

VENUSTALKS

VENUSTALKS Spring 2007

The Art and
Science of
Looking Good



Introducing VENUSTALKS

Venus Medical Beauty is a specialist medical centre providing non-surgical and minimally invasive aesthetic procedures. These treatments are all performed by dedicated aesthetic medical doctors with advanced training in Europe, USA, and Asia. We use safe products and state-of-the-art technology, so you can count on Venus Medical Beauty for sophisticated and safe aesthetic enhancement.

Our quarterly newsletter has been created in an effort to better inform our clients about our procedures and products, and to provide them with privileged information on any new developments or special offers at our clinic.

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Superior Swiss Skincare

Valmont

by Kristin Knapp

At Venus Medical Beauty we know that a good skin care regimen is an important part of maintaining the results of any treatment. In response to this need, we have conducted careful research of the current cosmetics market in search of a superior product line to endorse at our clinic and recommend to our customers.

Our search brought us to Valmont, a line of skin care products out of Switzerland, a nation renowned for its love of the outdoors and fantastic natural resources. The products include some well-known age fighting ingredients like alpha hydroxy acids, vitamins C and A, antioxidants, retinoids, and natural botanicals; but, what sets Valmont apart from the wealth of products boasting ingredients from nature is an extremely innovative scientific technology.

The DNA from wild salmon milt is extracted and bound to three essential elements: magnesium, sodium and calcium, creating an active skin ingredient with extraordinary hydrating, antioxidant and protective properties. This "triple DNA" is bound to a lipid (stearic acid) which fixes DNA in the upper skin layers, ensuring drop-by-drop delivery of optimum moisture and antioxidant protection throughout the day.

Moreover, Valmont uses only Glacial Spring Water in its products. This water is extremely gentle and its mineral content helps boost cell metabolism and strengthen the skin's defenses against the environment.

"The DNA from wild salmon is extracted...creating an active skin ingredient with extraordinary hydrating, antioxidant and protective properties."

The best thing about Valmont is that in addition to a solid resume, the products actually work. Particularly impressive is the Valmont "Renewing Pack", a lightweight cream-mask, which does not leave the skin feeling greasy. It can be used every morning or occasionally. The results are immediately visible; skin is left looking and feeling radiant and fresh.

In Ireland, Valmont is available exclusively at Venus Medical Beauty. We are carrying a wide array of products from the line, including cleansers, exfoliants, moisturisers, creams and masks, all designed to provide optimum moisturisation and protect the skin against the visible signs of aging.

Valmont

Pictured left Valmont Renewing Pack. On the right, a collection of Valmont products.



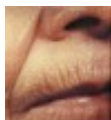
Dear Doctor

With Dr. Peter Prendergast

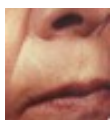
Dear Doctor,

I have been a smoker for 30 years and I'm bothered by the small lines around my mouth. They seem to be getting worse and worse each year. Are there any treatments available that work well for smoker's lines?

Thanks,
Permanently Puckered



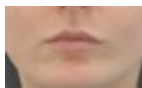
Don't despair, there are a number of non-surgical treatments that work well for smokers' lines. We use natural fillers such as Restylane to plump up the skin above the lip and this softens these lines considerably. To enhance results even further, we sometimes use small amounts of botulinum toxin to relax the muscle around the mouth. I prefer to numb the area completely so the procedure is comfortable and painless; lines are softened in about 20 minutes and you can return to your normal activities immediately.



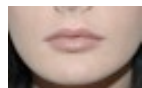
Dear Doctor,

I have rather thin lips and have always envied the look of full-lipped women like Angelina Jolie. How can I get the look subtly, without ending up looking ridiculous?

Sincerely,
Walking a Thin Line



There are a number of fillers used to enhance or plump up the lips. The safest are hyaluronic acid fillers such as Teosyal Kiss. This is a clear soft gel found naturally in the skin, and abnormal reactions are extremely uncommon. Enhancing the lips is an art, so you should make sure your doctor has lots of experience performing these procedures. A small amount (0.5-1ml) of filler is used to define the lip border and plump up the body of the lips, for natural results. Discuss exactly what you want with your doctor before the procedure.



New to Venus

Teeth Whitening



Venus Medical Beauty is pleased to offer professional Teeth Whitening for our clients. This treatment is ideal for anyone who wishes to whiten teeth that are discoloured from smoking, drinking coffee, or simply as a result of time.

Our Teeth Whitening procedure includes a top quality tailor-made mold, and a high-strength carbamide peroxide solution you administer at home. Detailed instructions are provided to help you whiten your teeth gradually over the course of 14 days.

You have the option of finishing the treatment early if the desired whiteness is reached before the end of the treatment period, and you can keep your molds and "top-up" every few months to keep your smile looking great.

The procedure involves a series of injections of a substance called PPC which comes from the soybean. This substance is found naturally in the body and is responsible for helping you metabolize fat. Fat cells melt away over time, improving the look of troublesome areas after 2-4 treatments.

Less invasive than surgeries, Lipodissolve provides a welcome alternative to more drastic fat reduction procedures, but with equally great results for those with exercise and diet resistant fat.

Treat yourself this year to a more trim, svelte, and confident you with Lipodissolve at Venus Medical Beauty.



Fat Reduction

The spring and summer seasons fill many of us with dread as we recall a winter of lounging and comfort food. Suddenly we realize we have only a short time to undo months of indulgence.

Despite our best intentions and efforts, many of us find ourselves unable to get rid of that little bit of extra fat on our tummies, thighs, face, or hips.

Wouldn't it be nice this year to greet the warm weather with a better figure? Our new Lipodissolve fat reduction treatment will ensure that you won't spend another sunny day in hiding.

Coming Attractions

We're Bringing Venus to You!



Not from Dublin? No problem. We know that there are many people across the country who would like to try some of the treatments that our clinic has to offer, but just can't find the time to make the trip. In response to this demand, Venus Medical Beauty is now conducting clinics at participating salons all over Ireland. Contact our Dublin clinic to find your most convenient location.

What age is your Skin?

Ever wonder how damaged your skin really is? We're excited to bring revolutionary new technology called Beau Visage to Venus Medical Beauty. A special camera takes amazing images of the skin, revealing blood vessels, brown and red pigmentation as well as UV pictures that reveal sun damage. A skin health report is provided that includes your skin's age. Based on the results, procedures that reverse skin aging may be recommended. Beau visage can also monitor the improvement in your skin over time with treatments, so you can see results for yourself! Call our Dublin clinic early to book in if you are interested in skin imaging.



Gift Promotions

Looking for the perfect gift for any occasion? Give your friend or loved one a personalized makeover package including choices from a list of procedures at a special price. Contact Venus for information about current packages on offer. You could even treat yourself...

Improving Your IMAGE

Want to learn more about Valmont? Look for us in the April issue of IMAGE Magazine, along with a review of Valmont Cellular Firming Cream. This product will do wonders for the skin on your neck and is available exclusively at Venus Medical Beauty.

Doctor's Orders

Tips for Better Living

By Dr. Peter Prendergast

How to make the most of your cosmetic treatments...

If you've had some wrinkle reduction treatments such as 'botox' or fillers, your skin will already look smoother. However, by ensuring your skin is in tip-top condition, you can dramatically enhance the overall results of these procedures. For your skin:

Don't smoke! Smoking affects the skin's microcirculation (blood supply) giving an ashen-grey and dull complexion. Smoking also destroys collagen and elastin that give skin its youthful tone.

Moisturise regularly. Skin hydration is particularly important if you have dry skin. Super-hydrating procedures such as MesoGlow provide a noticeable boost. Hydrate from the inside too, by drinking plenty of spring water morning, noon and night.

Wear sunscreen. To help prevent photo damage and skin aging, sun screen should be worn all year round, whether it is sunny or not! SPF 30 or higher is best for optimum protection and wrinkle prevention.