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GLOWING SKIN IN THE NEW YEAR

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NEW YEAR NEW YOU 3 THINGS TO DO

MAKE YOUR NEW YEAR'S RESOLUTION A REALITY

PHYSICAL AND CHEMICAL EXFOLIATORS

WHO IS A GOOD CANDIDATE FOR PDO THREADS?

Cure the New Year

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cure LIFE | Editor-In-Chief



Happy New Year! As we begin another journey around the sun, it's important to take a moment to reflect on the past year and set intentions for the year ahead. This year, we're focusing on growth and positivity. As we begin the new year, we wanted to focus on the latest trends and innovations in the world of aesthetics. Our team has been hard at work, researching and training to stay up to date on the most popular treatments, products, and techniques that are going to be the best for you.

We hope that this issue inspires you to take the necessary steps to achieve your desired look and feel your best. We want to challenge ourselves to step out of our comfort zones and try new things. We also want to spread kindness and compassion wherever we go. Let's make this year one to remember, filled with love, laughter, and joy. Cheers to a happy and healthy new year!

Thank you for your continued support, and we hope you enjoy the January issue of Cure Life Magazine.

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HAVE GLOWING SKIN IN THE NEW YEAR

New years Skin care advice

As the new year begins, it's a great time to focus on taking care of your skin. Your skin is your body's largest organ and taking care of it can help you look and feel your best. Here are some tips to keep your skin healthy and glowing in the new year:

A NEW YEAR BRINGS THE OPPORTUNITY FOR A NEW YOU!

At the start of the new year, it is customary to set resolutions that will encourage positive lifestyle changes. While some set goals to start exercising or cooking more meals at home, many neglect to incorporate daily habits that will better their skin.

If you are looking to have glowing skin in the new year, here are some resolutions to add to your list:

1. ESTABLISH A SKINCARE ROUTINE

Having a morning and night SKINCARE ROUTINE is pertinent to the health of your skin. Your routine can have as few or as many steps you feel comfortable with, as long as the products you use address your skincare needs. Everyone's skin is different: some may have dry skin, others have more oily skin, and some have a combination of both. Whatever your skin type, be sure to apply products that work best for you.

When establishing a routine, it is important to remember that you should always apply your products in order from the thinnest to the thickest consistency. Incorporating a cleanser, toner, serum, and moisturizer will help brighten your skin and give you the glow you are looking for.

Keep in mind that during the WINTER MONTHS, your skincare products may differ because the cooler, dryer climate can affect your skin. Choose thicker moisturizers, and remember to hydrate.

2. ALWAYS APPLY SPF

No matter the time of year, applying SPF is an essential part of any skincare routine. Although the sun doesn't feel as strong during the winter, its UV rays are harmful year-round. Apply no less than SPF 30 to your face and hands to protect your skin from aging and future damage. Without wearing SPF daily, your risk of skin cancer and irreversible damage increases.

3. TAKE OFF YOUR MAKEUP EVERY NIGHT

One of the most important steps to take in order to keep your skin healthy and bright is to take off your makeup every night. Sleeping in your makeup can cause your pores to clog, resulting in blackheads and breakouts. That is why taking off your makeup is essential, even on days you may be too tired to complete your skincare routine. To remind yourself of the importance of cleaning your face from your makeup, leave a small bottle of micellar water with cotton pads on your nightstand.

4. DON'T FORGET TO EXFOLIATE

Pick a day of the week to set aside time to use a face scrub or face mask to exfoliate your skin and give it extra brightness. Exfoliating your skin helps remove dead skin cells that may build up on the surface of your skin. Some scrubs help get rid of the dead skin, while face masks focus more on drawing out dirt, oils, and impurities from the surface of your skin. Both scrubs and masks leave your skin feeling smooth and reduce the appearance of dull skin, making you glow.


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MAKE YOUR NEW YEAR'S WEIGHT LOSS GOAL A REALITY AT CURE

Diet and weight loss are the top New Year's resolutions Americans make.

Yet, data collected by Nielsen Analytics shows that people who make a resolution to lose weight typically fail just a few weeks into the new year. This year we can help you keep your promise to lose weight and reach your wellness goals with our customized weight loss programs. Make 2024 the year you finally slim down, improve your health, and feel good while you're doing it.

Make 2024 your year

More than 70% of Americans are overweight or obese, and it isn't from a lack of trying to shed the pounds. Lasting weight loss involves more than will power — people who choose to partner with weight loss professionals tend to lose more weight and keep it off longer than those who go it alone.

Struggling with weight loss can be daunting, often requiring determination, patience, and a personalized approach. If you're tired of fad diets and ineffective weight loss strategies, it's time to explore a new path toward sustainable results. Our medical weight loss programs, complemented by cutting-edge prescription medications such as Ozempic, Wegovy, and more, are designed to revolutionize your weight loss journey, making it easier and more effective than ever before.





UNDERSTANDING MEDICAL WEIGHT LOSS PROGRAMS:

Medical weight loss programs are comprehensive, evidence-based approaches to weight management that trained healthcare professionals supervise. These programs address the underlying causes of weight gain, focusing on personalized strategies tailored to your needs and health considerations.

The Role of Prescription Medications:

Prescription medications can provide additional support and enhance your weight loss efforts when used with a medical weight loss program. Two notable medications that have shown promising results in recent years are Ozempic and Wegovy.

Wegovy

Wegovy: Wegovy (semaglutide) is another FDA-approved injectable medication that has gained attention for its remarkable weight loss properties. Wegovy has demonstrated exceptional results in clinical trials, leading to substantial weight loss in individuals struggling with obesity.



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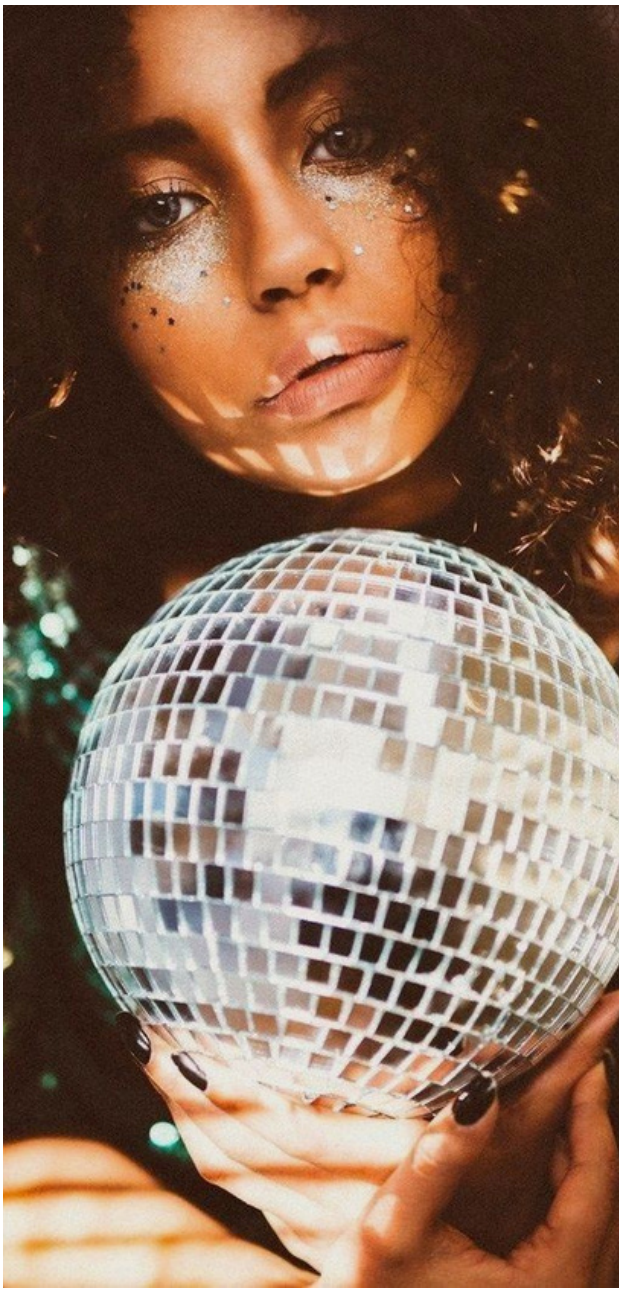


NEW YEAR NEW YOU
3 THINGS TO DO!

A brand new year stretches out ahead of us, and for many, it is inspiring and motivational. A fresh start to meet your goals, whether they be old ones or new. Beauty goals, fitness/health goals, professional goals…the list goes on and on.

Have you spent any time reflecting on the closure of last year and the new beginning of the next?

We at Cure strive to walk alongside you as you move towards your aesthetic goals. Maybe you have a number of beauty goals but lack focus in order to figure out how to prioritize. We would love to help you sort out your next steps and to figure out how our special promotions can help get you there as quickly as possible. Lasers are an immensely popular treatment and are an easy favorite because of the fabulous results you can achieve.



LASER HAIR REMOVAL

If you aren't enjoying the benefits of hair removal, you just don't know what you're missing. Kiss your time consuming daily routine goodbye after you permanently do away with hair growth in those areas. Plagued by ingrown hairs? Not any more. Laser hair removal is a non-invasive treatment that is nearly pain-free and entails virtually no patient downtime. A well-designed treatment regime can result in long-lasting hair reduction. Unsightly and awkward body hair can be a real nuisance; it can affect your personal life, your self-esteem, and even your personal hygiene. Even if your body hair isn't that big an inconvenience, just think of the time you'll save in the bathroom not having to shave everywhere all the time.

ULTHERAPY

Tightening your skin with Ultherapy stimulates your collagen with ultrasound waves. Make yourself younger with Ultherapy. Ultherapy has generated quite a bit of buzz over the past few years, but some users are reporting alarming side effects. ULTHERAPY IS the only FDA-APPROVED, NON-INVASIVE TREATMENT THAT CAN TIGHTEN LOOSE SKIN AROUND THE JOWLS, NECK, BROWS, AND DÉCOLLETAGE. This treatment projects thermal energy to heat the skin's deeper layers. This process stimulates collagen, elastin, and hyaluronic acid production, which reduces the appearance of fine lines and tightens loose skin—all without any visible scarring or noticeable absent weeks away from social media.

AQUAGOLD®

Ready for filtered like skin? AQUAGOLD® can be confusing or seem complex.
It is a customized treatment with each ingredient targeting a specific skin concern.
AQUAGOLD® Facial is different than other facial treatments. For starters, the AQUAGOLD® facial is technically a method of administration rather than a specific kind of facial.

One of the main distinguishing factors of this treatment procedure and device is that it is handheld and very convenient to utilize across the various parts of the face, getting great coverage with little difficulty.
AQUAGOLD® can:

- Improve the texture and complexion of skin
- Help treat hyperpigmentation
- Inject nourishing vitamins and other serums into skin

This luxury facial rejuvenation treatment has been a favorite among Hollywood celebrities including Kim Kardashian. It can be performed anywhere on the body but is commonly used for the treatment of the face, neck, and décolletage. This treatment is the perfect treatment before any event or party!



The RHA® Collection is Resilient Hyaluronic Acid, dermal fillers designed for facial dynamics and represents the latest advancement in hyaluronic acid (HA) technology in more than a decade, using a gentle manufacturing process to more closely resemble the natural HA in the skin.

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MICRO-NEEDLING

With the new year just upon us, many people have resolutions on their mind. While hitting the gym more often will forever remain a favorite, you may find yourself setting a goal to improve your skin this year. This resolution is becoming more and more common as more advanced skincare treatments and customizable plans become available.

tCure Med spa, we couldn't be more in agreement with the "skincare revolution" resolution! With the right treatments, even the most problematic skin can be transformed into a healthy, clear, fresh complexion. And if your goal is focused on anti-aging, there are many highly effective procedures to choose from that will have you looking more youthful in no time. There are plenty of options for general skin maintenance, too.

A favorite of ours at Cure Medspa is microneedling because it essentially does it all, and doesn't ask much from you. Besides targeting acne scars, stretch marks, hyperpigmentation, age spots, rough skin, and uneven texture, microneedling with SkinPen also goes after wrinkles and loose skin. If you have microneedling done as much as your treatment plan calls for, your skin will definitely see the benefits.

This is an extremely popular service here at Cure because it's great for all skin types and sessions are quick and convenient. The downtime is also minimal, with zero physical recovery and only a day or two of social downtime. In addition, Microneedling is a treatment that kick-starts your body's own natural collagen and elastin, which results in thicker, smoother, firmer skin.
So how exactly does micro needling work?

The micro needling pen — which looks more like a fat magic marker — contains 14 stainless steel, medical-grade micro-needles. This pen will be applied directly to your skin (with some gel for added help), where it will create 1,600 tiny pinprick-sized holes in the skin per second.

As the pen creates these tiny injuries, your body's natural healing response is triggered and will begin sending in cytokines and growth factors (new collagen). The tiny injuries will each be replaced with brand-new, healthy tissue. This is how acne scars, stretch marks, lines, and wrinkles are reduced. Besides all of this goodness for your skin, the tiny holes in your skin after microneedling mean that your skin is extra-ready to absorb skin-healing nutrients and vitamins. These products will reach more deeply into the skin right after microneedling, adding to the benefits of the procedure.

While you may not be able to control everything in 2024, you do have the ability to take the appearance and health of your skin into your own hands. If you're tired of looking in the mirror and seeing your skin issues staring back at you, we urge you to take advantage of our microneedling services and get on your way to having the skin you're meant to have.
Remember: when you feel good about your skin, it helps you face the world in a whole new way.
From all of us at Cure Medspa, we wish you luck, joy, and gorgeous skin in the coming new year!

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The Difference Between *PHYSICAL & CHEMICAL* EXFOLIATORS

Scrubs are known as physical, or mechanical, exfoliators. They are not the devil, and we support their moderate use. It's imperative to use gentle mechanical exfoliators, and use a light hand when massaging our skin with these mild abrasives.

Physical

We do NOT want to scrub hard at our skin. While that may feel like we are giving our skin an intensive treatment to reveal baby-soft skin, what we are actually doing is damaging the skin. It creates uneven lacerations on the surface, which agitates the pores and can spread bacteria, causing redness, inflammation, and breakouts. The skin on our face is delicate and should be treated as such.
We like very gentle formulas with natural ingredients and soft, small beads to buff and polish our skin, and to wipe them away with a clean, damp towel to help exfoliate away the dirt and skin lifted from the scrub.



Chemical

Chemical or enzyme exfoliants are incredibly effective, but can also be damaging if abused. They come in many liquid or gel forms, as exfoliating daily toners and peel pads, or weekly exfoliating masks. It's so important that we honor the instructions on the packaging and do not use them more often or leave them on the skin longer than instructed, because these chemicals are powerful and can actually burn the skin, causing redness and irritation.

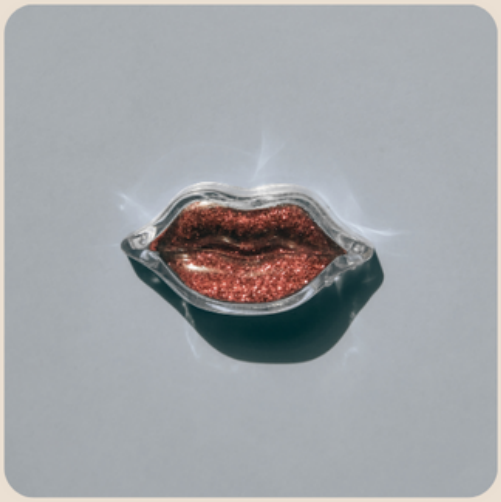


It's easy to get carried away with the notion of exfoliation. It breaks down dirt, grime, oil, makeup, and dead skin, so the more the better, right? Eh! Wrong-o. Over-exfoliation actually damages the skin barrier, which is a protective film of beneficial bacteria that helps fight acne-causing bacteria and keeps out toxins from our environment.

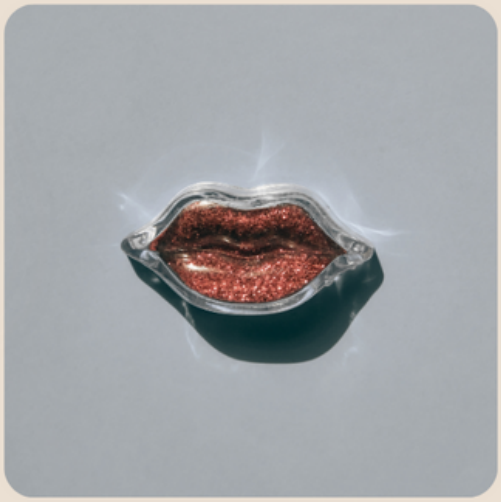
We want to exfoliate just enough to maintain a healthy glow, without overdoing it. Everything in moderation, that's our motto. Here are some of our current favorite exfoliating products, both mechanical and chemical:


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WHO IS A GOOD CANDIDATE FOR PDO THREADS?

A PDO Thread Lift is a less invasive treatment that tightens and lifts the skin without needing to go under a scalpel. PDO (Polydioxanone) thread lifts use a biodegradable polyester suture. They're best suited for rejuvenating the skin, while some newer thread lifts are better at lifting sagging skin.

In fact, the PDO Thread Lift procedure can benefit patients with mild to moderate skin laxity and people who wish to avoid surgical procedures. However, some conditions are not advised for PDO threading. That said, here are good candidates for the said procedure:
Those who want to reduce fine lines and wrinkles
People who want to improve the skin laxity
People who don't want to undergo surgical procedures.
Those who want to enjoy the benefits for a long time. Those who wish to improve their overall facial appearance

HOW DO PDO THREADS WORK?

PDO Threads are sutures that can either be cone anchors or mini barbs, which hold the skin and deeper tissue more youthful. The body fully dissolves it within four to six months. The presence of this PDO material in the skin stimulates collagen, and this newly produced collagen will maintain its hold for another 12 to 15 months.
What Are The Benefits Of PDO Threading?
This non-surgical facelift uses monofilament fibers that dissolve over time to lift, reposition, and accentuate the skin and cheeks, as well as diminish the jowls and tighten the jawline. In fact, PDO thread lift can be combined with Botox, dermal fillers, and other injectables for maximum results.
The benefits of PDO threads include the following:

- New collagen stimulation
- Increased skin rejuvenation
- Skin lifting and brightened skin tone
- Instant and sustained increase in volume
- Improvement in skin wrinkles for 12 to 18 months
- No surgery and minimal downtime

WHAT TO EXPECT FROM THE PROCEDURE?

At least 5 days before, the patient will likely be advised to avoid drinking alcohol and using tobacco, along with other things that may increase the possible bleeding or bruising, such as:

- Advil and ibuprofen
- aspirin
- omega-3 fatty acids
- green tea or green tea extracts

On the day of the PDO thread lift procedure, the doctor will talk about the potential complications and advise about recovery. The exact procedure the practitioner will follow can vary. Generally, it will probably look something like this:

1. As the patient sits in a reclined seat, the practitioner will disinfect the face with alcohol. A local anesthetic will be applied with a needle under the skin.
2. A small incision is made by the practitioner with another needle, and then insert a device called a cannula will go into the small hole.
3. Next, the practitioner will anchor the thread into place and pull out the cannula.
4. They'll finish by cutting the thread and making sure it's secure in place.

Shortly after the procedure, the patient will be free to go home.
Is The Procedure Painful?
There may be a little pain when the doctor puts in the microbeads, but it usually feels like a pin or mosquito bite. Most people don't even realize that they have been implanted when the process is done. This procedure takes some time to complete, so make sure not to have appointments or other things to do immediately after the procedure is completed.

WHAT ARE PDO THREAD LIFT RECOVERY AND AFTERCARE?

There is only minimal recovery from a PDO thread lift. There may be some swelling and bruising for the first 24 to 48 hours, but patients can immediately return to most of their daily routines.
After the procedure, the patient should avoid rubbing the face as much as possible the week to prevent accidentally dislodging the thread. They will also likely be advised to avoid pursing their lips, smoking and drinking through a straw for the first several weeks. Other activities to avoid for 1 to 2 weeks include sleeping on the side, intense exercise, and visiting saunas. Sleeping with the head propped on a pillow can help prevent accidentally rolling onto the face during the middle of the night.

WHAT ARE POSSIBLE SIDE EFFECTS OF PDO THREAD LIFT?

Unlike facelift surgeries, PDO thread lifts have a much lower risk of complications. When performed by a trained professional, there's less risk of scarring, severe bruising, or bleeding.
In fact, only 15-20 % of minor complications occur during this procedure but are easily corrected. Nonetheless, potential complications are as follows:

- minor bruising
- pain
- infection
- snapping of threads
- accumulation of blood (hematoma)
- inflammation
- dimpling (orange peel-like skin texture)
- hair loss
- inflammation
- visible sutures (for people with thin skin)
- salivary gland injury

WHO SHOULD NOT RECEIVE THE PDO THREADS?

The following are not a candidate for the service and need to cancel/reschedule:

- Lidocaine allergy-this injectable anesthetic may be used with thread insertion
- Chemotherapy
- Active cold sores/rash, including active acne
- Pregnancy or breastfeeding
- Blood thinners (such as but not limited to Coumadin etc.)
- Unable to risk bruising for the next week
- Current illness/cold

HOW LONG DOES THREAD LIFT RESULT LAST?

According to ASPS or the American Society of Plastic Surgeons, thread lift results should last 1-3 years, depending on the material. Compared to PDO, PPLA threads take longer to dissolve. In fact, a 2019 review in the Aesthetic Surgery Journal of 160 patients who received PDO threads found that results declined sharply after six months and were completely absent by one year.
Some doctors say results only last a few months, regardless of the material. Advancements in development include threads coated in hyaluronic acid that can stimulate more collagen production and help the lifting last even longer after the threads dissolve.

THE BOTTOM LINE

PDO thread lift is an effective and safe treatment that can rejuvenate the skin and address wrinkles, fine lines, saggy skin, sunken face, and other aging signs. Cure Med Spa offers PDO Threads made of small, fully absorbable sutures made of polydioxanone (PDO), a synthetic biocompatible material long used in surgical settings. Ultimately, this innovative procedure can lift drooping brows, restore volume to the cheeks, tighten the skin on and around the neck, and reduce the appearance of marionette lines and jowls.




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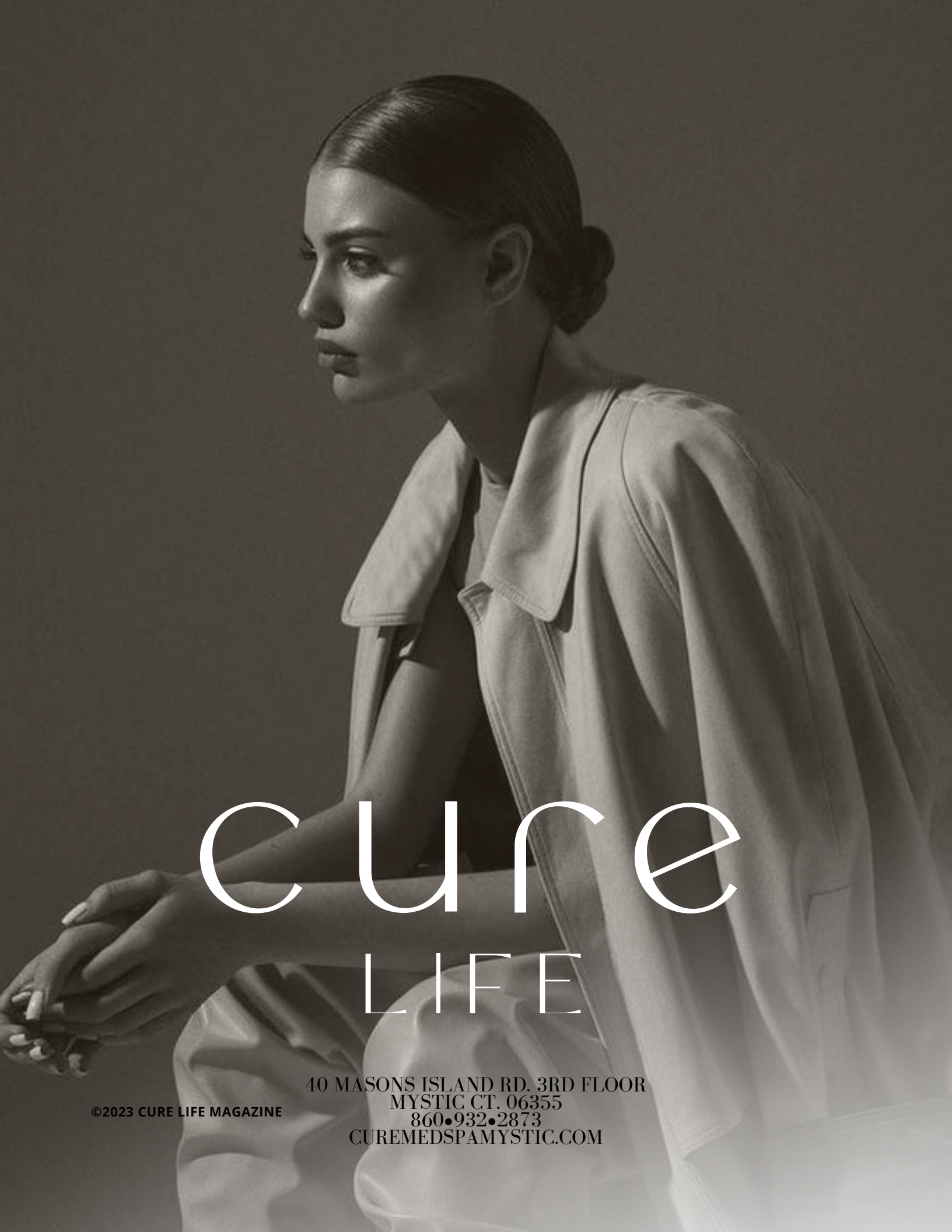


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