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cure LIFE | Editor-In-Chief

Keeping skin healthy as decades pass can be as easy as remembering this adage: accept the things you cannot change, have the courage to change the things you can, and be wise enough to tell the difference.

That is the hard part: although a plethora of anti-aging creams promise to lift saggy faces in just minutes, and some sunscreens claim to offer all-day protection, truth can be scarce. That is why every treatment is customized on an appointment-by-appointment basis because “the skin is not the same today as it will be tomorrow,” and every persons' needs or goals are different.

Cure offers you a variety of treatments and services to help you get summertime fine!

Unnwanted hair, IV therapy for hydration, facials to combat sun damage, or EmsculptNEO to nix inner thigh fat Cure has got you covered so you can enjoy some fun in the sun.



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THE SALTFACIAL®

The SaltFacial® the world's first and only true medical facial technology for every skin type. This award winning treatment allows you to maximize your results without compromising your time.

The SaltFacial® is the only system to exfoliate with all natural sea salt, which has an antiseptic and anti-inflammatory effect on the skin, and aids in releasing toxins and impurities.

All natural sea salt relieves dry and itchy skin, as well as helps in the treatment of serious conditions like eczema, psoriasis and dermatitis.



STEP 1 : EXFOLIATION

The SaltFacial system uses all-natural sea salt that is gentle, yet super effective. No suction or vacuum is used which means less risk of erythema (redness) and hyperpigmentation.

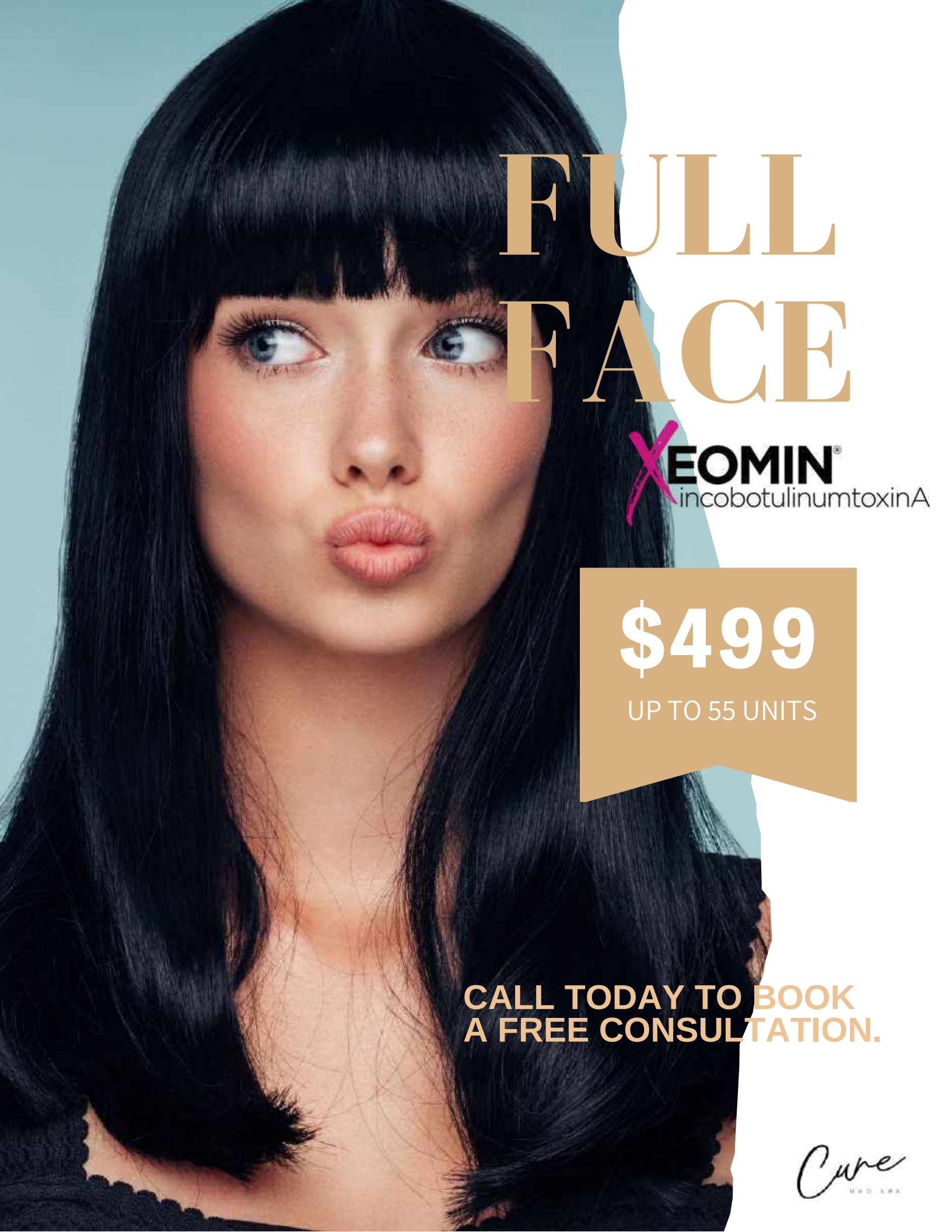
STEP 2: ULTRASOUND

Next, cavitation ultrasound is used to deliver peptides & other topical products where they'll be most effective, deeper into the skin.

STEP 3: LED PHOTOTHERAPY

Finally, a 3-panel LED phototherapy module with over 1,750 high-intensity, medical-grade bulbs is used to kill bacteria, boost collagen production, reduce redness and inflammation, treat acne, and promote rapid healing.

.



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Cure MED SPA

Only 11% of Americans wear sunscreen daily, in fact. And according to the same RealSelf Sun Safety Report, only 64% wear sunscreen when they plan to be outside for a while.

"I DON'T WEAR SUNSCREEN."

As much as it pains us to think of your skin out there defenseless in the elements, we understand that there are a lot of hurdles standing between you and everyday sunscreen use. Like differing information. Or finding the right sunscreen for your skin tone.

DOES SUNSCREEN GO ON BEFORE OR AFTER MOISTURIZER?

Should you finish off your skincare routine with moisturizer or sunscreen? If you're using a chemical sunscreen, it should be applied first and topped off with your moisturizer so that the sunscreen can properly penetrate your skin (which directly impacts its effectiveness).

If you're using a physical (also known as mineral) sunscreen, you should apply your moisturizer and finish with the sunscreen.

If you're ever in doubt, just remember that putting on any sunscreen, no matter the order of your routine, is better than going out without any at all.

SUNSCREEN WITHOUT A WHITE CAST

A common grievance folks have with sunscreen is how it creates a white film on their skin, leaving them looking like a ghostly version of themselves. That's referred to as white cast. While offering excellent sun protection, physical sunscreens are particularly guilty of this.

The good news is that many sunscreen brands have also heard the complaints and have formulated tinted sunscreens. Some options contain only enough tint to counteract the white cast, while others offer light coverage that even out skin, similar to a tinted moisturizer.

The good news is that many sunscreen brands have also heard the complaints. So they've formulated tinted sunscreens with options ranging from just enough tint to counteract the white cast to more pigmented options offering light coverage to even out skin, similar to a tinted moisturizer.

WILL SUNSCREEN BLOCK VITAMIN D?

There has been a Vitamin D deficiency scare lately, leading to people skipping their daily sunscreen, so we want to set the record straight.

While we do produce vitamin D through sun exposure, it isn't the only option—but it is the riskier option. Sun exposure increases the risk of developing skin cancer.

Therefore, the American Academy of Dermatology recommends getting vitamin D from a healthy diet that includes foods naturally rich in vitamin D, foods and beverages fortified with vitamin D, and/or vitamin D supplements. Foods naturally rich in vitamin D include salmon, tuna, swordfish, and eggs, and fortified food sources include milk, orange juice, and yogurt.

If you'd prefer a different option or feel like you need to supplement your intake, vitamin D supplements are sold over the counter at drug stores

A FAVE AT CURE

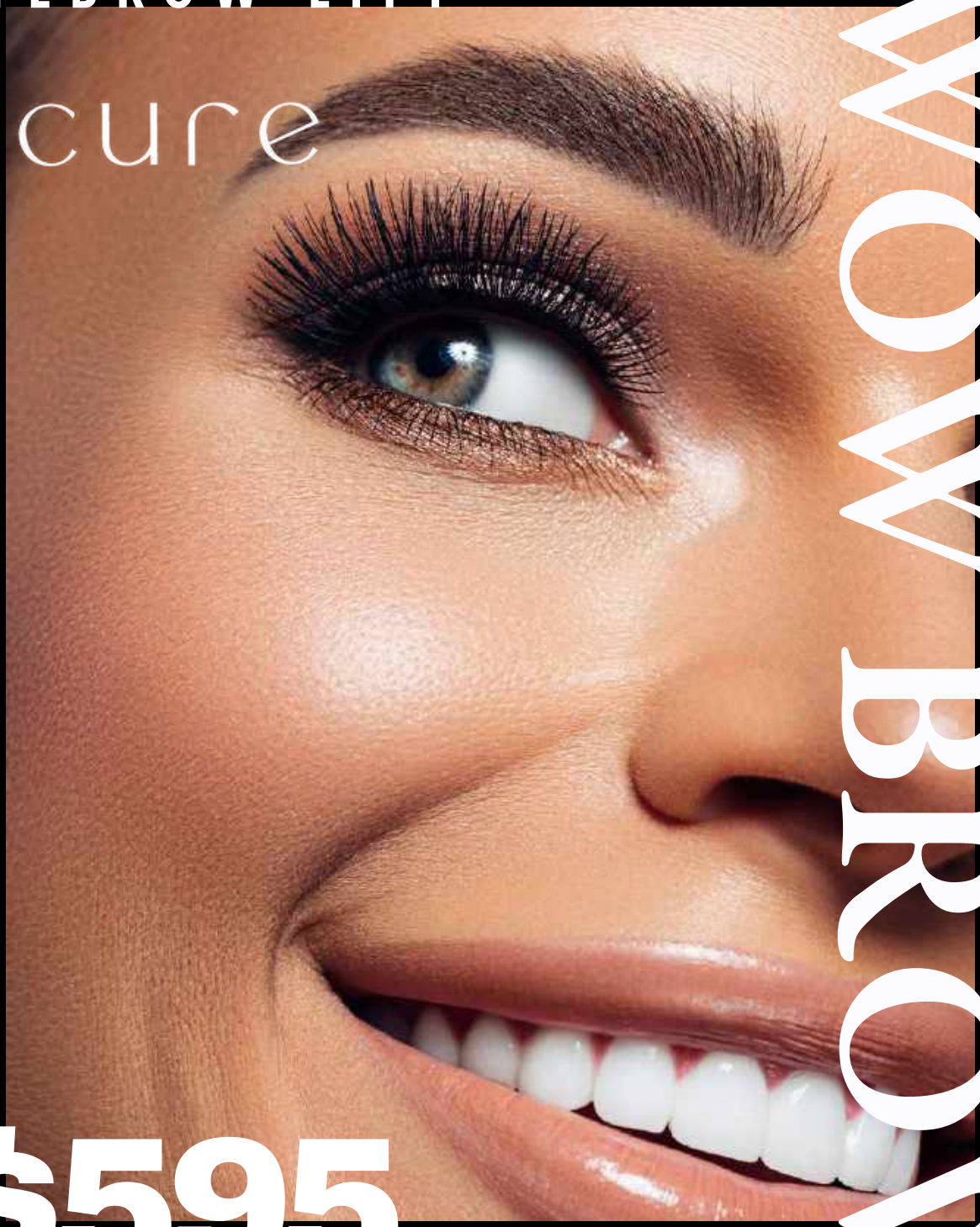
EltaMD is a cult-favorite sunscreen brand that's won numerous awards for its formulation. Their Elements Tinted is an ultra-hydrating sunscreen thanks to added hyaluronic acid. It comes in one universal tint that fits most skin types but isn't ideal for fair or deep skin tones.




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“extreme facial treatment”

Experts defend this “extreme facial treatment”

Ultherapy has generated quite a bit of buzz over the past few years, but some users are reporting alarming side effects.

The procedure, featured on The Dr. Oz Show in 2012, has been advertised as a non-surgical lift for the neck and lower face. It has a Hollywood cult following, from Courtney Cox to Kim Kardashian-who underwent Ultherapy last winter for a neck lift.

Does it work?

Absolutely. The before and after pictures are impressive, with some private clinics claiming that the procedure can actually make you look 10 years younger.

However, not everyone is satisfied with their results. On forums and in chat groups, patients describe the excruciating pain they experienced during the procedure.

Ultherapy: how it works

Ultherapy is an FDA-cleared, non-invasive procedure that triggers the body’s own regenerative response to tighten the brows, neck, and lower face.
Through a focused ultrasound that boosts collagen production — also known as neocollagenesis — Ultherapy can be used to reduce the appearance of wrinkles on the chest to tighten the jowls, and even to treat fine lines around the eyes, with absolutely no downtime.
The procedure lasts one hour and a half on average, depending on how many breaks are needed. Results can be seen within 12 weeks, and the effects last up to two years.



Dr. Arie Benchetrit is a leading Canadian plastic surgeon, a member of the American Society of Aesthetic Plastic Surgery (ASAPS), and the former President of the Canadian Laser Aesthetic Surgery Society. He is considered an authority when it comes to non-invasive procedure such as Ultherapy, which he endorses as an effective treatment for many common skin concerns.

In Benchetrit's opinion, Ultherapy is the superior technology.

"I think Ulthera is a great device," says Benchetrit. "It's one of the only machines that allows you to see exactly where you are, and what you're treating," he says. "It provides feedback via ultrasound of the tissue, so you know when you are at the right place. Other treatments such as Thermage leave you guessing where the energy is actually going."

You deserve this!
Let's make magic on your face

Tightening your skin with Ultherapy stimulates your collagen with ultrasound waves. Make yourself younger with Ultherapy. If you are looking for alternatives, here is a list of products that will meet your needs.

GET THE LIFT WITHOUT SURGERY!



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4 Summertime Treatments

Summer is just around the corner and if you're like us, you've started pulling out your tank tops, swimsuits, and short shorts. But with lake days, drinks by the pool, and patio brunches on the horizon, you may not be 100% ready to show off all that extra skin. The good news is we have several popular treatments at Cure that can help you feel more comfortable wearing less while doing more! These six treatments require little to no downtime and won't be affected by sun exposure!

EMSCULPTNEO

TWO THERAPIES IN ONE

(originally just called Emsculpt) primarily focused on building muscle—and the fat loss associated with it was just an added extraordinary benefit of the process. Neo simply took this process and improved on it by adding radiofrequency (RF). Adding RF to the HIFEM (the electromagnetic pulses that help build the muscle tissue) has given Neo a significant bump in fat-burning power. RF energy can literally burn away fat (don't worry, it's not going to burn you), resulting in a 30% reduction in fat around the treated area and a 25% increase in muscle mass. Both numbers have grown significantly since the rollout of Emsculpt's newly upgraded Neo thanks to this combination.

BOTOX

Who else is tired of editing those forehead lines out of their summer photos? Does your makeup settle into your wrinkles and creases? Then we have the treatment for you. A tiny needle is used to deposit small doses of our wrinkle-relaxing neurotoxins into the facial muscles responsible for those pesky creases. Very few patients bruise with this treatment, and results are visible in just a couple of days! If any bruising does occur, it is generally less than the size of a pencil eraser and can be covered easily.

4 Summertime Treatments

HYDRAFACIAL

HYDRAFACIAL MD is more than a typical spa facial. HydraFacial is the only hydradermabrasion procedure that combines cleansing, exfoliation, extraction, hydration and antioxidant protection simultaneously, resulting in clearer, more beautiful skin with no discomfort or downtime. It's triple step protocol allows for cleansing, extraction, exfoliation, a mild peel, and hydration all in under 30 minutes!
Not only does this in-office treatment appeal to nearly all ages, complexions and concerns, but it also brings with it a laundry list of long-lasting benefits.

Dull skin –Sometimes your skin can look dull and needs to be revived and refreshed with a quick and effective treatment.
Acne – If you have mild acne, HydraFacial could be the treatment for you but your practitioner will advise.

Pigmentation –HydraFacial involves an element of dermabrasion, which can reduce the visibility of pigmentation caused by sun damage.

Dry skin –Hyaluronic acid, peptides and antioxidants penetrate the skin as part of the HydraFacial to leave it hydrated.
Plus, it provides instant gratification – quickly improving texture and tone, and even helping conditions like acne, age spots and hyperpigmentation, without any residual irritation or peeling.

SALTFACIAL

Using pure microfine sea salt, the next-generation exfoliating machine gently but effectively removes the top layer of the skin (stratum corneum). Different from other microdermabrasion machines, the SaltFacial L'avantage™ uses a closed loop of pressure so there's no suction, which makes it safer than other technology.

Benefits of using salt include antibacterial, antimicrobial, calming, and balancing effects, which make it great for acne as well as dullness. Since salt retains water, it bloats skin cells, leaving skin deeply hydrated and plump, which also helps lessen fine lines.

PDO THREADS



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MICRO-NEEDLING

AKA... Collagen Induction Therapy
I may be showing my age, but how many of you have seen the movie My Big Fat Greek Wedding? Think about this question and I will come back to it later....

Micro-needling works by encouraging your skin to make more collagen. The idea is that pinpricks from the procedure cause slight injury to the skin and that the skin responds by making new collagen-rich tissue. This new skin tissue is, in turn, more even in tone and texture. It is part of the normal aging process for the skin to lose collagen. Encouraging the skin to make new tissue (a micro-needling treatment), allows for more collagen production which in turn help make the skin firmer.

MICRONEEDLING MAY HELP ADDRESS MANY SKIN-RELATED COMPLAINTS, INCLUDING:

- wrinkles
- scarring
- Acne
- alopecia
- skin pigmentation issues
- stretch marks
- Rosacea
- loose skin, such as after weight loss or liposuction

So here is the answer to the previous question asked earlier about the movie.... Microneedling is the windex! and those that have seen the movie know exactly what I am talking about. lol This isn't a cure-all, but It helps with such a wide variety of problems and has minimal downtime.

First the provider applies a numbing cream to your face approximately 30 - 1 hour before the treatment. Once you're numb, they'll use a handheld device—usually a micro-needling pen —with short, fine needles to make tiny pinpricks in your skin's surface. The down time is minimal and the patient can return to normal activity, in most cases ASAP.

Micro-needling can be combined with topical platelet-rich plasma (PRP) for a more potent treatment called a vampire facial. It's more expensive but has big benefits, especially for treating acne scars. PRP is packed with growth factors that encourage your cells to regenerate, so you'll also get a bigger boost of collagen, elastin and other growth factor

HydraFacial MD

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(Area of Choice)

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Fat Be Gone

Kybella is a synthetic or man-made form of a substance naturally produced by our bodies. This is known as deoxycholic acid. Deoxycholic acid works by destroying fat cells in the area where it is injected into the body. In 2015, Kybella was granted FDA approval for treatment of submental fullness, also known as “double chin.” Without going into all of the details of the clinical trials, there are a few things you should know before receiving your Kybella treatment.

How does Kybella work?

Kybella, or deoxycholic acid, is injected into the tissue under the chin. It begins to break down the fat cells in the treated area so that they are unable to store fat. These fat cells are broken down into byproducts that are absorbed and eliminated from our bodies through our natural metabolic activity.



Is Kybella permanent?

Yes, Kybella targets and permanently destroys fat cells in the treatment area.

How much does Kybella cost?

Treatment cost varies based on the number of vials and sessions needed to achieve the desired correction. At your consultation, you will measure the safe treatment zone and will discuss the recommended number of vials and sessions estimated to complete your treatment.

How close together can I schedule my Kybella sessions?

Due to the length of time required for our bodies to heal from injections and to eliminate the fat, sessions are spaced at least 4 weeks apart.

How long does a Kybella injection appointment take?

The majority of your appointment time will be spent talking with your provider about what to expect and waiting for our topical numbing cream to do its job. We generally ask that you allow 30 minutes for numbing so that you are comfortable during the injection process. The injections take about 10 minutes to complete.

Will I feel anything during the injections?

Our numbing cream works very well for most patients. You may feel subtle pinches when the needle enters the tissue. A warming sensation is often described as the Kybella is injected. Your provider will send you home with ice. You will continue to ice the treated area for the next several days. You may also take Tylenol before and after your appointment provided you are a healthy adult with no medical conditions permitting its use.

What should I expect when I am healing from Kybella injections?

As with all injectable procedures, bruising, swelling, redness, and tenderness can be expected. These symptoms are usually mild-moderate and last from a few days up to 2 weeks. The treated area will actually look fuller for several days due to the body's natural inflammatory processes and the length of time it takes the body to metabolize the destroyed fat cells.

Can I treat areas other than my chin with Kybella?

Kybella is FDA approved for use in the submental area only. Other treatment areas are considered "off-label." At Cure, we have what we believe to be a superior and more budget-friendly option if you are looking to permanently eliminate unwanted fat from problem areas on your body.




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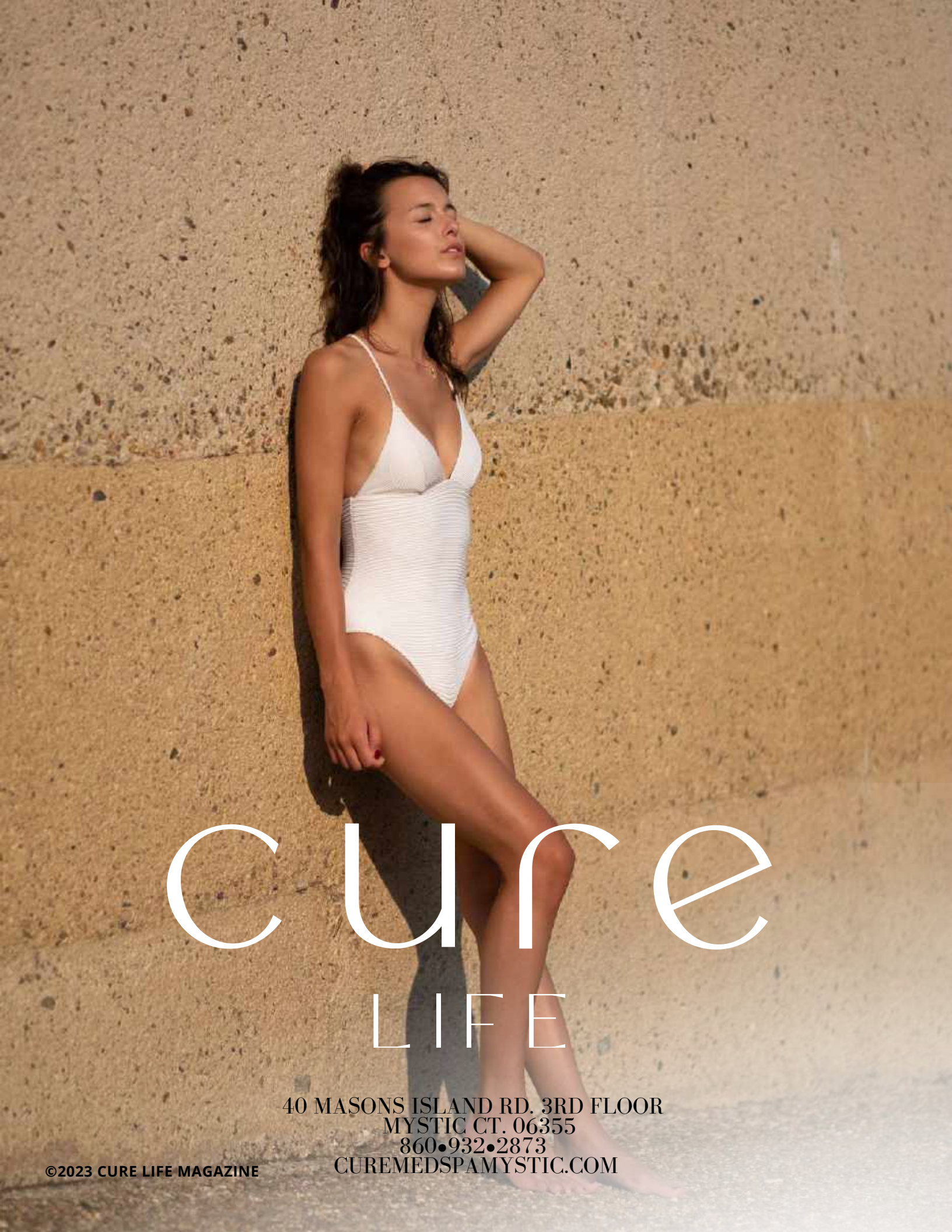
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