

# Looking Good Feeling Good

## Newsletter™

Dr. Felice's Youthful Images 580 Cottage Grove Road-Suite 103 Bloomfield, CT 06002 (860)242-0505 [www.youthfulimages.com](http://www.youthfulimages.com)

Dear Valued Patient and Friend,

Welcome to another edition of our Looking Good Feeling Good™ newsletter. I hope you're finding some fabulous tips to making your life healthier and happier. Inside this issue you're sure to find something you can use right away, so let's start with...

## How do I know what products are right for my skin?

Did you know that your skin is the largest organ you have? You have to protect, nourish and maintain it just as you do with your hair, nails and cosmetics. You can achieve this with the proper skin regimen and vitamin supplements specially formulated to invigorate skin with moisturizing, conditioning and softening effects.

The first step to determining what products would be best suited to your skin is to have a skin care consultation. Our trained professionals evaluate all different types of skin care issues and can give you the best advice to obtain that healthy balanced complexion.

To prepare for your consultation, you should ask yourself the following questions:

*What is your current product regimen?*

*What are your main concerns regarding your complexion? Are you blotchy, oily, dry or sensitive?*

*Are you looking for a basic skin care regimen or are you looking to correct and repair as well?*

*Are you interested in vitamins that promote healthy skin?*

The answers to these questions really let us create a skin regimen that is tailored to your goals for your skin.

The basic foundation for skin care is to cleanse, tone, moisturize and protect. Once you are comfortable with the basics you should start to think about adding the products to help correct, repair and prevent future damage to the skin's surface.

The cleanser you choose should be gentle and non-irritating but still be able to purge the skin of dirt, makeup and environmental pollutants without damage to the skin's moisture balance. This will help to achieve better absorption of other treatments. We have several choices for cleansing your skin, SkinMedica's Facial Cleanser removes dirt, makeup and environmental pollutants while hydrating and refreshing the skin as it cleanses. The Sensitive Skin Cleanser removes makeup and excess oil with special anti-irritants to protect highly sensitive, inflamed or post procedure skin. The Skin Polisher can be used alone or in conjunction with one of the other cleansers, it has round soft jojoba spheres that will not scratch or irritate your skin. We also have Nia24 Physical Cleansing Scrub which

in  
this  
issue...

How do I know what products are right for my skin?

Nia24

5 Surprisingly Simple Secrets to Flawless Skin

Referral Reward Program

removes dead skin cells, visibly improves dry patches and uneven texture and uses Chamomile, Oat and Sage to calm, soothe and hydrate the skin.

The second step is to tone the skin. This is a very important component because toner helps to restore the protective pH balance to the skin by preparing the face for moisture. We have two toners available; the first is the Rejuvenative Toner which removes excess oil and impurities while helping to reduce signs of enlarged pores. The second toner is the Acne Toner which targets and controls active acne breakouts. It has a natural antiseptic that reduces bacteria on the skin.

The third and most important step is to moisturize. This is the best thing you can do for your skin. We offer several unique moisturizers that will hydrate even the driest skin. The

## How do I know what products are right for my skin? *continued*

lightest moisturizer is the Ultra Sheer Moisturizer which is great for conditioning and firming the skin. The next is the Rejuvenative Moisturizer which provides protection against environmental aggressors that contribute to aging. Next is the TNS Ultimate Daily Moisturizer which improves firmness, resiliency and provides unparalleled hydration and antioxidant protection. The final moisturizer is the Dermal Repair Cream which contains the highest level of lipid soluble antioxidant vitamins C and E. It encourages the skin's ability to repair, rehydrate and protect against environmental aggressors.

The fourth basic step is to protect your skin from the harmful rays of the sun. Sun protection should be used 365 days a year. The most important factor is to make sure the sunscreen you choose provides a veil of full-spectrum protection from both UVA and UVB ultra-violet rays. The two ingredients that do this are titanium dioxide and zinc oxide.

Now that your basic skin care is in place you can start to address your individual concerns, such as fine lines, uneven pigmentation, acne or a dull complexion. There are many different combinations of corrective products that can help tone, tighten and re-texturize your skin.

TNS Recovery Complex helps to reduce the appearance of fine lines, wrinkles, age spots and reduces roughness to help firm the skin's texture and improve elasticity.

Prevage M.D. is an anti-aging treatment with the key ingredient

idebenone, the most powerful topical antioxidant available in a skin care product. It protects against skin damage by chemically trapping and neutralizing each free radical it touches thus allowing the production of healthier cells. This product helps correct skin damage you already have and also helps protect your skin from future damage.

Retinol Complex enhances skin texture and accelerates exfoliation, Microspher-encapsulated technology speeds cell turnover and provides antioxidant defense.

Vitamin C Complex improves skin tone, texture and firmness. It is clinically proven to increase collagen production and reduce the appearance of wrinkles.

TNS Illuminating Eye Cream helps reduce the look of fine lines and wrinkles. It improves and enhances the delicate skin texture around the eye area and most importantly, it helps eliminate iron and bilirubin under the eyes to reduce the appearance of dark circles and puffiness.

Everyone's skin is different and what works for somebody else may not be the right combination for your skin. When you are working with a new skin regimen give your skin time to adjust to the new protocol. Most patients find that after about 2 weeks they start to see the benefits of the new regimen. The key is to start off slowly and add the new products every other day with a light application, gradually increasing until the full regimen is incorporated.

### INVISIBLE ARMOR.

### VISIBLE RESULTS.

### WEAR NIA 24.

#### Physical Cleansing Scrub

All-in-one cleansing scrub gently removes dead skin cells. Pro-Niasomes®, which are spherical Jojoba Beads infused with Pro-Niacin™, help wash away skin's visible imperfections.

- Continuous, deep delivery of Pro-Niacin™ strengthens the skin barrier.
- Formulated with Pro-Niasomes®, spherical Jojoba Beads encapsulated with Pro-Niacin™.
- Visibly improves dry patches and uneven texture.
- Chamomile, Oat, Sage calm and soothe skin.
- Sunflower Oil instantly hydrates skin.
- Pores are primed to receive the maximum benefits of our Sun Damage Prevention 100% Mineral Sunscreen SPF 30.

#### Sun Damage Prevention 100% Mineral Sunscreen SPF 30

Physician recommended duo-action sun damage prevention and 100% mineral sunscreen in a weightless, oil-free lotion that absorbs instantly for complete protection.

- Continuous, deep delivery of Pro-Niacin™ strengthens the skin barrier.
- Pro-Niacin™ is clinically shown to visibly improve skin tone, texture and hyperpigmentation.
- Advanced, broad spectrum protection from UVA/UVB ultra-violet rays.
- 100% physical sunscreen with the mineral protection of micronized Titanium Dioxide and micronized Zinc Oxide.
- Vitamin E helps repair and protect skin.
- Alpha Bisabolol soothes and hydrates.
- Suitable for sensitive skin.



# 5 Surprisingly Simple Secrets to Flawless Skin

Discover the little-known secrets that make your skin look smooth, silky and beautiful.

## 1. Nurture Below Your Face

When using a facial treatment (moisturizer or anti-aging creams), it is important to remember that below your chin, your skin ages also. Be sure to cover the tops of your hands, your neck and décolleté.

## 2. Shower In The Morning

To minimize facial lines you should shower in the morning instead of the evening. The reason is because humidity hydrates the skin and a moisturizer traps it, causing your skin to temporarily 'plump'.

## 3. Keep Your Sun Exposure To A Minimum

You should use a minimum of SPF 15. We recommend even using this on a daily basis. When purchasing a product be sure to look for protection from both UVB (SPF) and UVA rays (look for titanium dioxide, microzined zinc oxide, oxybenzone, or octyl methoxycinnamate listed in the ingredients).

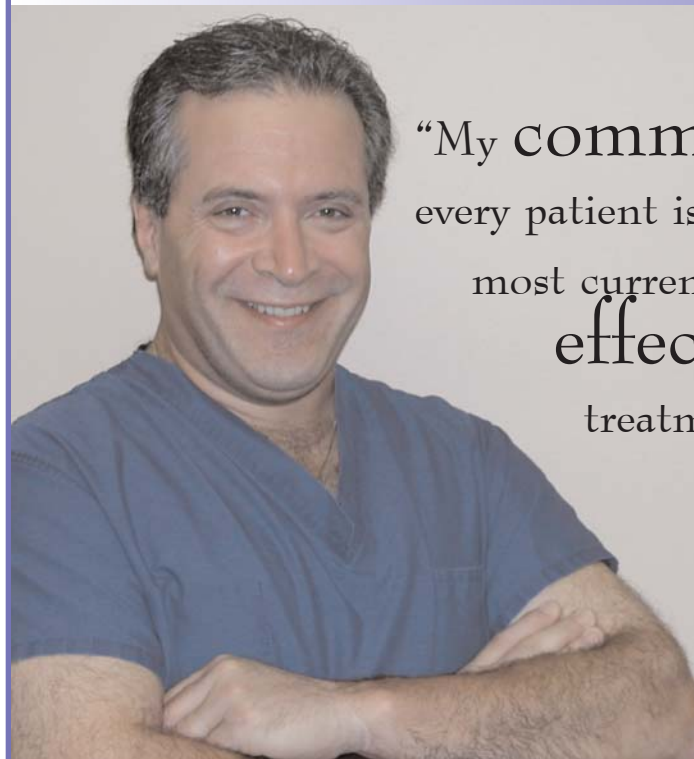
## 4. Undo The Damage At Night

If you wear makeup for most of the day or live in a polluted area, you should use a stronger cleanser in the evening to deep-cleanse your pores.

## 5. What You Put In Is What Comes Out

Even though you've heard it before, it's important to try and get 8 hours of sleep, drink 8 glasses of water and eat a healthy diet. The same things that are good for your body are good for your skin.

Of course following these simple tips will help improve your skin. But if you are looking to correct sun damage, have anti-aging concerns,



“My commitment to every patient is to provide the most current, safe, and effective cosmetic treatments.”

-Patrick R. Felice, MD

Dr. Felice has over 15 years of experience as a plastic surgeon and has performed over 20,000 procedures with techniques and results that inspire the competition.

With the distinction of being the first in the area to offer:

**Innovative Surgical Techniques, Advanced Clinical Skin care,  
Photorejuvenation, Laser Resurfacing Procedures, Laser Hair Removal,  
Acne Photoclearing, No-Needle Mesotherapy**

Call now to schedule your appointment 860-242-0505.

or would like more dramatic results; you may want to consider cosmetic services, such as microdermabrasion and photorejuvenation. The best secret to healthy skin is the use of a clinically effective program, supervised by a physician/skin care specialist and using skin care products professionally formulated by doctors that really work (instead of the overpriced glitzy products at the cosmetics counter).

Take a look at the Referral Reward Program on the following page to find out how to earn great gifts just for sending your friends a free gift of beauty. Because we'd much rather reward you than pay for expensive advertising or marketing. Thanks so much for thinking of our practice.

Stay well and look great,  
Patrick R. Felice, M.D.



## Referral Reward Program

- give a gift of 50% off and get a gift for 50% off

Everyone can benefit from regular skin care treatments. So why not share your beauty secrets with your friends and family and reward yourself at the same time by participating in Dr. Felice's Youthful Images Referral Reward Program. You will earn valuable discounts for every new skin care patient you send to us.

### Here's how it works:

Just cut out the valuable certificate below, write in your name in the space that reads "Compliments of" and give the certificate to a friend, neighbor or colleague who has never been to our office.

This certificate entitles them to a 50% savings on a Parisian Peel - medical microdermabrasian treatment (regular value is \$125). Once they use the certificate we'll send you a certificate for **50% off your next Photorejuvenation with DermaWave Mesotonification treatment** (regular value is \$425) or **Parisian Peel with DermaWave** (regular value is \$275).



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## Referral Gift Certificate for 50% off Parisian Peel\*

To: \_\_\_\_\_

This certificate entitles you to a **50% discount** off your first Parisian Peel, medical microdermabrasian, which will leave your skin looking and feeling more youthful and vibrant.

Compliments of: \_\_\_\_\_

*Call the office at 860-242-0505 to  
schedule your appointment.*

\* This certificate is valid to new patients only.  
\*\* Parisian Peel regular value is \$125.  
\*\*\* Certificate expires June 1, 2007.  
Offer code: raf-pdm