



enhanced aesthetics

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General Health / Skin Health

The latest technology in non-invasive direct skin care has been discussed above using **VascuLight SR**, and **NewApeel DiamondTone™** microdermabrasion. To obtain the optimal effect of your treatments, additional health care advice is offered below for your consideration and at our strong urging. Help us help you achieve and maintain the best results with your skin and other health issues.



Smoking is known to be bad for all types of wound healing and a major causative factor in skin wrinkling, cancer, heart, lung, and ulcer disease, to name a few. To receive the best results of the above programs, and help your overall general health, stop tobacco totally, in any form. Your physician has plans that will enable you to do this.

Rest to avoid worry and to help with all physical and mental problems is important. Most people require seven to eight hours sleep a night to attain maximal health. We all are busier than we thought possible so even napping can be beneficial.

Diet, well balanced and with vitamins and minerals, will help maintain your best levels of physical and mental performance and promote good health. If you have questions seek the advice of your physician first for a diet specific to your needs.

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Exercise to promote good blood flow, muscle tone, and help relieve tension and stress. There are many educational sources for exercise programs specific for your requirements. Walking and bending to smell that flower along the way are a good start.

Sun Protection is essential to optimal skin health. While some sun is necessary for good health, sun damage is not, and the average person gets too much sun starting at a young age and continuing through later life. Remember to protect yourself whenever in the sun by wearing a broad-brimmed hat and wearing sunscreen up to an SPF 30 or an SPF 15 sun block on exposed areas. And don't forget to reapply any sunscreen or sun block according to the directions for best protection.



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