

VENUSTALKS

VENUSTALKS Winter 2007 -2008



Winter Survival Guide

Between throwing Christmas parties, cooking massive dinners, buying gifts for countless cousins and attending the obligatory work soiree, it is no wonder that winter is a such a stressful season. This issue of VENUSTALKS focuses on how to cope with the weather and the hustle and bustle of the season, while still looking great.

In This Issue

Laser Hair Removal: The Gift That Keeps on Giving

Winter Woes: Get Healthy Skin from Within with Mesoglow

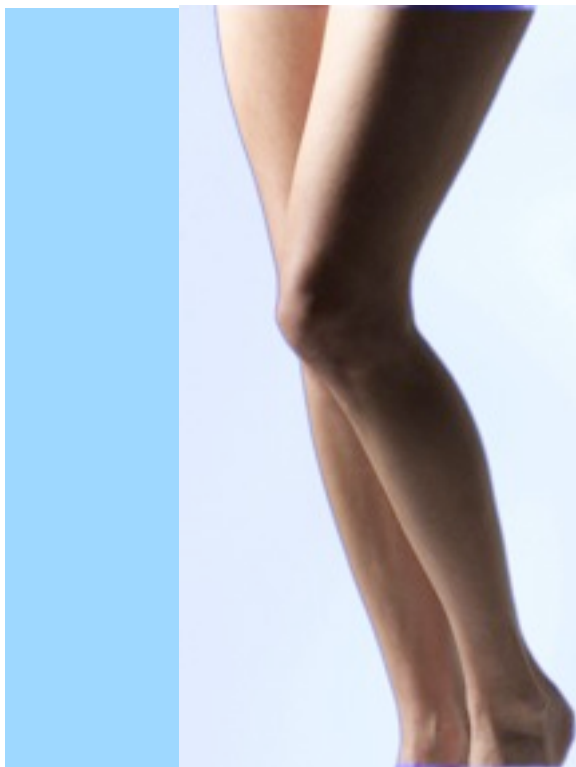
Good Skin Gifts: 5 Treats straight from the Swiss Alps

Venusynergy Feature: Renew and rejuvenate in the New Year

Coming Attraction: Gift vouchers now available

Laser Hair Removal

The Gift That Keeps on Giving



As opaque stockings and long hemlines flounce down the autumn/winter runways once again, women everywhere breathe a collective sigh of relief. Finally we can stop obsessing about cottage cheese thighs, streak-free fake bake and upper arm flab. We might even get a little more relaxed about our hair removal routine for a few months until the madness begins again.

But what if you never had to worry about prickly shaving stubble or hiding that necessary re-growth again? Laser hair removal can permanently reduce unwanted hair on the face or body. According to the American Society of Plastic Surgeons, Laser hair removal was ranked the fourth most popular minimally invasive procedure in the USA in 2006.

Laser hair removal works by using light from a laser to target and selectively heat melanin, without damaging the surrounding skin. Melanin occurs naturally in the skin and is responsible for giving skin and hair its colour. The laser targets this dark matter and destroys it, inhibiting further hair growth.

The procedure is often conducted using an IPL (Intelligent Pulsed Light) machine. These lasers are best suited for lighter skinned patients with brown or black hair. Venus Medical Beauty also uses an

Nd:YAG 1064 laser, which is suitable for treating darker skinned patients. Laser hair removal is not effective on blonde or grey hair.

More than one treatment is necessary to permanently reduce the hair. Hair grows in stages, so one treatment may target and destroy existing hair, but a different set of hairs will grow in its place. Generally speaking, between 4-6 treatments at monthly intervals are required to permanently remove the majority of hair.

Venus Medical Beauty offers a discounted package deal for a full course of treatments of laser hair removal. The most commonly treated areas include the upper lip, chin, shoulders, back, underarm, bikini line, legs, abdomen, chest and feet.

Many men are also reaping the benefits of Laser Hair Removal treatments. The ASPS reports that 19% of patients undergoing this procedure last year were male, representing a 30% increase in men having laser hair removal since 2000.

Men can benefit from permanent hair reduction to remove unwanted hair on the back and chest. It is also great for creating a cleaner line around the beard and minimizing ingrown hairs, which can be a major annoyance while shaving.

Winter is an excellent time to begin laser hair removal treatments. Book your appointment today to be ready for next spring.



Winter Woes

Get Healthy Skin from Within



Mesoglow treatment infuses the dermis layer with anti-oxidants, vitamins, minerals and hyaluronic acid to nourish and rejuvenate the skin. The result is skin that appears hydrated, glowing and more youthful.

As the winter season progresses, unpredictable weather can wreak havoc on our delicate skin. The colder temperatures in winter can cause the skin to become dry, flaky, and leathery in texture. Staying well hydrated is important for your comfort and also to help keep the early signs of aging at bay. Mesoglow treatments are a great way to provide super-hydration to the skin and combat winter desert skin.

Sun damage and normal aging causes the skin to lose collagen and elastin and the skin can become lax. Proper hydration is the key to delaying the onset of aging. When we use a cream or serum, we are effectively trying to enrich our skin by providing it with healthy ingredients topically. Mesoglow is a technique to deliver these ingredients into the skin to improve the skin's appearance from within.

Mesoglow treatment infuses the dermis layer of the skin with hyaluronic acid, anti-oxidants, vitamins, minerals and amino acids to nourish and rejuvenate the skin. This is done through a series of fine injections into the area. Usually a course of between three and four treatments is recommended at 3-week intervals. The result is skin that appears hydrated, glowing and more youthful.

Mesoglow is also suitable for use on the hands. Hands are considered by many as a major indicator of age. Often people neglect the hands and focus on the face when it comes to anti-aging care. Mesoglow can help to plump the skin in the hands to reduce the signs of aging and to maintain moisture during the dry months of winter.

While Mesoglow is a great anti-aging treatment, it is important to remember to eat a balanced diet with plenty of fruit and vegetables, to drink plenty of water and to wear SPF 30 sun cream everyday. Additionally, a good skin care regimen can do wonders. Venus Medical Beauty offers Swiss skin care line Valmont, which features a variety of creams, serums, cleansers and hand creams for every skin type. For those who

have difficulty finding products that work for them, Venus is happy to offer a free consultation to suggest suitable products.

Don't let winter weather get you down this year. Ask Venus Medical Beauty about Mesoglow and Valmont skin care options to help you look and feel your best.

Good Skin Gifts



The best gifts are ones that seem luxurious but don't break the bank. Try these lovely skin treats from Swiss company Valmont for that special someone on your list.

1. **Renewing Pack** A must have treat, Renewing Pack is a light mask treatment that will revitalise and hydrate even the most stressed out skin. Use it daily or as an occasional treat to leave your skin glowing for a big night out.
2. **Elixir des Glaciers** Elixir des Glaciers is a hedonistic skin delicacy. Made to order with its own certificate of authenticity, it is available in formulations for the eyes, face or body. Be warned, this is pure indulgence!
3. **Neck Cream** This neck cellular firming cream fulfills the specific needs of the skin on the neck and decollete, helping maintain the oval of the face.
4. **DNA Intensive Shield** Designed for delicate skin areas and featuring an unctuous texture, this SPF 30 face and sensitive area cream combines anti-aging properties with UV protection.

5. **Hand Cream** Particularly recommended for damaged hands (from repeated exposure to aggressive substances), this nourishing and protective

cream creates invisible gloves on the surface of the hands.

Venusynergy Feature

Renew and Rejuvenate in the New Year



More so than any other time of year, winter is the season for renewal and personal change. The new year symbolises new beginnings and possibilities, and so it is not surprising that many people dedicate this time of year to a making over their homes, personal lives and even their bodies. Venus Medical Beauty has designed a special Venusynergy programme to meet any New Year's resolution.

Resolution: I want to look and feel my best in the New Year.

Solution: A specially designed programme to meet your individual needs, as determined by a doctor during a free consultation. A pre-determined package price to take away the guess work and eliminate hidden costs.

- **Fat Reduction Treatments:** Choose from either VASER LipoSelection or a course treatments of Lipodissolve, depending on suitability, to reduce localized areas of stubborn fat that do not respond to exercise and diet.
- **Chemodenervation:** Muscle relaxing injections to smooth away crow's feet, furrowed brows and forehead lines.
- **Laser Genesis & Photogenesis:** A course of six treatments of Laser Genesis and four of Photogenesis to improve skin texture, redness, pores and fine lines and to reduce pigmentation for beautifully clear skin.
- **Lip enhancement:** A little filler goes a long way to make your lips more defined and attractive with Teosyal "Kiss", a natural hyaluronic acid filler that feels soft and natural.

Coming Attraction

GIFT VOUCHERS NOW AVAILABLE!!

Get the gift of rejuvenation for a friend or loved one with a Venus Medical Beauty Gift Voucher for any value.



Call 01 2962747 to purchase a voucher today!