

JANUARY
2014

TECH SPOTLIGHT

SCOTTSDALE, AZ:
MONICA SMITH

Monica grew up in Atlanta, Georgia and now calls west Phoenix home. Married to a wonderful man named JT, she has two children and enjoys reading and choreography. Monica has been in the business for seventeen years (wow!). Her favorite treatment to give clients is PhotoFacial because it is gentle but effective in smoothing fine lines and wrinkles and when used regularly, helps rebuild collagen and elasticity. When she isn't sharing her beautiful smile with us at NLI, she enjoys a little pampering, too, especially using HydroPeptide products.



DALLAS, TX:
JILL TYRELL



Jill grew up in Shattuck, Oklahoma and until recently, lived in LA where she worked for several years at a famous medspa on Melrose Place. She was a first grade teacher at an inner city school for eight years before the medical aesthetic biz caught her interest. Jill graduated from NLI earlier this year and recently moved to Dallas.

She loves giving and receiving PhotoFacial treatments because the results are immediate... "Instant gratification!" Her fave product? Lumiere Riche Eye Balm. And when Jill isn't working hard at NLI, she's enjoying any type of outdoor activity, shopping and spending time with friends and family.

the
skinny

BROUGHT TO YOU MONTHLY BY:
NATIONAL LASER
INSTITUTE
Medical Spa

SPA SPECIAL!

Chemical Peel - \$195

480.290.7333 (Scottsdale)

214.252.7800 (Dallas)

info@NLImedspa.com

*Price per treatment. Expires January 31, 2014. Restrictions may apply.
Treatments are performed privately with one of our expert technicians.*



RHONDA ALLISON CHEMICAL PEELS

Sometimes no matter how hard you try, you just can't get that youthful glow that once was yours. We all know that deep scrubbing is a no-no and can damage the skin, but how else can you remove dull-looking outer layer to reveal the beautiful and brighter skin that lies underneath?

Rhonda Allison (RA) chemical peels are a fast and easy way to dramatically improve the texture and tone of your skin. Whether you have acne, wrinkles, hyperpigmentation or scars, peels provide a smoother appearance and fresher look. RA peels range from progressive to deep, depending on the client's skin type and skincare goals:

Progressive peels—these remove only the outer layer of the skin and best results are achieved when performed on a regular basis, up to once a week. Very little actual peeling will occur, and the focus is on refining the skin's tone and texture. An excellent choice for an upcoming big event such as a wedding because it is mild yet effective, leaving skin dewy and glowing.

Mid-depth peels—deeper than a progressive

peel, these target the intra-epidermal layer to improve hyperpigmentation, fine lines and wrinkles. Skin begins gently peeling, typically a few days following treatment, and resembles that of a mild sunburn. Also excellent for improving the appearance of enlarged pores.

Deep peels—this peel yields the longest recovery period (seven to ten days) but yields the most dramatic results. Deep peels cause the skin to darken and crust prior to the exfoliating process. They are an optimal treat-

ment for rejuvenating damaged or aging skin and increasing collagen production.

Rhonda Allison, the founder of her namesake skincare company based in Southlake, Texas, pioneered the advanced study of aesthetic chemical peels and has worked with them for the past 30 years. Her passion for her work and commitment to using natural ingredients in a sustainable way are evident in her products, both reasonably priced and results-driven.



NATIONAL LASER
INSTITUTE

Medical Spa

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SKINCARE SPOTLIGHT

ELTAMD FOAMING CLEANSER

The arid winter months can wreak just as much havoc on your skin as the damaging rays of summer; indoor heat and colder wind exposure leave your face feeling nothing short of parched. The problem is—if you skip daily cleansing, you're left with dull, congested skin in desperate need of brightening; if you cleanse too much, however, your skin fights back by producing more oil. Help!

EltaMD Foaming Cleanser is the perfect year-round facial wash, mild enough to use every day. Its enzyme and amino acid blend gently but thoroughly remove dirt, debris and dead surface cells—leaving skin soft and more importantly, balanced. EltaMD Foaming Cleanser is oil-free and comes in a pump-style bottle for maximum no-mess convenience.



Skin Fact or Fiction: Clean Skin is Squeaky Skin?

Fiction! If you scrub your face (or use harsh cleansers) until it "squeaks", you are actually stripping away natural oils that protect skin and prevent the appearance of premature aging. Instead, blot away excess oil as necessary with inexpensive blotting papers and stay away from any cleanser that leaves your skin feeling tight or dry. Stick with a gentle formula that leaves skin clean—but soft. We love anything by EltaMD (and so do our clients)!



Beauty Buzz: Sea Buckthorne Juice

Sea buckthorn juice (also call "olivello") is actually an omega-7 oil, powerful vitamin C source and multi-antioxidant. Extracted from the berries of a plant that grows even in the harshest of conditions, the Latin name for this berry means "making horses shine" because of its skin-enhancing properties. Though just beginning to gain popularity in the US, look for it in beverages served at Dr. Andrew Weil's restaurant, True Food Kitchen, with locations in both Scottsdale and Dallas.



Cosmetic Surgery Corner: Brow Lift

As we age, gravity starts to win--and our foreheads and brows begin to sag toward our eyes, creating a tired or angry appearance. One of the easiest ways to combat this cruel fact of life is the brow lift. This procedure may be performed by itself or in conjunction with eyelid surgery or a full face-lift. *This month's special: \$500 off a brow lift with Dr. Corey when booked by January 31, 2013. For more info on cosmetic procedures or Laser Lipo, call 480.290.7333*

SHOCK DOC: DID YOU KNOW?

Sex helps you stick to New Year's Resolutions! Think about it: Most of us start the year wanting to lose weight, tone up our bodies, decrease stress levels and increase our happiness. Well, regular lovemaking helps us achieve all of those goals—so add it to your list!

MEET THE STAFF

JESSICA SCHRAND - SCOTTSDALE



Jessica is the Assistant Spa Manager at our Scottsdale location. Though born in Indianapolis, Jessica grew up in the Sonoran desert so she knows the importance of sunscreen! (Her favorite? Neova Silc Sheer SPF 40). She has been with NLI for two years, since graduating from Arizona State University. Jessica enjoys working face-to-face with our clients and her personal fave treatment is the 755 Photofacial -- perfect for sun spots and evening out skin tone. When she isn't taking care of business at NLI, you'll find Jessica dancing and decorating her new home.

JACKIE HANSCOM - DALLAS

Jackie grew up in Minnesota, the Land of 10,000 Lakes, so it's no surprise that this busy lady loves water. Boating and relaxing lakeside are two of her favorite pastimes. Her favorite treatment for clients is Fractional Laser because it does wonders for many different skin tones and skincare needs (fine lines, wrinkles, acne scarring, etc.), with minimal healing time. Product she can't live without? HydroPeptide's HydroStem 6 with botanical stem cells that protect skin from UV damage, fight wrinkles and increase collagen.



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