



# TAKE TIME

MEDI-SPA NEWS – The newsletter of Infinity Skin Care & Spa, by Kimberly K. Schulz, MD, **Spring 2007**

Preparing for Spring and Summer Sun Exposure

• by Dr. Schulz

# Spring Ahead



The new year is well underway and spring is right around the corner! At Infinity we are preparing for the spring and summer focus on exposed skin! We have the latest in sun protection on our shelves and are pleased to offer you savings when you need it most with our sunscreen and sunless tanner product of the month promotions for the spring months. Along with our product promotions, check out the addition of the Clarisonic® MD Professional Skin Care Brush to our offerings. This little gadget is worth its weight in gold when it comes to getting the skin of your face and body smooth, soft, supple and ready to be seen after a long, dry winter.

Spring is also the time many of us face the mirror in a swimsuit and can't help but notice our problem areas. Now for the first time the loose skin of our tummies, upper arms, thighs and buttocks can be tightened without downtime or surgery with a single Thermage body treatment! As always, I am constantly striving to discover new products and treatments to improve the health of our patient's skin and at the same time demand safe and scientifically tested protocols.

We are excited about what is coming to Infinity in 2007 and we'll be sharing information about our newest offerings at our annual skin care seminar on April 19th. Read on for details about all this and more and don't forget to check out Infinity Skin Care & Spa's new and improved website at [infinityskincareandspa.com](http://infinityskincareandspa.com).

Don't forget to treat your Mom to a day of pampering or facial rejuvenation. Pick up your Mother's Day gift card today!

## Here's to spring!

### IN THIS ISSUE RESTORATIVE SKIN CARE by Dr. Schulz...

**Spring Skin Seminar**  
Join us Thursday, April 19th, Brown Deer Golf Course, Coralville, IA  
Introducing Dermalift and Volumalift!

**Could it be Rosacea?**  
Find out if your facial redness and vessels are really rosacea and how to treat this common condition.

**Thermage for Eyes & Body**  
Learn how to tighten your skin without surgery and no downtime.

**Brown Spots?**  
You could have melasma. Get rid of the discoloration once and for all.

**Introducing Clarisonic MD**  
Discover the new wave to clear skin!



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

# Brown Spots? You may have melasma...

Not all brown spots are created equal! While some brown spots are moles and some spots develop from years of accumulated sun exposure, there are some “brown spots” that occur in large patches on the faces of women (and rarely men) which are completely different. Melasma is the name of this common condition and with the medications and procedures available at Town Square Dermatology and Infinity, you will finally be able to rid yourself of this unwanted discoloration once and for all!

The large tan to brown patches of melasma are typically irregular in shape and occur most commonly on the cheeks, upper lip and forehead. They worsen in the summer and improve in the winter due to the increased ultraviolet light exposure in the warmer months.

The most common treatment for these unsightly patches is a prescription medication containing hydroquinone used in combination with excellent sun protection. Hydroqui-

none essentially “bleaches” the skin by turning off the cellular machinery necessary to make pigment in the skin. It is important to see your dermatologist to uncover possible underlying causes for the condition and to discuss the proper prescription medication for you. The medications can take weeks to work, sometimes months, and in some unfortunate patients with deeper forms of melasma, topical medications can never completely eradicate the discoloration.

**Melasma patients MUST use excellent sun protection with a combination of sun avoidance and sunscreen use.**

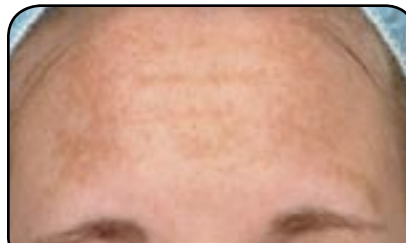
Remember that chemical sunscreens must contain an ingredient called Parsol (aka avobenzone) or Mexoryl SX in order to completely block the entire UVA spectrum in addition to blocking UVB. Sunblocks containing titanium dioxide or zinc oxide (preferably 5-10%), will also

block the entire UV spectrum (both UVA and UVB light). For maximum benefit, apply a chemical sunscreen containing Parsol or Mexoryl, let dry, and then apply a chemical free sunblock containing titanium dioxide or zinc oxide prior to any significant sun exposure. The products you need are available at Infinity! Let our experienced staff help with your sunscreen and sunblock selection.

Finally, for those patients whose melasma doesn't respond adequately to topical therapy or who desire a quick fix, a series of chemical peels or microdermabrasion can significantly hasten improvement in conjunction with prescription medication. Fraxel laser treatments offer the very best results available for melasma and are the only treatments which will offer adequate clearing of melasma in those with deeper pigment. Your dermatologist can help guide you to the treatment approach which meets your specific needs. *To follow are amazing results via Fraxel laser treatments:*



Before/After



Before/After

## Eyes & Body by Thermage

Tighten skin around your eyes, on your tummy, even on your buttocks with Thermage non-surgical skin lift. No surgery, no downtime, just results.

Thermage has undergone a revolution over the past few years. Dr. Schulz and Town Square Dermatology began providing Thermage treatments to tighten skin in 2003 and we have seen the treatment evolve to provide better results with less discomfort over this time due to technological advances in treatment tips as well as new protocols for better results.

We are excited by the recent introduction of eyelid and body treatment regimens which will tighten the loose skin of the eyelids, tummy, upper arms, thighs and buttocks! With no downtime and no surgery, the results possible with this non-invasive procedure are extraordinary!



Before/After



Before/After

## INTRODUCING

# CLARISONIC™ MD

## PROFESSIONAL SKIN CARE BRUSH



## DISCOVER THE NEW WAVE TO CLEAR SKIN!

Patients are constantly asking Dr. Schulz if there is anything new in skin care cleansers and here it is! It isn't a cleanser but an ultrasonic skin care brush made by the maker of ultrasonic tooth brushes. Dr. Schulz was so impressed with this new product that after trying it out for herself she decided to offer it at Infinity!

The Clarisonic works by producing 300 ultrasonic oscillations per second to very gently "jiggle" the pores clean without abrasiveness or use of harsh cleansers. The gentle brush loosens dirt, oil and dead skin to leave skin significantly softer, smoother and more polished looking from the very first cleansing! What is most remarkable is that even very sensitive skin patients such as those with rosacea, can use the Clarisonic without irritation. Acne

patients will love the results. Both plugged pores and small inflammatory lesions will improve with regular use. Teenagers are more likely to cleanse when they have a fun "toy" to use twice a day! And if you have keratosis pilaris, the dry, pink bumps on the back of the upper arms, you'll see a rapid improvement as the plugged follicles are deep cleaned with the Clarisonic.

The Clarisonic is waterproof so it can be used in the shower and bath. The rechargeable battery lasts through 30 cleansings so it travels well! The Clarisonic MD has three settings for low, normal and high power and has a built in timer. It comes with a one year warranty, a \$50 coupon toward the purchase of additional brush heads, and an instructional DVD. Call us today for more details.



For a limited time, receive a free headband, travel bag and a 12-month subscription to *Health* magazine with the purchase of a Clarisonic MD!



## PRODUCT OF THE MONTH

Stop in each month this Spring and save on select skin care products. This is a great time to stock up on your favorites, or pick up some perfect gifts!

### April – Sunscreen Month

Receive 15% OFF any sunscreen at Infinity. Now is the time to ready your skin for summer exposure.

### May – Sunless Tanner

Receive 15% OFF our featured Sunless Tanner from Jan Marini. Achieve a natural glow with a light, fresh scent.

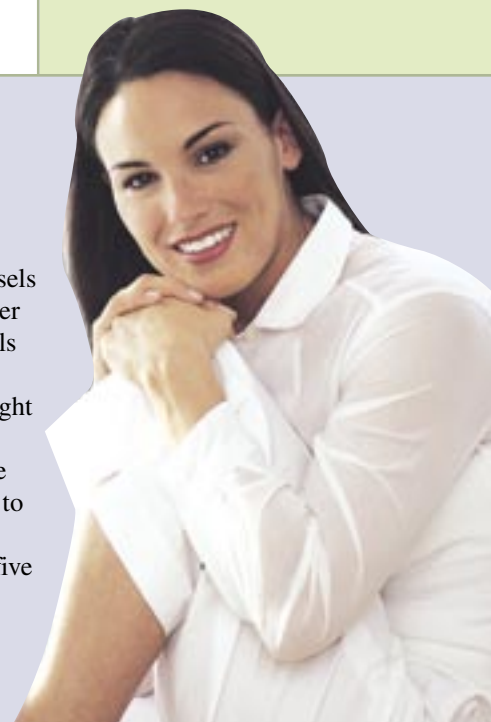
## Could it be Rosacea?

Do you have a red face or facial vessels? You may have rosacea, a common inflammatory disorder of skin which begins insidiously in midlife. This skin disorder causes a rosy or ruddy complexion, exaggerated flushing or blushing, dilated facial vessels over the cheeks and nose, and in more advanced cases, red, pimply blemishes over the middle of the face. The blemishes and some of the redness and flushing improve with prescription medication so if you are concerned about the possibility of having rosacea, see a dermatologist.

Some patients with facial vessels do not have

rosacea but instead developed their facial vessels due to sun damage or topical steroid use. Other facial vessels, such as those around the nostrils develop in normal skin over time.

Regardless of the cause, intense pulsed light (IPL) treatments can remove these unsightly vessels and give you back an even, vessel free complexion. Unfortunately, medication used to treat rosacea has no effect on these unwanted vessels, but IPL is highly effective. Three to five IPL treatments are necessary for best results. Schedule a free consultation today!





# Spring Skin Seminar

Thursday, April 19th, (7:00pm - 8:30pm)  
Brown Deer Golf Course, Coralville, Iowa

Things are heating up, which means it must be time for Infinity's annual Spring Skin Care Seminar! This year's event is a can't miss, as we're featuring two new procedures, **Dermalift and Volumalift!** Join us to learn more about these two exciting procedures that lift and firm your skin without lasers or surgery!

As always, we will offer amazing raffle prizes – *Botox & Restylane treatments, Prevage MD, a \$500.00 gift basket from Skin Medica & the new Clarisonic MD Brush Unit to name a few* – and invaluable skin care insight from Dr. Schulz. Register today by calling our office! Can't join us? [Learn about new offerings on our website at www.infinityskincareandspa.com](http://www.infinityskincareandspa.com). See you soon!

## 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)

*Don't forget daily application of sunscreen and antioxidants, even on cloudy days. These tools are the best wrinkle fighters available!*

**INFINITY**  
skin care & spa 

1100 Sixth Street  
Suite 200  
Coralville, Iowa 52241  
[P] 319-337-5355