinking plenty of water (8 glasses a day) and at least 8 hours of sleep a day are recommended—through a career, family, and car pool can make that difficult! Starting to preserve your skin and making sure that you have antioxidant protection is the key to promoting a beautiful complexion.

Skin Care Tips: Anthelios SX SPF 15 \$29.50; Vitamin C \$40 -\$100; Retinoid \$42-\$46; PreVage MD \$115; TNS Eye Cream \$70; MicroPeel/MicroPeel Plus/Jessner's Peel \$80 - \$140; Botox™/ Dermal Fillers \$275-\$550

Skin in your 40's

The 40's is the time when fine lines become deeper and peri-menopausal changes may occur such as noticeably dry or sensitive skin, larger pores, age spots and spider veins. This is a time we often see women starting to panic about the changes they are seeing in their skin. We are never sure if it is truly their skin or the stress of teenagers in the house! Adding Vitamin A and C to your skin care program is essential. Jump starting your skin with selected peels and alternating different treatments and products is also a good thing to remember in keeping your skin youthful.

Skin Care Tips: Continue from your 30's, but add CO2 Laser to smooth bumpy areas of the skin \$50+; Pigment Laser for the face, hands and chest \$125 - \$300; Laser Facials to stimulate collagen \$300 -\$1500; VersaPulse Laser to treat spider veins on the face and body \$125 - \$300



Dr. Vera van Aalst**

Certified by the American Board
of Plastic Surgery

Clinical Corner

Abbey Helton BSN, RN C,
Certified Plastic Surgery Nurse



Why have you added another line of products, and what is TNS?

Many of you have noticed a new product line in our office or have heard us talking about it – SkinMedica and their new TNS products. It stands for – Tissue Nutrient Solution and it contains growth factors that are topically applied to the skin. Nouricel MD is the name of the TNS products that actually contains a mixture of 8 to 10 different growth factors. I could name the actual growth factors for you, but besides having difficulty saying them, I am sure I would have difficulty spelling them!

I think what is most important is explaining the growth factor – Nouricel MD and what it does for the skin. It stimulates collagen production, thickens the epidermis (top layer of skin), neutralizes free radicals, and promotes new cell growth. WOW, now that is an amazing concept to be able to put that in a bottle! Our patients are experiencing an improvement of skin texture and wrinkles. Isn't

that what we all want? Now, that's why we have added this to our already great line of products. Because like we have said before ... *we don't just know science, we use it!*

What's New?

We have loved the TNS line and concept, so we are pleased to announce SkinMedica's TNS Daily Moisturizer. This is a great moisturizer to be applied after a Vitamin C and Retinoids twice a day. It rapidly restores skin's moisture, fights against environmental damage, improves firmness and resiliency and also provides unparalleled hydration and antioxidant protection. How does it do all of these things? It contains several ingredients but one of particular interest is the Nouricel MD of course. It also contains a yeast extract that offers one of the first scientifically designed, topically applied defenses against the detrimental effects of the ozone, and improves the barrier of the skin. A red Algae extract, it is also an ingredient that normalizes the skin's moisture content and has the ability to reduce free radicals associated with skin irritation. It also contains Shea Butter, a natural fatty acid glyceride, obtained from the nuts of a karate tree. As a skin softening emollient; it protects the

skin from dehydration and other climatic influences. It is a great product for normal, combination or dry skin.

We are going to continue to add water to that fountain of youth! Cost \$70.

SkinMedica™

SKIN CARE SOLUTIONS
Joseph Bavis, MD

Can't make it downtown...

Avoid the traffic and parking by having your skin care products mailed to you. Or, you can pick them up at Joseph's Salon & Spa in the East End.

LA ROCHE-POSAY
LABORATOIRE PHARMACEUTIQUE

Women and Their Skin

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Skin in your 50's to 60's

As many of us know estrogen is well known for its influence on osteoporosis and mood, but estrogen also appears to exert a strong influence on aging skin. Estrogen receptors are located in the skin and studies show that estrogen increases the activity of skin fibroblasts, cells that produce collagen. As we know, collagen is the connective tissue that adds "plumpness" to skin, giving it structure, tone and thickness. It sounds very scientific, but you know us...we love science! It helps keep moisture in the skin by insuring the production of hyaluronic acid. Looking for products rich with hyaluronic acid and the lipid form of Vitamin C will give the best moisture your skin could ask for.

Skin Care Tips: Anthelios SX SPF 15 \$29.50; Dermal Repair (Hyaluronic Acid rich, Vitamin C & E) \$100; Retinoid \$42-\$46; Prevage MD \$115; TNS Eye Cream \$70; TNS Moisturizer \$70; Micro-Exfoliating Scrub \$29.50; Hydraphase Toner \$30; Botox™/ Dermal Fillers \$275-\$550; Laser Treatments for pigment, spider veins and resurfacing \$50+

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Multi – Nutrient Formula for Surgical Patients

We have always put patient safety on the front line of Dr. Banis Plastic Surgery. We are excited to add a clinical support with a Nutritional Supplement. This will be included as part of your surgical experience at this office. It will be available starting in April for all Facial Surgeries, Liposuction and Abdominoplasty procedures.

Surgery and the stress that accompanies it cause significant increase in cellular oxidation. Our new clinical support vitamins have several beneficial antioxidants such as vitamin A, vitamin C, selenium and bioflavonoids to prevent free radical formation and minimize damage to cells during the peri-operative period.

Anesthesia and pain can substantially modify immune system function with potential impact on postoperative recovery. Zinc is a mineral that helps to facilitate chemical reactions necessary for proper functioning of the immune system, along with vitamins C and A to enhance the development of collagen and promote proper wound healing. We also have selected an anti – inflammatory supplement that aids in relieving the bruising and swelling post operatively.

The entire kit is part of your surgical course of treatment and typically started two weeks prior to surgery and for two weeks post surgical treatment as well. We believe by offering our patients this nutrient supplement we are ensuring rapid wound healing, support to the immune system, infection prevention, inflammation minimization and bruise reduction. At the same time, it excludes those nutrients such as vitamin E, which should not be taken during the peri-operative period.

We are pleased to offer this to ensure not only that you will have a great surgical outcome, but a healthy one as well.

A Word from Joseph's



New spring make-up colors Morocann Mist, Spanish and Zen Blossoms have arrived. Mention this newsletter and receive a free make over with the new colors (Value \$35). Also, eye lash tints and extensions are now available. The tint is \$15 and the extensions are \$125 – both lasting 4 weeks...just in time for Derby! Last but not least, safe tan – the safest way to tan! A full body application lasting 8-10 days for \$55.

Best of all – mention this newsletter and receive a 20% savings on these Spring specials. WOW... see you soon!