

# TAKE TIME

MEDI-SPA NEWS – The newsletter of Infinity Skin Care & Spa, by Kimberly K. Schulz, MD , **Fall 2006**

## Winter Skin Care

### *Maintain your skin's healthy glow all winter*

With winter right around the corner, it's time to consider a complete cold-season skin care program. In addition to daily application of sunscreen, antioxidants, and the proper moisturizer (read more about this on page 2), regular exfoliation of dead skin cells will help promote a healthy glow all winter long. To follow are a few tried and true methods to keep your skin looking bright even when the weather is not so bright outside.

#### **Microdermabrasion**

This is exfoliation at its most powerful! Micro-crystals polish, smooth and exfoliate the face and neck to give a younger, more even skin texture. A series of microdermabrasion treatments can smooth rough texture, even skin tone, fade brown spots and pigmentation, decrease fine wrinkles and improve acne (whiteheads).

#### **Vitalize Peel**

Our Vitalize peels provide mild epidermal resurfacing through chemical exfoliation and increased cellular turnover. By repeatedly inducing 2 - 3 days of peeling, your skin will feel smoother, fine lines will be diminished, brown spots will lift and skin tone will be evened.

#### **Salt Scrub**

The Salt Scrub is an effective way to exfoliate the skin on the entire body. Using a formula featuring sea salts as well as beneficial oils and moisturizers, the skin is exfoliated and moisturized at the same time. Combine a Salt Scrub with a massage and not only will your skin feel wonderful, but your entire body will feel newly energized. Call our knowledgeable Infinity staff today to schedule a free winter skin care consultation.

### **IN THIS ISSUE**

**Holiday Open House!**  
Join us **Thursday, November 16**  
**from 2pm – 8pm.** Discounts!  
Prizes! Gift certificate savings.

#### **Dry Skin Solutions**

Find out how to properly moisturize your skin throughout the dry winter months.

#### **Moisturizers 101**

Dr. Schulz shares the basics about selecting the perfect moisturizer for your skin type.

#### **Say Goodbye to Summer Sun Damage**

Learn how IPL can effectively treat sun spots, age spots, freckles and vascular lesions.

#### **Don't Miss These Great Fall Offers!**

Enjoy Infinity savings on Botox, Restylane and SkinMedica's Vitamin C Complex.



**Kimberly K. Schulz, MD**  
**Certified by the American**  
**Board of Dermatology**



# DRY SKIN SOLUTIONS

*Dry winter air and the harsh elements take a toll on your skin. Find out which moisturizers to use and how to properly apply them.*



– By Dr. Schulz

Most of us learned how to moisturize our skin from our mothers. When our hands or face feel dry, we reach for a tube of “moisturizer” and spread some on. There is a better way. When the skin is dry it is craving water! The purpose of your moisturizer should be to seal the water into your skin once the water is there. To make a more significant difference in how your skin looks and feels, get in the habit of applying your moisturizer immediately after patting your skin dry, while it is still damp. If your hands are feeling tight and dry, wet them prior to your moisturizer application.

How many of us have applied a lotion only to realize that our skin is dry and flaky a few hours later? That’s because lotions are mostly water with a little emollient mixed in. Once the water evaporates away, the skin has no significant barrier and is as dry as prior to lotion application. Creams, on the other hand, contain more emollient than water and do a much better job of providing a barrier against water loss. The drier your skin, the heavier your cream should be. For the ultimate in barrier protection, use an ointment.

At Infinity we offer a few options for body moisturizers. For severely dry skin we recommend SkinCeuticals Primacy Hydrabalm, a healing ointment. This product

is great for severely dry areas such as the feet, hands and cuticles and lips. I like to apply this to my lips before going to bed during the winter months. First I wet my lips with water, apply my TNS product and then the Hydrabalm. It is a great product for restoring soft, supple skin in a hurry! Patients with severe eczema and other dry skin conditions will also find it to be helpful on their arms, legs and trunk.

For more typical daily use on dry skin anywhere on the body we recommend Vanicream. This product was created especially for patients with sensitivities to common skin allergens. It is a rich cream free of fragrance, dyes, parabens, formaldehyde and lanolin. Think “pure and simple” when you see the Vanicream name. This cream is great for daily use after bathing, is very affordable and is commonly recommended to eczema patients at Town Square Dermatology.

Finally, for those who like a lighter moisturizer but still want something that can improve the dry skin on the knees and heels, consider Ceratopic by Skin Medica. This light cream contains ceramides to help with restoration of the skin’s natural barrier.

**Just ask for assistance if you’d like more information and follow these helpful dry skin therapy tips:**

- 1. Limit showers or baths to 10 minutes or less and use warm, but not hot, water. Hot, soapy water removes the skin’s natural protective oils.**
- 2. Use mild or moisturizing cleansers. See our helpful staff for recommendations.**
- 3. At the end of your shower or bath, pat dry with a towel. IMMEDIATELY, while your skin is still slightly damp, apply a healthy coat of moisturizing CREAM.**
- 4. Consider softening your home’s water.**
- 5. Consider humidifying your home during the winter months.**

# MOISTURIZERS 101

Want to know which moisturizer is perfect for your skin type? The skin care experts at Infinity are in the know. Below you will find our moisturizers grouped by brand, and listed from lightest to heaviest. Any special ingredients are noted:

## **SkinMedica**

### **Ultra Sheer Moisturizer**

Light and oil free, great for acne prone skin.

### **New! TNS Ultimate Daily Moisturizer**

This light to medium weight daily moisturizer contains Nouricel MD, shea butter, algae extract, ceramides, and vitamins E and B5.

### **Rejuvenative Moisturizer**

A medium weight cream for combination or dry skin. Contains vitamins B5, E and ginkgo biloba.

### **Dermal Repair**

Our richest cream for very dry skin or nighttime use, it also contains algae extract, hyaluronic acid and vitamins C, E and B5 which nourish the deep layer of skin called the dermis.

## **SkinCeuticals**

### **Skin Firming Cream**

Light consistency and also contains ingredients which nourish the dermis and support collagen synthesis such as centella asiatica and ectoin.

### **Emollient**

Light consistency yet very emollient for dry, mature and sensitive skin. Also contains algae extract.

### **Tips:**

*For combination, normal or mildly dry skin sample the Rejuvenative Moisturizer by SkinMedica and Emollient by SkinCeuticals. For seriously dry skin during the day or for use at night consider Dermal Repair by SkinMedica. If you want more than a moisturizer and are looking for serious anti-aging ingredients along with moisturization, try Skin Firming Cream by SkinCeuticals, Dermal Repair by SkinMedica or the new TNS Ultimate Daily Moisturizer.*

# winter skin care

# Say Goodbye to Summer Sun Damage & Facial Vessels



For many patients, soaking in the sun with little to no sunscreen was and is a way of life. But years of sun exposure eventually take their toll and patients start to notice the increased sun spots, vascular lesions and wrinkles that are the guaranteed effects of too much exposure. Luckily, Infinity patients can erase years of sun damage with an easy, effective and non-surgical treatment called IPL (Intense Pulsed Light Treatment).

**With the days getting shorter and sun exposure starting to decrease, now is the perfect time to schedule IPL.** With little to no downtime, a multitude of complexion problems are addressed by a single treatment! Using a wand that emits a quick burst of light, our IPL specialists can target specific problem areas or the entire face. Many patients also use IPL to remove age spots on their arms and hands.

So, how does it work? Absorption of light energy into skin shrinks dilated vessels, fades redness and lifts brown spots. Collagen is stimulated by repeated treatments.

After the brown spots have darkened and then sloughed off (within seven days), patients experience amazing results with younger looking skin, without the tell-tale signs of too much sun. The staff at Infinity recommends a series of treatments for best results.

*Fall is the perfect time for IPL. Call today for more beautiful skin tomorrow.*

# IPL

## The Benefits of Regular Massage

By Terri Nicol, Massage Therapist

For the last four years, I have had massage at regular intervals and the results have been remarkable, so much so, that I decided to make a late career change and go into the field of massage therapy.

Now, as a therapist, it is very fulfilling to witness the effects of massage therapy for my patients. I can literally watch as muscular tension melts from their bodies and relieves their pain. Even more exciting, is seeing first hand the long term effects of regular massage. Whether it's a month or a year, the changes are amazing!

To follow are just a few of the frequent Infinity patient comments we receive:

*"I had been plagued with right shoulder pain and lack of mobility for years, within a month or so (after having massage) the shoulder pain was gone and the mobility was restored. Patricia L., RN, Med ~ Iowa City*

*"With regular appointments, the strain and tension in my neck and shoulders have decreased, and I feel an overall sense of improved health. My massages are no longer just an opportunity to be pampered, but an important part of my preventative health care." Jean H. ~ Iowa City*

The massage therapists at Infinity are dedicated to developing a program individualized to meet your needs. Along with providing many massage techniques, stretches to do at home and postural suggestions, your massage therapist can significantly aid in your wellness program to enhance your health and well being! Call us today to schedule your massage and pamper yourself during the busy holiday season.

## Don't Miss These Great Fall Offers!

### 20% OFF BOTOX® & RESTYLANE®

All first time patients receive 20% off their first treatment of Botox or Restylane. You've simply got to try these two proven products that offer instant results!

### 10% OFF SKINMEDICA'S VITAMIN C COMPLEX

This powerful antioxidant helps prevent sun-damage, improves skin tone, texture, and firmness. Vitamin C also promotes cell renewal and an increase in collagen production

### BOTOX & RESTYLANE REWARDS PROGRAM!

Receive special discounts when you become a member of our rewards program. For more details, visit [www.restylaneusa.com](http://www.restylaneusa.com) or [www.botoxcosmetic.com](http://www.botoxcosmetic.com)

# holiday

## *open house*

## New Gift Card Program in Time for the Holidays

Stop by Infinity and purchase a new gift card for someone you know. Our new gift cards were unveiled this month and feature an any-limit, easy-to-use format. Recipients can use our new gift cards for any spa or skin care treatment, or clinical skin care products. Card bearers can increase the amount on their cards at any time. The perfect gift card is here!

### Thursday, November 16th (2pm – 8pm)

Don't miss the event of the season! You are invited to Infinity Skin Care & Spa's Holiday Open House. Please join us for refreshments, in-house specials and 15% discounts on all gift certificate purchases. We are also featuring pre-made skin care gift baskets to make your holiday shopping even easier! Call today for more details.



### MENU OF SERVICES:

- FRAXEL LASER RESURFACING
- BOTOX®
- RESTYLANE™
- IPL
- THERMAGE NON-SURGICAL SKIN LIFT
- MICRODERMABRASION
- CHEMICAL PEELS
- FACIALS
- MASSAGE
- WRAPS

### HOURS OF OPERATION:

Monday, Friday & Saturday  
(9am-5pm)

Tuesday, Wednesday, Thursday  
(9am-8pm)

Check out our website at [infinityskincareandspa.com](http://infinityskincareandspa.com) for the latest promotions and product features!

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