

cure LIFE

Pre-July Tune-Up:
Mid-Year Skin Goals You Should Be Tracking

SPF is Not a Suggestion:
Your Daily Insurance Policy

Barrier Boosters:
Repair a Skin Barrier

Sun Damage Starts Sooner Than You Think

Body Check:
Summer Safe

POLISHED & PROTECTED

YOUR SUMMER STRATEGY STARTS NOW

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cure LIFE | Editor-In-Chief

Let's be honest—summer doesn't wait. Suddenly the sleeves are shorter, the invites are rolling in, and you're seeing a lotmore of your skin in the mirror.

And if you're anything like us, you've had that moment—where you're digging through your skincare, wondering what's worth keeping, what's expired, and what your skin even needs right now.

That's exactly why we made this month's edition.
Because here at Cure, we're not here for panic peels or frantic product hauls. We're here to help you feel confident heading into the season—strategically, not frantically.

This issue is about getting clear. Clear on your goals, your products, your timing.
Whether you're just starting to think about injectables, or you already know exactly when your Botox wears off (to the day), this month is for you.

Inside, you'll find:

- The treatments our most loyal clients actually rebook
- The SPF formulas that won't make you break out or give up
- What to do before the sun takes its toll
- And how to keep your results... instead of starting over every season

Because the truth is, you don't need to do everything. You just need a plan—and the right people to help you stick to it.
So take this as your reminder: your skin deserves a little intention. A little prep. And yes, a little protection.
Let's make this your most effortless summer yet.

You're polished. You're protected. You've got this.

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SPF IS NOT A SUGGESTION:
YOUR DAILY INSURANCE POLICY



SKIN PROTECTION IS NON-NEGOTIABLE. HERE'S HOW TO GET IT RIGHT– EVERY SINGLE DAY.

Let's be clear: if you're skipping SPF, you're not just risking sunburn. You're actively undoing the work of your facials, injectables, and collagen-stimulating treatments. At Cure, we treat sunscreen the same way we treat skincare essentials like vitamin C or hyaluronic acid—it's a daily must, not a seasonal maybe.

And while the market is saturated with SPF products, not all of them are created equal. That's why we rely on EltaMD, a dermatologist-loved brand that checks every box: broad-spectrum protection, lightweight formulas, skin-soothing ingredients, and options tailored to skin type, tone, and treatment history.





WHY SUNSCREEN IS NON-NEGOTIABLE

SPF doesn't just block UV rays—it protects your collagen, prevents hyperpigmentation, reduces inflammation, and shields against free radical damage. If you're investing in Botox, filler, microneedling, or laser treatments, sunscreen isn't optional—it's your insurance policy.

UNPROTECTED SKIN:

- Ages faster
- Fades unevenly
- Doesn't retain moisture well
- Is more prone to inflammation and sun-triggered conditions like melasma or rosacea flares

WHICH ELTAMD FORMULA IS RIGHT FOR YOU?

- UV Clear – Ideal for acne-prone, sensitive, or rosacea-prone skin; contains niacinamide for redness reduction
- UV Elements – Tinted, physical-only sunscreen for post-procedure or sensitive skin.
- UV Daily – Lightweight hydration with hyaluronic acid; perfect under makeup
- UV Sport – Water-resistant and great for active days (beach, tennis, anything sweaty)
- UV Restore – For mature skin with added ingredients to improve skin tone and elasticity
- UV Replenish – A dewy, nourishing option for dry or compromised skin; perfect under makeup

SPF MYTHS YOU CAN LEAVE BEHIND!

✕ "I'm indoors most of the day."
→ UVA rays penetrate glass. Enough said.
✕ "I have a darker skin tone, I don't burn."
→ Melanin may protect against burns, but it doesn't stop hyperpigmentation or photoaging.
✕ "Makeup with SPF is enough."
→ It's not. You'd need 7x the amount of foundation you normally wear to get the labeled protection.



The most appreciated thing about this procedure is that the results last longer. It's usually a one-time thing as the results last for many years following a single treatment. Just one 60-90 minutes treatment is all that's needed to see great lasting results. The patient's body and aging process also play a role in determining how long the SPF is skincare, not an afterthought.

At Cure, we don't just carry sunscreen—we customize it to you.

Whether you're fresh off a laser, prepping for vacation, or looking for something that won't break you out in July heat, EltaMD makes it easy to protect your results without compromising your routine.

Stop in and let us help you build a real-world SPF wardrobe—your skin will thank you this summer and in ten years.
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SUN DAMAGE STARTS SOONER THAN YOU THINK

Prevention > Panic.
How to outsmart the sun
before it shows up on your skin.

Let's clear something up: sun damage doesn't wait for a burn. It builds quietly, layer by layer, long before you notice dark spots, texture changes, or fine lines that weren't there last year. And if you think prevention starts after vacation, you've already missed the window.

At Cure, we believe the best anti-aging strategy is a smart, seasonal one—and it starts before the beach bag is packed. Prepping your skin ahead of sun exposure gives you a major advantage when it comes to keeping pigment, inflammation, and premature aging at bay.



YOUR PRE-SUN SKIN PREP STRATEGY

ANTIOXIDANT SERUMS:

Your First Line of Defense

Pairing your SPF with a daily antioxidant serum—like Vitamin C, Ferulic Acid, or Niacinamide—helps neutralize free radical damage caused by sun, heat, and pollution. These formulas boost your skin's resistance to UV-triggered pigmentation, collagen breakdown, and inflammation.

Try: SkinMedica's Vitamin C+E Complex or Biologique Recherche's Serum PIGM 400 for skin that's already fighting melasma or discoloration.

HYDRAFACIALS:

The Pre-Summer Reset Your Skin Needs

Think of a HydraFacial as a clean slate before summer hits. This treatment exfoliates, extracts, and infuses the skin with antioxidants and hydration—making your skin barrier more resilient and your products more effective.

Pro tip: Book a HydraFacial with a brightening booster to minimize uneven tone before the sun has a chance to darken it.

SALTFACIAL OR SKINVIVE:

Barrier-Boosting & Glow-Enhancing

These treatments deliver hydration and recovery in different—but equally effective—ways. SaltFacial detoxifies, exfoliates, and restores with no downtime, making it ideal for a monthly reset. Skinvive, a microdroplet HA injectable, helps bind moisture in the skin to keep it dewy and strong all summer long.







THE CURE PHILOSOPHY: PREP > REPAIR

We'll always have options for post-sun repair. But it's so much easier (and more cost-effective) to stay ahead of the damage. When your skin is well-hydrated, fortified with antioxidants, and exfoliated regularly, you reduce the likelihood of:

- Sun-triggered melasma flares
- Uneven pigment or blotchy patches
- Heat-induced breakouts
- Dehydrated, dull skin mid-July

What You Can Do This Week:

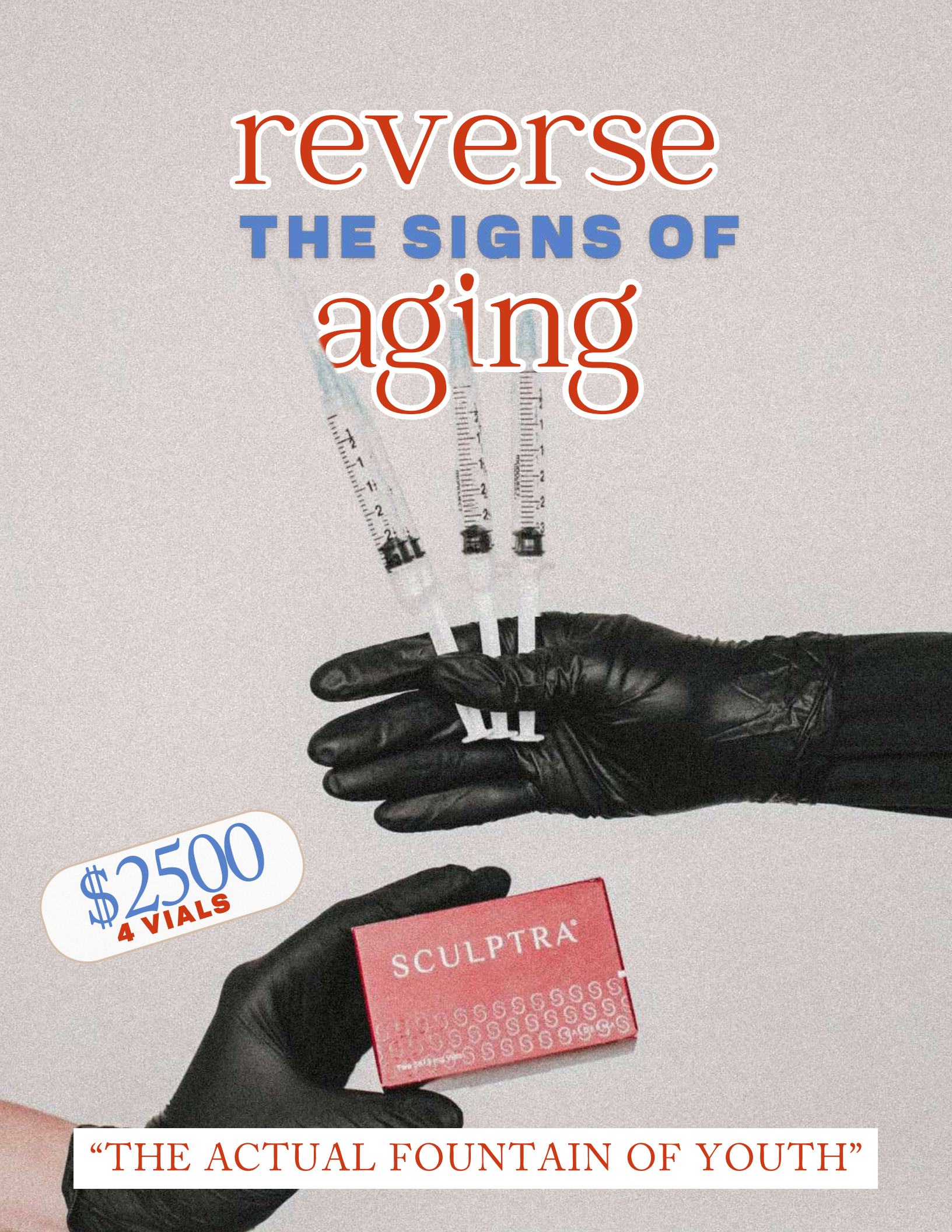
✓ Book your HydraFacial or SaltFacial
✓ Add a daily antioxidant serum to your routine
✓ Apply SPF every morning (and reapply!)
✓ Don't forget neck, chest, hands, and ears
✓ Ask your provider about Skinvive or seasonal skincare swaps


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"THE ACTUAL FOUNTAIN OF YOUTH"

BARRIER BOOSTERS: HOW TO REPAIR A SKIN BARRIER THAT'S OVER IT

Because sometimes your skin just wants to be left alone.

Let's call it what it is: your skin barrier is exhausted.

Maybe it's the sun. Maybe it's that "gentle" exfoliator you've been using three times a week. Maybe it's the triple cleanse you did after the beach. Either way—your skin is sending signals. Dryness, redness, tightness, weird texture, or breakouts that weren't there yesterday? Classic signs your barrier is over it.

And when the barrier is off? Everything else goes with it. Serums stop absorbing. SPF pills. That pricey moisturizer sits on top like a film. This is the point where you stop trying to fix and start focusing on fortifying.

That's where we come in.

Start with the reset.

At Cure, one of our go-to barrier rescue treatments is the SaltFacial. Don't let the name fool you—it's not harsh. It's actually one of the most calming, restorative treatments we offer. We love it for summer skin that's been pushed too far.
Here's how it works:

Phase one exfoliates with pure, pressurized sea salt. Think gentle microdermabrasion without the inflammation. Phase two drives hydration deep into the skin using ultrasound. Phase three? LED light therapy to calm, soothe, and reset the skin's inflammatory response. You'll walk out feeling like your face took a deep breath.







Then—nourish and rebuild.

If your skin's been temperamental lately, it might be time to put the actives on pause and lean into support. Environ facials are built for this. They don't shock the skin into submission—they re-train it. These facials layer in vitamins, peptides, and antioxidants slowly, safely, and effectively to help strengthen the skin from the inside out.

It's like physical therapy for your face.

And for home? One word: Biologique.

When you need to pull your skin out of a tailspin, Masque Vernix is our ride-or-die. It mimics the structure of healthy skin (literally modeled after the protective coating babies are born with) and acts like a second barrier while yours repairs. If your skin is hot, sensitive, or just confused—Masque Biosensible is another hero. Both are intensely calming, breathable, and work fast.

This isn't about giving up your glow goals. It's about getting smart—and giving your skin what it needs before you ask it for more.

The good news? Skin recovers fast when you stop overloading it. The even better news? We know exactly how to help.

If you've been feeling like your face is reacting to everything, or your usual routine just isn't hitting the same—pause. Come see us. We'll figure out what's up and get your skin back on track.



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Recommendation Guide

01 **SKIN BOOST/HYDRATIC**
(1-2 vials)

02 **ANTI-AGING**
(1-2 vials)

03 **BOOTY PLUMP**
(10-15 vials)

04 **CONTOUR** *(CHEEKS, JAWLINE, & CHIN)*
(10-15 vials)

05 **HIP DIPS**
(3-10 vials)

01 **CELLULITE/DIMPLE TREATMENT**
(1-2 vials)

These are average amounts. Each case will depend on age, the condition of skin and volume at the time, skincare routine (including sunscreen) and genetics.

Learn More at curemedspamystic.com

BODY CHECK: TREATMENTS THAT GET YOU CONFIDENT IN THE HEAT



Because great skin doesn't stop at your jawline.

Let's be honest—summer is not subtle. It's sweat, SPF, humidity, and barely-there clothes. And when the layers come off, so do the distractions. Suddenly it's not just about your face anymore. It's arms, chest, back, thighs. Skin texture. Pores. Breakouts. Muscle tone.
This is where the full-body skin strategy comes in.

At Cure, we treat the whole canvas—not just the part above the neckline. Because when you're in a tank top or a swimsuit, confidence comes from knowing everything's taken care of.

Emsculpt NEO®: The No-Sweat Sculptor

No time for endless crunches? No problem. Emsculpt NEO® is your cheat code. It uses radiofrequency and HIFEM (High-Intensity Focused Electromagnetic) energy to build muscle and burn fat—simultaneously.
It's the treatment we recommend for:

- Core tone (think abs that actually engage)
- Glute lift
- Inner thighs or arms that need a little tightening
- Clients who want visible results with zero downtime

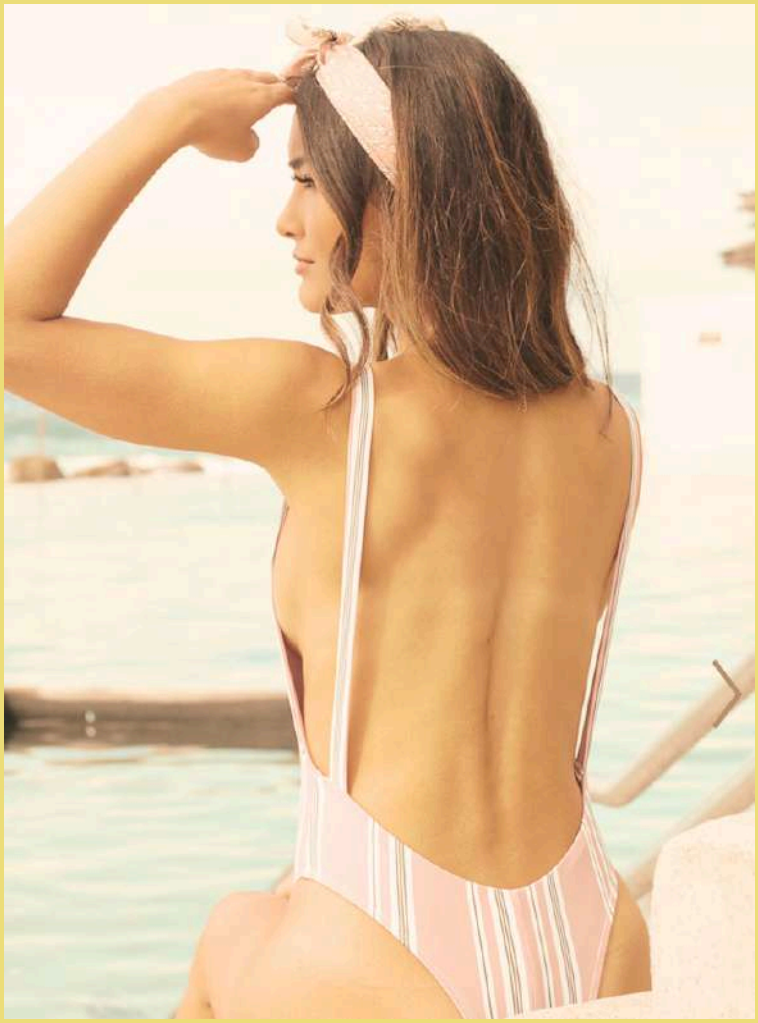
20,000 crunches in 30 minutes without breaking a sweat? That's our kind of summer workout.
read it.

Renuva: Volume Without the Filler Vibe

Renuva is injectable regenerative medicine for areas that need subtle volume—not sculpted, not overdone, just...balanced. We love it for treating hip dips, smoothing out surgical or injury divots, or softening areas that look hollow or uneven.
It's natural, long-lasting, and builds real fat back into the areas where your body has lost it. Think of it as the injectable that works with your body, not just on it.







SaltFacial for the Body: Detox + Texture Reset

SaltFacial for the body clears clogged pores, smooths keratosis pilaris (aka chicken skin), and exfoliates dull, rough patches from shoulders to shins. It's gentle enough for breakout-prone skin, but strong enough to help with stubborn texture and tone issues.

Perfect for:

- Back acne and post-inflammatory marks
- Chest congestion and breakouts
- Bumpy upper arms or thighs
- Skin that needs a total refresh (but isn't laser-ready)

Folliculitis, Chest Acne, and "Why Is My Skin Freaking Out?"

Sweat, friction, sunscreen buildup—it's the perfect storm for body breakouts. If you're noticing red bumps, irritation, or clogged pores where there used to be smooth skin, it's time for a targeted clean-out and a product reset.

A few things we often recommend:

- Antibacterial body washes with benzoyl peroxide or salicylic acid
- Lightweight, non-comedogenic body moisturizers
- Exfoliating masks or enzyme-based treatments for the chest or back
- In-clinic facials for the body (yes, they're a thing—and they work)

And if you're not sure what's causing the issue? Come in. We'll diagnose it and build a custom plan.

SUMMER SKIN IS FULL-BODY SKIN

So don't stop at SPF and a facial. Your body deserves the same intention and care—and summer is the perfect time to give it some extra attention.

Let's make tank tops and strapless dresses feel like a flex. Book a consultation at Cure, and we'll design your head-to-toe skin and body plan. It's not about perfection—it's about walking out the door knowing you've got nothing to hide.



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- UNEVEN SKIN TONE & TEXTURE
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- HYPERPIGMENTATION
- ENLARGED PORES
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PRE-JULY TUNE-UP:

MID-YEAR SKIN GOALS YOU SHOULD BE TRACKING...

There's something about June that prompts reflection. Not just in life, but in your skin. Six months into the year is the perfect moment to stop, assess, and ask: Am I actually getting the results I came for?



At Cure, we believe your skin goals should be living, breathing things—refined over time, not just set in stone in January. And that means we sometimes need to shift gears.

Maybe you started the year with clarity in mind. A plan to address melasma, acne scars, or stubborn texture that makeup can't cover. Or maybe you simply wanted to feel firmer, lifted, more luminous in your own skin.
Now's the time to take a closer look. Skin doesn't lie—but it does evolve. And if you're not adjusting your strategy as it changes, you're missing an opportunity to course-correct mid-year and come out ahead by fall.

Where you started is one thing. Where you're headed is what matters.

If texture is still an issue—if you're noticing rough patches, dullness, or that signature uneven finish that ruins an otherwise good foundation day—this might be your moment for Laser Resurfacing, or a more targeted treatment like microneedling or SaltFacial to jumpstart exfoliation and collagen renewal. These are more than refreshers; they're resets.

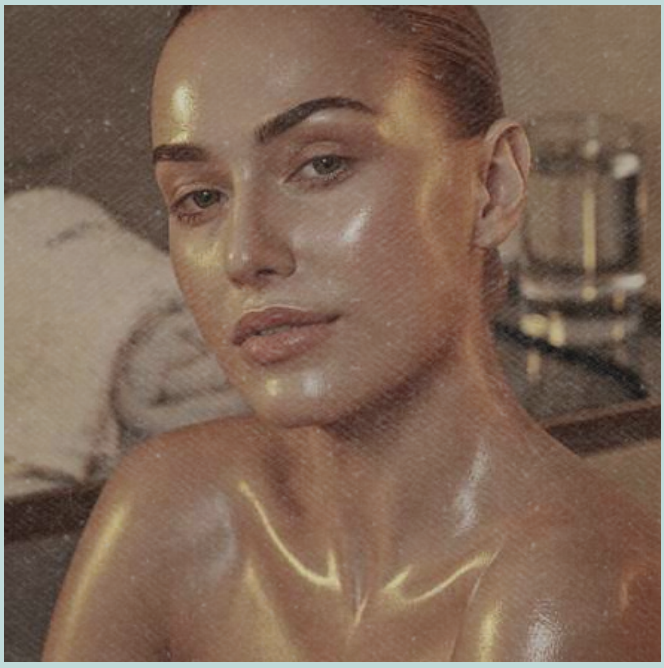
Pigmentation tends to creep back this time of year. Despite your best sunscreen efforts, sun-induced flare-ups can undo progress made in the cooler months. If your skin tone is looking uneven or if melasma is threatening to steal your summer confidence, it may be time to incorporate a brightening peel or laser-based pigment correction. And yes—those options are still safe with proper protection and smart post-care.



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For others, it's not about clarity or tone. It's lift. Laxity doesn't show up overnight, but once it does, it's hard to unsee. If the jawline isn't as defined as it once was, or if you're starting to notice a subtle sag through the cheeks or neck, **Ultherapy** may be the most natural solution. Think of it as your structural insurance policy—stimulating deep collagen with no downtime. If you're looking for something slightly softer, **RadioFrequency** tightening is another powerful way to firm the lower face, especially when paired with skin-thickening injectables like **Sculptra** or **Radiesse**.





Ultimately, mid-year is not about judgment. It's about clarity. What's working? What's stalling? What could benefit from a tweak in frequency, approach, or intention?

At **Cure**, this is the moment we love most: the recalibration. The chance to re-commit to your skin with insight and intention. Book your consultation, bring your questions—and let's map out a plan that reflects where you're going next, not just where you started.

THE SECRET IS OUT!

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Aggressive	**$2600** $3000	**$3100** $3500

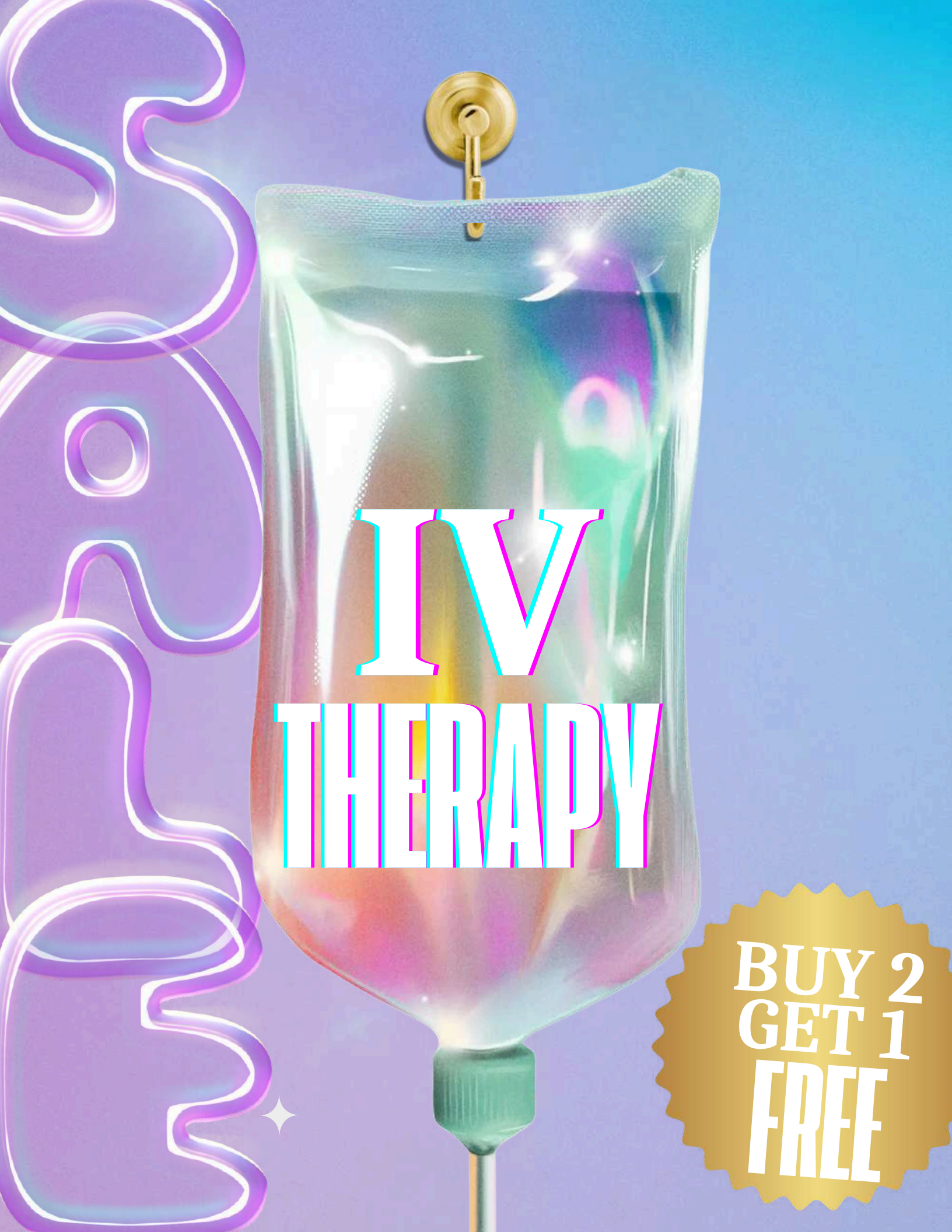






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