

cure LIFE

5 BEST WAYS TO PREVENT SUNBURN

PREVENTATIVE TOX
and Why We Love It!

TOX FOR PLATYSMAL BANDS

DON'T SWEAT IT!
Hyperhidrosis

PRP INJECTIONS

PRE- AND POST-SWIMMING SKINCARE ROUTINE

RED WHITE & YOU

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Candice Georgiadis

cure LIFE | Editor-In-Chief

As we head into the pinnacle of summer, it's time to enjoy beaches, picnics, parades, boats, parties, weddings, reunions and barbecues. These are the days we dream about all year. We savor these wonderful moments because we live free in this amazing country. With the Fourth of July in just a few short days, it got us thinking about how thankful we are for this country we call home.

This time of year is usually full of fun events and get-togethers. If you're looking for a gift, need to hit the reset button on your skincare regimen, or simply want to enhance the best you, Give us a call to schedule your FREE consult and let us help!



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Candice Georgiadis

www.CandiceGeorgiadis.com

5 BEST WAYS TO PREVENT SUNBURN

1. SUNSCREEN

Water-resistant sunscreen of SPF 30 or higher does the trick when you're at the beach, swimming, or spending a lot of time outdoors. Apply sunscreen at least 15 minutes before going outdoors, because it takes that long for your skin to absorb it. Apply at least 1 ounce to the exposed parts of your skin, including face, neck, ears, arms, legs, tops of your feet, and back, as much as possible. Reapply sunscreen after two hours for best results.

2. CLOTHING

Clothing offers a reliable way to keep sunburn away. If possible, wear long sleeves and long pants made of lightweight material in colors like white or beige. Consider clothing with UPF (ultraviolet protection factor) in the fabric. UPF of 50 or higher helps block up to 98% of the sun's ultraviolet rays. The staff at Emerge Tulsa can recommend UPF clothing for you.

3. STAY INDOORS

Think about staying indoors during the part of the day when the sun's rays are most intense — from 10 a.m. to 4 p.m. It's probably still going to be hot from 4 to 8 p.m., so you have plenty of time to get out and enjoy the warm weather without as much exposure to the sun.

4. SEEK SHADE

Stay in the shade whenever possible. This is particularly true for kids, who are more vulnerable to the heat. Set up your picnic next to a large tree. Lay out a hammock between two palm trees at your tropical destination. Watch animals at the zoo from the comfort of a covered awning. Take an umbrella with you to the golf course in between shots.

5. LITTLE THINGS

Don't forget the little things to protect you from sunburn! Lip balm with sunscreen is crucial to protecting your lips. UVA/UVB sunglasses are a must, but make sure they cover all of your eyes to prevent bright sunlight from reaching your pupils. You can even get sunburn on a cloudy day, so you can also try these tips from Cure on a when it's cloudy outside.





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TOX FOR PLATYSMAL BANDS

Want to get rid of jowls? What are platysmal bands? We're here to answer all your questions about how to improve neck lines, how to get rid of jowls, and how to tighten neck skin and get rid of your double chin.



What are platysmal bands?

-The platysmal bands are two strips of muscle which run vertically down both sides of the neck. These bands are to blame for the first signs of aging within the neck contributing to saggy skin, double chins, "necklace lines"/neck creases, and the dreaded turkey neck.

Why do certain people have stronger platysmal bands than others?

The true is unknown, however, researchers believe genetics, sun exposure and improper skin care could play a major role. In addition, other factors such as clenching your teeth, stress, or high-intensity workouts can result in hyper-recruitment or "bulking up" of the platsyma.

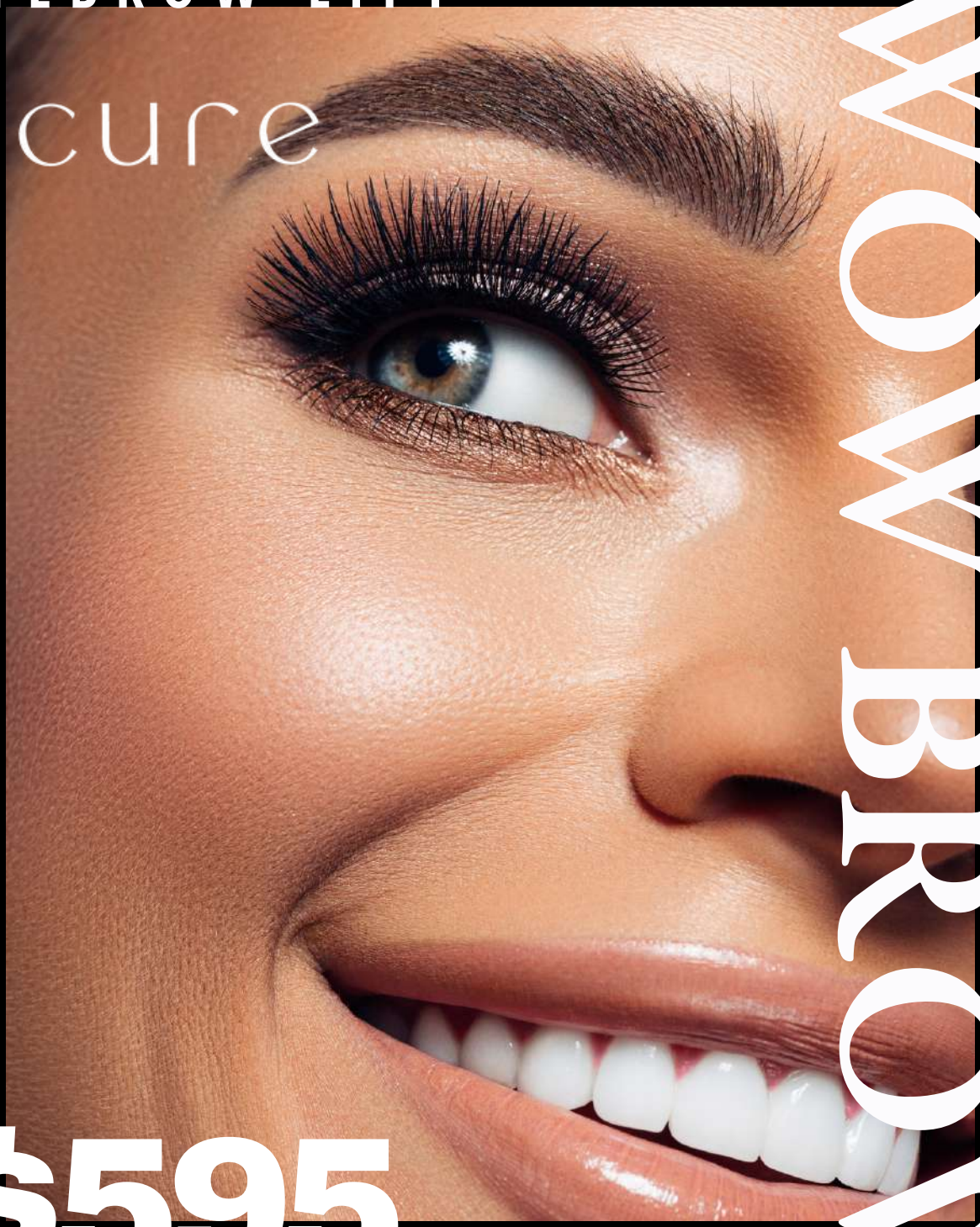


Can you treat platysmal bands?

Yes! While strong platysmal bands don't pose any health risk, they can negatively contribute to the appearance of early aging. The most effective non-surgical treatment for platysmal bands is Tox! The use of toxins (Botox, Xeomin, Dysport) in this area relaxes the muscle reducing the downward pull on the face and neck. Preventing and reducing the appearance pre-jowling, sagging skin, double chin, and necklace lines.

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PREVENTATIVE TOX

AND WHY WE LOVE IT!

We're living in a golden age of neurotoxins such as Xeomin, Dysport or Botox. Treatments have never been more accessible, the "frozen face" stigma is a thing of the past, and it's normal to encounter people every day who have had treatments done.

The benefits of Botox are obvious: it reduces the appearance of fine lines, crow's feet, smile lines and wrinkles. And instead of waiting until middle age to smooth away unwanted creases, more and more people are opting for preventative Botox at younger ages.

HOW YOUNG IS TOO YOUNG?

So, what's the best age to start getting tox? Botox/Dysport/Xeomin is approved for people over the age of 18; otherwise, there isn't really a hard and fast rule because get this: WE ALL AGE DIFFERENTLY. Truly, age means nothing when it comes to starting preventative tox because everyone ages and shows age at different times depending on their lifestyles and genetic makeup. Our rule of thumb is: if you start seeing fine lines and wrinkles- you can start. The earlier and sooner you start, the less product you need (talk about saving $$$), the more natural your results will be and the further out you can push your treatments.

Being aware of your own face is the best way to tell whether or not it's a good time to start. Does your makeup crease in lines on your face? Do you notice lines that are showing anywhere on your face even when you're not making any faces/movement? If so, no matter if you're 22 or 42, you may benefit from Botox.

Another good way to consider is thinking about your parents! Where are your parents showing their age? You might be more susceptible to those areas and can prevent them earlier knowing how you may age. Many skin types and conditions—including wrinkles—are hereditary, so taking a cue from your relatives is a good idea.

WHAT'S THE BOTTOM LINE?

Do what's best for you and keep in mind that your number in age has NOTHING to do with how fast you actually age. Some 40 year olds have less wrinkles than some 20 year olds because every single person ages differently! Think about your own family history, your skin type, and how many fine lines and wrinkles you currently have. Preventative treatments will keep you looking youthful longer and will require less product than if you wait to try Botox until you've developed deeper lines.
Still not sure? Contact us and we'll be happy to help you figure out what treatment is perfect for you and your beauty goals.

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Why Should I Know My Skin Type?

Most of us have gone through a period of skin struggle in our life, typically occurring during adolescence when those pesky hormones come out to play. Times of hormonal response are the times when your skin type becomes apparent.

Most of us will see it level out when we reach adulthood, but our skin type is still present and essential. By determining your skin type, you can figure out the best treatment and regimen for yourself.

The 3 Types of Skin

To establish which skin type you have, you have to know the three different types: oily, dry, and normal. As you could guess, normal skin is the perfect balance of moisture without excess.
The variances of skin type all depend on how much oil the skin produces on its own. If it does not make enough oil to moisturize the skin on its own, it is considered "dry." On the contrary, if the skin overproduces moisture, then the skin is considered "oily." These categorize the type of care needed to bring your skin back to homeostasis or perfect balance.

It's All About Balance

What happens when the skin is out of balance? We begin to experience negative things like blemishes, texture, redness, or flakiness. Makeup doesn't sit on the skin well, and you may find yourself breaking out more than usual. When this happens, it helps to research your specific skin type and what it needs to restore balance.

Skin Type Influences Skin Care

So how does this all affect you? Well, to bring your skin back towards "normal" or balance, you have to figure out what your skin needs.

Oily Skin

If your skin appears slick or shiny, makeup tends to slide off, and you experience enlarged pores or whiteheads, you have the oily skin type. Oily skin is a product of your sebaceous (oil) glands working overtime.

When your glands produce more oil, it either sits on the surface of the skin or finds itself trapped in your pores. Neither of which is good for your skin.

Dry Skin

On the other hand, if your skin is dull, rough, and tends to flake or appear crusty, you have the dry skin type. Just like oily skin is a result of the activity of the sebaceous glands, so is dry skin.

If your sebaceous glands don't produce enough oil, your skin cannot maintain a healthy level of moisture and becomes overly dry.

Care for Dry Skin

For example, if your skin is dry, you can make specific changes to your routine to prevent further moisture loss. Things like shorter and less frequent showers, only gentle scrubbing or exfoliating, running a humidifier in the house, and investing in a quality moisturizer can have remarkable effects on your skin homeostasis.

Care for Oily Skin

If you have oily skin, however, there is a different approach. Wash your skin with a gentle cleanser twice daily, and after any time you sweat excessively, seek out "noncomedogenic" products (less likely to clog your pores), and find a moisturizer that will balance your skin's oil production without creating a greasy appearance.

PDO THREADS



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What types of PRP injections are there?

Different types of PRP injections are designed to heal and repair injuries. Medical studies show these shots work for:

- Tennis elbow
- Knee osteoarthritis
- Sports injuries, including pulled muscles and sprains
- Wounds
- Hair loss

Your doctor is the first authority when it comes to healing and treating injuries and wounds. PRP injections may give your body's natural healing a boost. They also help give you more youthful skin, which is the type of PRP treatments offered at Cure.



What happens with PRP injections and therapy?

PRP injections work by harvesting platelets from your body. Platelets contain a lot of proteins, and their overall function is to clot your blood, encourage healing, and repair injuries. What we do is take a small amount of your blood and then run it through a machine called a centrifuge. The centrifuge separates the blood into its component parts, including platelets and plasma.

After we separate the platelets, we inject them into the part of your skin that's damaged or wrinkled. The injection site undergoes slight swelling, which indicates your body's natural healing process has started.



How PRP Injections Help Your Skin

Cure Med Spa uses PRP injections to treat several skin maladies. This treatment works to repair wounds and damage on your skin's surface. Healing acne scars is another way PRP injections can help you look your best. We might also recommend this therapy to decrease wrinkles and brown spots.


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MORE THAN A MED SPA, IT IS AN EXPERIENCE.

The world of aesthetics has become inundated with convoluted treatments and quick fix options, charlatans and “exclusive spas”, all promising dissonant versions of the same thing. The pure aesthetics of Cure serve as the antidote to the overly sterile options that are offered. The perfectly fused modern techniques with tranquility distinguishes itself from other spas in the township.

As the Connecticut Shore’s new Premier Medical Spa, Cure offers the latest and most results driven advances in aesthetic services. As a state-of- the-art, full service medical spa and skincare clinic and day spa, we offer the latest in non-surgical cosmetic enhancements, skincare, body sculpting and anti-aging treatments.

Cure honors the commitment to provide the right treatment, at the right time, as we strive to find even better, innovative ways to provide you the best care while exceeding your beauty health and wellness goals.

Whether patients are looking for a path to relaxation or are seeking physically transformative treatments like cosmetic injectables or laser therapies or a carefree self indulgence day, Cure Med Spa delivers.



The new facility provides a space formulated to nurture the body, mind & enhance your physical & mental wellness.

At Cure, our goal was to create a space, an Oasis beyond the modern hustle – inside our walls, time slows, skincare decisions simplify, and everything...smooths out.

Cure offers the highest level of bespoke services and treatments including Hydrafacials, injectables, such as Botox and filler, chemical peels, EmsculptNEO, laser therapies and more. Cure also hosts access to curated roster of elite skincare such as #BiologiqueRecherche an exclusive brand sold only at selected & vetted luxury spas worldwide.

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HAVE A PRE- AND POST-SWIMMING SKINCARE ROUTINE

Carol Brzozowski writes What's the Best Skin Care for Swimmers? for the U.S. Masters Swimming. Her research comes from Dr. Joel Schlessinger, who is not only a board-certified dermatologist and cosmetic surgeon but also the chief editor of Cosmetic Surgery, Practical Dermatology magazine.

Brzozowski discusses the harmful effects of the chemical transformation of chlorine to chloramines This occurs after chlorine encounters organic matter such as skin cells. Chloramine can be highly damaging to the skin and can potentially strip your skin of all natural oils and moisturizers needed to keep your skin healthy.

Having an established skincare routine that focuses on moisturization and cleansing will allow you to create a protective barrier for your skin that keeps harmful pool chemicals away from your skin.

WEAR SUNSCREEN

We cannot overstate the importance of sunscreen because of the long-term benefits that come from regular use. There are two different types of sunscreen to use when preparing for a swim.

- Chemical Sunscreen. This sunscreen is specifically for UVA and UVB ray absorption. Though highly effective against the sun, it is not the best for the environment. In fact, many places ban chemical sunscreen out of concern for harming the environment, specifically coral reefs. Be sure to do your research on your destination to see if chemical sunscreen is allowed when swimming.
- Mineral Sunscreen. This sunscreen uses non-nano zinc oxide and titanium dioxide mineral active ingredients. This allows the sunscreen to adhere to the skin for maximum protection that's also environmentally friendly.

The range of SPF begins with SPF 15, which protects against 93% of UVB rays, and gradually increases. SPF 50 to 70 block 98% of UVB rays and up. UVB rays cause the reddening of the skin and could lead to skin cancer with prolonged exposure over many years. Protecting against sunburn should be the utmost priority.

SHOWER BEFORE AND AFTER SWIMMING

Exposure to bacteria and chemicals while swimming is guaranteed, whether you're swimming in a pool or the ocean. Therefore, it is important to shower both before and after getting in the water. We carry natural bacteria on our bodies, so showering before is a courtesy to others. This will reduce the overall creation of chloramine as well as potential growth, and spread of E. coli and parasites. Showering afterward cleans away a lot of harmful bacteria your skin may have accumulated while swimming.

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Don't Sweat it!

Tired of profuse, excessive sweating, or having to frequently wash your clothes from bad-smelling armpit odors? You're not alone. Although fairly uncommon, studies show a small percentage (2-5%) of the population struggles with excessive sweating, medically known as hyperhidrosis.

Tox for hyperhidrosis is known to curb excessive sweating, allowing you to get back to enjoying a better quality of life.



What is Hyperhidrosis?

We all know sweating is normal–it's how the body cools itself off. However, Hyperhidrosis is a medical condition that involves too much sweat being released due to over-activated sweat glands. This condition can affect different parts of the body, not just the armpits.

- Scalp
- Underarms
- Hands
- Feet
- Groin/perineum area

How Does tox Stop Hyperhidrosis?

The injection of tox(Xeomin, Dysport,Botox) for axillary hyperhidrosis (armpit sweat) paralyzes the overactive nerves that trigger the sweat glands, allowing for less perspiration.
Botox injections can reduce sweating by 82-87%, last around 4-12 months and, for under-arm injections, results are seen 2-4 days after treatment. Botox treatment curbs sweat from various places on the body:

- Forehead
- Palms
- Armpits
- Underneath breasts

Are There Side Effects?

No – typically, the only side-effect is the slight discomfort during injection and, on occasion, a bit of muscle soreness near the point of injection.

The use of tox for hyperhidrosis doesn't prevent your body from excreting sweat to naturally cool itself down. In reality, it merely inhibits the overactive glands that produce too much perspiration.

What To Expect At Cure

Our medical staff at Cure, have been trained to offer tox cosmetic injections. Medical injections under the arm can be done within 10 minutes or less. Although largely painless, our trained medical professionals will do everything we can to help you feel as comfortable as possible during the procedure.

How to Prepare for Your Appointment

You shouldn't shave your armpits for about 3-4 days before your treatment. You also shouldn't drink or take anti-inflammatory medicine before an appointment. In order for the treatment to be effective, repeat visits for the next 7-10 months are required.

Tox treatments at Cure in Mystic

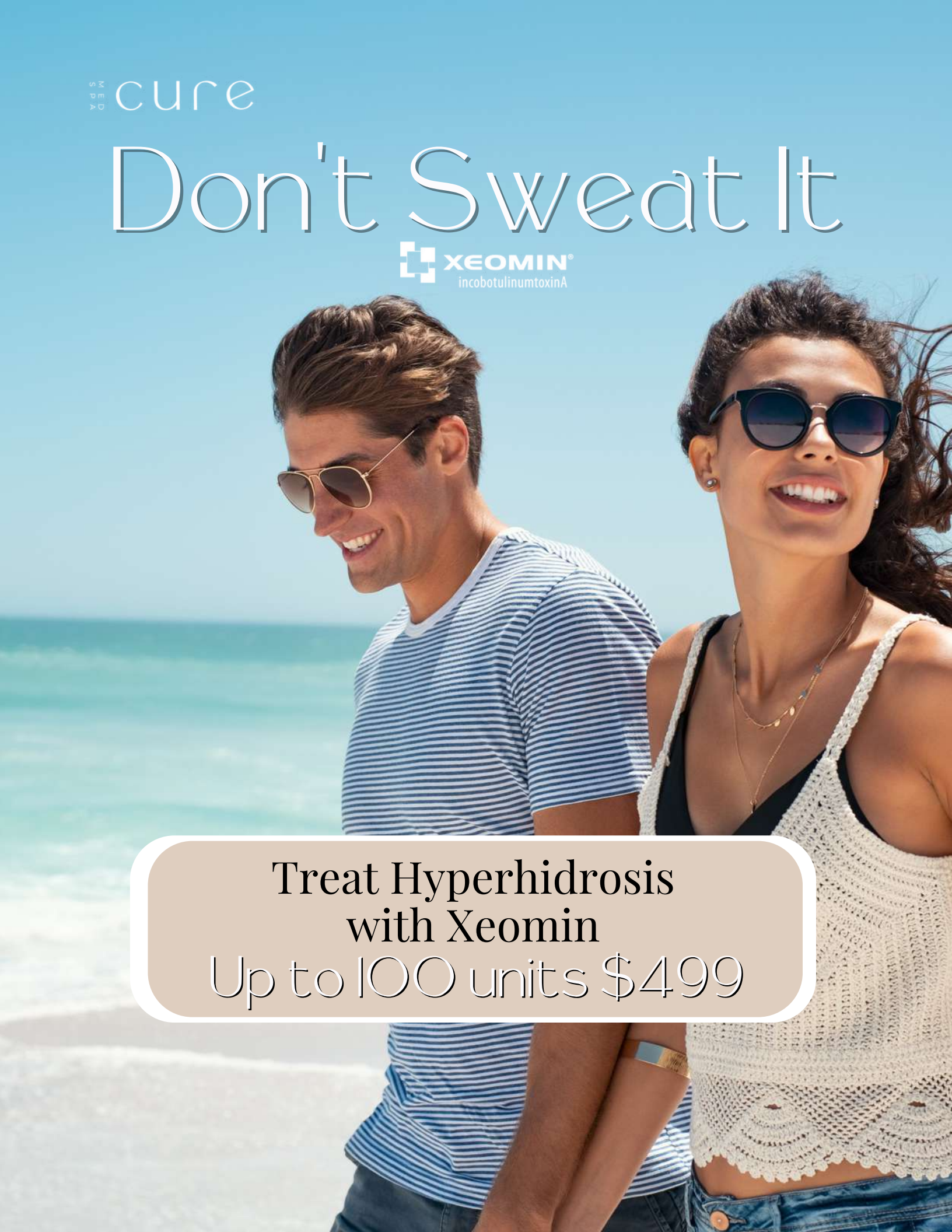
The trained staff of medical professionals at Cure help you to look and feel your best. Achieving a healthy. revitalized and refreshed look to your skin. They offer a variety of aesthetic treatments. Contact them today for a complimentary consultation.



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