

The end of the year has arrived. As we look back, we gaze at our experiences to appreciate the beauty that wisdom brings about and still can't help but feel that time continues to conquer year by year and without hesitation its way through our youthfulness and vitality.

It is a paradox. The longer we live, the better we become at defeating challenges and appreciating the important things in life, but in contrast the reflection that we are used to seeing in the mirror begins to deteriorate and we experience changes that don't necessarily make us proud of our calendar.

Despite having lived a tough life or not, no one wants to give it away by how they look. Carrying the same freshness and smoothness of younger years is what most of us desire. So here a few tips on the latest technology and treatments available to beat the clock and look your best!

## Make small changes for Big results!

**Use Sunblock.** We will never say it enough. Most of the changes associated with aging skin are caused by sun exposure. So to avoid wrinkles, dryness, roughness and age spots the use of Sunblock continues to be the best alternative for everyone.

**Don't smoke.** Smoking accelerates the aging of your skin and increases wrinkles. How? By decreasing your blood flow, damaging the Elastin and Collagen and depleting the skin of oxygen and nutrients such as Vitamin C.

**Eat Well.** A balanced diet gives your skin the nutrients it needs to repair damage and stay healthy.

**H2O.** Water is key to maintaining your skin hydrated.

**Sleep More.** Lack of sleep, no surprise, can make you look tired. Sagging skin, dark circles and bags under the eyes are the usual warning signs of a restless night. Strive for 8-9 hours daily. You sure don't want these symptoms to stay for good.

## SCLEROTHERAPY Tired of spider veins? Flaunt your legs without shame!

Treat your self to the ultimate Vein Removal treatment...

Sclerotherapy will get rid of unwanted veins in only a few sessions. Our specialist Marirene Salazar says:

*"Spider veins do not go away by themselves, and can get out of control. They will get bigger and darker with time. Sclerotherapy is a simple procedure to go through and will almost always show improvement after the first treatment."*

An easy and reliable solution with zero downtime to get you dress-ready for these holidays!



Before After



## BRING BACK THE BRILLIANCE OF YOUR SKIN

With One Single Treatment

The advanced formula that repairs from within to help you improve:

- Skin Discoloration
- Sun Damage
- Acne
- Enlarged Pores
- Melasma

In less than 7 days

A revolutionary Chemical Peel great for all skin types.



Now available in Florida, exclusively at Dr. Jhonny Salomon Plastic Surgery & Med Spa

## éclat Medical Peel

This product reflects the highest standards of medical advancements and will change your expectations from non-invasive medical applications.

The Éclat Medical Peel will help you achieve significant repair of Hyperpigmentation, Melasma, Acne, Rosacea, Fine Lines & Wrinkles.

It will also shrink enlarged pores and promote restoration of the skin from a cellular level to stimulate collagen and elastin which in return will tighten the skin and improve the overall tone and complexion.

The perfect treatment before the holidays! Positive remarks guaranteed!



## Day of Beauty

December 10<sup>th</sup> 2010

Join Us For A Day Of Beauty & Rejuvenation To Receive Up To \$300 OFF Your Botox & Filler Combination And On This Day Only, Receive 10% OFF the Eclat Medical Peel.

Call and reserve your appointment, as space is limited!

## Fraxel

Under the epidermis (the outer layer of the skin) is a network of collagen and elastin, which are proteins that keep your skin youthful and tight. But as you age and get more sun exposure, those proteins simply break down faster than your body can rebuild them. As a result, your skin may start to sag and show damage like wrinkles, lines or spots.



Before After

This is where Fraxel laser treatment can help. Microscopic laser columns penetrate deep into the dermis to create tiny wounds, which trigger your body's natural response system to heal those wounds. This process expedites your body's remodeling of collagen and elastin, which results in tighter, fresher, more youthful-looking skin.

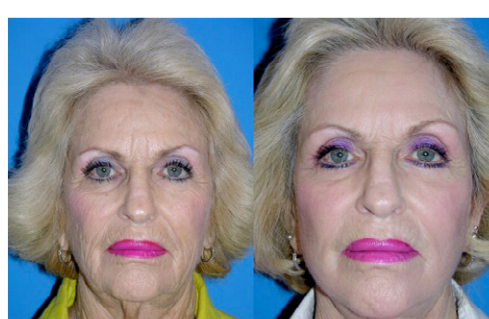
And Voila! New skin from the inside out.

A safe non-invasive procedure with minimal impact on your daily routine...



## Patient of the Month

Procedure **Facelift**



A facelift or "rhytidectomy" is a surgical procedure designed to improve the most visible signs of the aging process by eliminating excess fat, tightening the muscles beneath the skin of the neck, and removing sagging skin. It doesn't stop the aging process but merely "sets the clock back".

In the current procedures of tightening the SMAS (Submusclar Aponeurotic System), the jowls are lifted, the neck is tightened, and the cheeks are elevated. This "deep" or "2-layer" facelift is an improvement over earlier skin-only techniques.

No one can say for sure how long a facelift will last, the clock is turned back, but keeps on running. Ten years later though, you will look better than if you never had surgery.

Most patients are able to return to work in two to three weeks. As with all surgical procedures, you should discuss all potential risks and benefits with your surgeon.

Give Your Loved Ones The Gift Of Beauty And Wellness

Dr. Jhonny Salomon  
Plastic Surgery & Med Spa  
Gift Certificate

