

## Anti-aging Treatments that Won't Break the Bank

With so much buzz about plastic surgery – both invasive and less invasive treatments – it's hard to know if any of them are actually smart options. What works? Who should I go to. Here, we explain some popular anti-aging treatments — most under \$500 — that don't require a hospital visit or surgery. Always do your research when choosing the right med spa. Make sure it is directed by a physician on the premises. Treatments should only be performed by licensed and experienced professionals.

**Chemical Peels:** Chemical peels have been around for eons. Peels have evolved and become rather sophisticated over the years. Peels remove the damaged outer layers of your skin and improve its texture. There are several types and strengths of chemical peels, ranging from very minor peels to deeper peels. Peels can be used on your face, neck, chest, back, arms or hands. While results may vary a chemical peel can diminish sun spots, age spots, freckles or blotchiness. Fine lines around the mouth, superficial acne scars and abnormal skin texture can be reduced. Darker areas of excess pigmentation can be diminished. The cosmetic benefits as well as the reduction in skin cancer incidence make this an attractive option for people who wish to have a younger appearance and healthier skin. Cost: \$300-\$500 per series. **What is a VI Peel™?**

The VI Peel™ is a professional medical grade chemical peel treatment designed to achieve dramatic results. We offer a variety of VI Peels™ to address various concerns such as acne, aging, hyperpigmentation, melasma and sun damage. Treatments are highly effective and virtually painless with minimal downtime.

### How long does the treatment take?

Each VI Peel™ takes only about 30 minutes which allows you to return to normal daily activities immediately.

### How many treatments will I need?

The exact treatment course will be determined by your skincare professional based upon your individual skin care goals. Some patients receive a series of three to four VI Peels™ spaced four weeks apart while other patients do one or two VI Peels™ in conjunction with other treatments.

Improve Skin Quality

Minimal Downtime

Safe for All Skin Types

**Injectables/Botox:** Botox injections are the most popular cosmetic procedure in the United States. And it's no surprise. This wonder toxin, the first and only FDA-approved prescription product that temporarily improves the appearance of both moderate to severe frown lines between the brows, the "11"s and moderate to severe crow's feet in adults can improve the appearance for several months. You will then notice a very gradual fading of the wrinkle-erasing effects. Cost: \$150-\$500.

**Fillers:** When we're young, our skin naturally produces collagen and elastin, which keeps skin plump, firm and pliable. But as we age, our natural collagen production tapers off, resulting in lost volume in the face with reduced elasticity. Cosmetic fillers provide the best non surgical method for reducing larger smile and frown lines as well as the 'Marionette' lines around the mouth that become much more prominent as we age. Thinning lips can be enhanced to a more youthful appearance as well as removing the vertical lines that form around the lips due to lost volume. Fillers are categorized as short term or long term to indicate whether the effects last for several months or up to ten years,

depending on the product, quality and cost. Short term fillers such as Juvederm cost \$400-\$600 per vial. Long term fillers such as Artefill/Bellafill cost \$850-\$1200 per vial.

Things Worth Knowing About Microdermabrasion; Skin Care And Beauty

**Micro-needling** (FDA Approved Skin Pen): The technique of micro needling has been shown to increase the remodeling of the skin by creating thousands of microscopic channels thru the skin, to increase the formation of new tissue by activating the body's wound healing cascade (inflammation-proliferation-tissue remodeling). The micro-channeling causes the release of growth factors that promote scar-less healing and the deposition of normal woven collagen rather than scar collagen. Nutrients are applied to the skin to penetrate into deeper layers to promote the growth of collagen and elastin under the skin surface. Cost: \$300-\$ 750 per treatment series.

## Skinpen™ in the Chicago Metro area – Stimulate Your Skin

Jul 23, 2015



SkinPen is a medical grade micro-needling tool used by skincare professionals in the improvement of acne appearance, fine lines, wrinkles, stretch marks, hyperpigmentation and other skin conditions on the face, neck, back, legs, abdomen and other body parts. Skin treatment with the medical-grade pen is minimally invasive. The device works by stimulating the skin's ability to produce new collagen and elasticity that gives your skin a youthful look. The treatment has minimal side-effects, and you can go home immediately after surgery. This state-of-the-art micro-needling tool is available at Skin Deep Medical Spa owned and managed by the board-certified plastic surgeon from the Chicago metro area. To arrange for a consultation at our medical spa go to [www.skindeepmedicalspa.com](http://www.skindeepmedicalspa.com).

### How is the procedure for SkinPen treatment?

Treatment with SkinPen takes about 30 minutes, but it depends on the severity of skin damage, number and size of the area to be treated. Your surgeon will make a series of numerous microscopic channels into your skin using the SkinPen. The procedure of making the tiny channels will feel like tiny pricks on the skin. Your physician will adjust the SkinPen to settings that will suit your condition for added comfortable. The micro injuries on the skin trigger collagen production and no scars are formed. The tiny channels made on the skin also allow the skincare products to penetrate into the dermis for good skin appearance.

### How are SkinPen results?

After treatment with SkinPen, your skin may be red or pink and with slight swelling that will last for 1 to 4 days. A healthier youthful looking skin will be seen within the first week after treatment and will continue to improve in the next several weeks as collagen synthesis takes place. The skin damage that has existed for a long period will not disappear immediately, and it may take up to 3 to 6 months for the improvement of the damaged skin after the final treatment session.

**Permanent Makeup:** Permanent makeup, also known as Intradermal Pigmentation, is a revolutionary method of applying natural pigments into the dermal layer of skin. Permanent makeup is used for a variety of cosmetic enhancements such as permanent eyebrows, eye liner, and lip liner/color. Eyebrows are one of the most defining facial features, and thinning of the eyebrows is one of the most visible signs of aging. Eyebrows frame the face, convey emotion, and make the eyes look brighter and the cheekbones more defined. Nothing restores youthful good looks better than a great set of eyebrows. This procedure should only be performed by a licensed, certified professional artist since mistakes are permanent and non-sterile equipment can cause serious viral infections such as hepatitis. ***The work below is by technicians who called themselves experts, often with years of experience. But they were not trained artists.***

***All of these cases would need removal before correction.***

***It's always better to make sure it's done right the first time. Permanent Makeup is a cosmetic tattooing procedure which simulates conventional cosmetics for round-the-clock beauty! It will make you look younger and prettier without surgery. It will save you time. It's "no sweat" beauty for active individuals. It helps women who can't see well to apply their makeup. It's great for women allergic to fragrances and preservatives in conventional cosmetics. It can simulate and replace lost hair, especially for alopecia clients and cancer survivors. It can put skin color back into light scars, and improve the appearance of asymmetrically shaped features, and enhance breast reconstruction. It's great for men or women! Everyone loves having permanent makeup -- but only if you choose the right technician. Permanent Cosmetics is a cosmetic tattooing process which simulates conventional makeup with long lasting intradermal color. People with vision problems, physical disabilities, sensitivities to preservatives in regular makeup, contact lense wearers, active individuals, burn survivors, hair loss clients, people with facial asymmetries or light scars, women who want to save makeup application time and even men can all benefit from Permanent Cosmetics. Choose from lip liner, full lip color, eyelash enhancement, eye liner, eyebrow enhancement, hair simulation, skin repigmentation and scar camouflage.***



**Laser Body Fat Contouring, Cellulite Reduction:** The i-Lipo cold laser, an FDA approved system, uses low-level lasers for smoothing cellulite, localized fat reduction and body shaping treatments. These treatments enhance lymphatic drainage of broken down fat, stimulate blood circulation and promote skin cell renewal to improve the appearance of cellulite.

Targeted fat reduction can release up to 400 calories of fat from a selected treatment area and should be followed by prolonged, low level exercise to burn up the fat calories that are released. Cost: \$1200 - \$1800 per treatment series.

**750 Words above this Line**



How does it work?

i-lipo Ultra can deliver immediate results and the vacuum massage action of the Ultra enhances the removal of released fat cell contents by its suction action optimizes absorption of infra-red laser in the dermis to promote collagen growth and enhance blood circulation in the area. The result is a slimmer, tighter, and smoother looking skin.

Technology

The new i-lipo Ultra incorporates 36 laser diodes, and vacuum massage with infra-red skin tightening to target more stubborn fatty deposits enhance lymphatic drainage, improve blood circulation, and promote skin renewal.

-Lipo Ultra + is a revolutionary system combining vacuum massage and circulation.

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