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DROP THESE 5 SUNSCREEN MISTAKES NOW!

7 TREATMENTS TO REVERSE COLLAGEN

DEHYDRATED SKIN? HERE'S HOW TO TELL.

AS YOUNG AS YOU FEEL DAY

SPRING IS THE TIME TO REFRESH & RENEW

THE RISE OF MEDSPAS:

# SPRING REFRESHER

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cure LIFE | Editor-In-Chief



As we bid farewell to winter and welcome the bloom of spring, it's a time of renewal and rejuvenation, not just for nature but for ourselves too. This month, we delve into the transformative world of medspas and their profound impact on our journey towards beauty, wellness, and self-care.

In this edition, we will explore the exciting and ever-evolving field of medspa treatments. From the latest in non-invasive facial rejuvenation to body contouring procedures, we aim to inform and inspire you about the diverse options available for enhancing your natural beauty and well-being. We will also bring you expert insights and tips on how to maintain the results of these treatments, assuring you of a holistic and sustainable approach to beauty.

Spring is also a season of color and vibrancy, and we've curated a special feature on skincare treatments to help your skin bloom this season. Discover how to combat the after-effects of winter and prepare your skin for the warmer months ahead.

At Cure Life, we believe that beauty and wellness are intricately intertwined. We strive to bring you the latest trends, treatments, and advice from the medspa industry to help you embark on a journey of self-improvement and rejuvenation.


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**From protecting skin from harmful UV rays of the sun to delivering anti-aging properties, sunscreen helps maintain youthful-looking skin.**

**But what most people ignore is whether they are applying it correctly or not. Unfortunately, an improper application still puts you at risk of developing wrinkles, sunburns, premature aging, and whatnot.**

**From protecting skin from harmful UV rays of the sun to delivering anti-aging properties, sunscreen helps maintain youthful-looking skin. But what most people ignore is whether they are applying it correctly or not. Unfortunately, an improper application still puts you at risk of developing wrinkles, sunburns, premature aging, and whatnot.**

# 5 COMMON SUNSCREEN *MISTAKES* YOU MIGHT BE MAKING



## 1. Mixing sunscreen with other products

Don't mix your sunscreen with any other product, no matter the type. Some people think that by mixing sunscreen with another product, they are creating a hydrating and protective combination. But, that's not true.

- Note that you need to apply at least ½ teaspoon of sunscreen to get the recommended SPF. But, if you mix it with another product, you won't apply this much. As such, if the SPF on the product is 30, mixing could reduce it down to 15.
- Mixing can create a conflict of ingredients. Some ingredients in your moisturizer, foundation, or another product can interfere with the potency of UV filters, making the sunscreen less effective. When the effectiveness is compromised, it will still leave your skin prone to sun damage, dark spots, and wrinkles.
- Mixing two sunscreens won't lead to double the protection. You can't mix mineral SPF and chemical SPF as it can lead to a negative interaction. This can reduce the effectiveness of sun protection, and you may also experience side effects such as burning and irritation.

Instead of mixing, layer out your products correctly to enjoy the effects of other formulas and your sunscreen. Remember that sunscreen should come last in your daytime skincare routine.

## 2. Applying sunscreen only one time a day

- A lot of us think that a one-time application covers us the whole day. As such, many people only apply their sunscreen in the morning until the next day. However, dermatologists warn us against doing so. If you wear sunscreen in the morning and you don't reapply it, you won't be fully protected which puts you at risk of brown spots, premature aging, etc.
- The reapplication of sunscreen depends on various factors.
- Although frequent applications are usually advised, there are some instances where you will need to apply more frequently, like:
- If your desk is close to a window, the window may filter UVB light, keeping you from burning. However, you will still be getting the UVA light.
- When you're driving, you get too much sun exposure.
- When you're swimming- although water-resistant sunscreens are great, they still get wiped away when you wipe the water.
- When you're sweating, using sweat-resistant sunscreen for outdoor activities like running, playing cricket, etc., offers longer protection. But you still should reapply it frequently to be safe.



## 3. Working on electronic devices without wearing sunscreen

- Thinking that sunscreen is meant for outdoor activities only might make your skin bear harmful consequences. Know that even if you are working indoors, more so on electronic devices, you need to apply sunscreen.
- Phones and computer screens emit blue light that causes sleep problems. Research says that it could also damage your skin. Blue light leads to the generation of reactive oxygen that may affect collagen promoting wrinkles and pigment changes.
- Invest in a sunscreen product that is specifically designed to protect against UVA, UVB, and blue light. Always ensure that your formula has a broad spectrum to protect your skin. It's advisable to use sunscreens with zinc oxide and iron oxide as these protect against UV and high-energy visible light.
-

## 4. Not applying enough sunscreen to cover your skin

Note that you may rarely wear enough sunscreen on.

Experts recommend applying one ounce of sunscreen. However, many people only apply ¼ of this amount needed to reach the SPF on the bottle. Under-applying SPF 15, for instance, means you could only be getting SPF 8.

- Make sure that you are generous with your application for the body. However, or the face, a nickel-size blob is enough to cover you.
- Additionally, pay attention to the neck, ears, ankles, and feet when applying. These places are often overlooked.

## 5. Not checking if your sunscreen has enough PA rating and SPF

Unfortunately, most products available today do not offer great protection against UVA.

The PA ratings (Protection Grade of UVA rays) measure the level of protection the product offers against UVA. Know your sunscreen fully before investing in it.

- Look for formulas with PA ratings as these protect against UVA. Generally, products with a higher PA rating offer more value.
- Additionally, look for a formula with an SPF rating of at least 30, 45, or 50. You may go higher than this, but the minimum should be 30. Anything less than this is not going to be effective.


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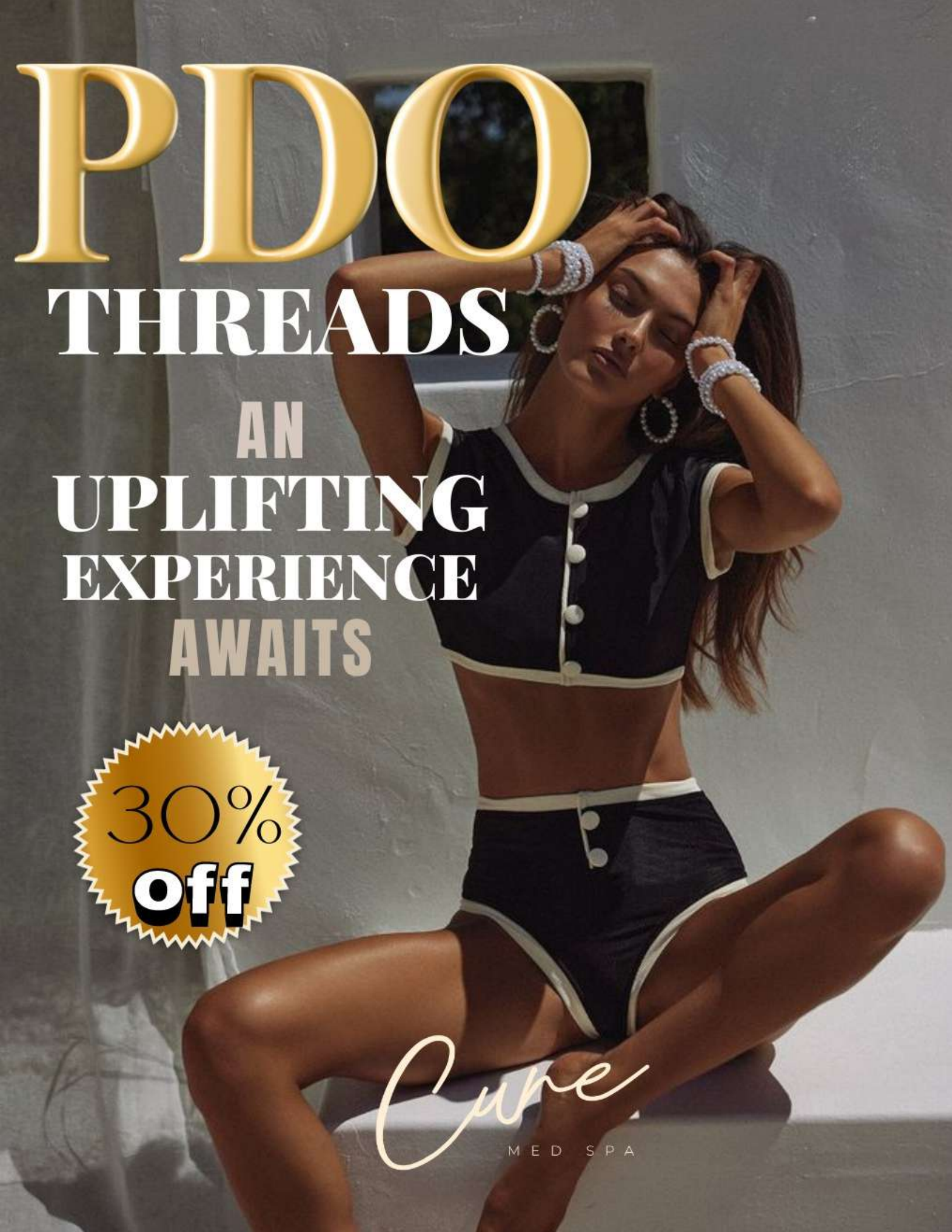
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# DEHYDRATED SKIN?

**One of the first places we notice dehydration is on our skin. Dehydrated skin can feel tight, look dull, and fine lines may be more visible. It can happen to anyone at any age, and is often caused by environmental factors, such as wind, sun, and central heating. It can also be a sign that you're not drinking enough water or eating enough water-rich foods. Keep reading to find out how to tell if you have dehydrated skin and what you can do about it.**

## DEHYDRATED VS. DRY SKIN

There are two types of dry skin: dehydrated and dry. Dehydrated skin lacks water, while dry skin lacks oil. Both types of dry skin can be caused by a variety of factors, including weather, aging, and genetics.

Dehydrated skin can be treated with a variety of hydrating products, including moisturizers, serums, and face masks. Dry skin, on the other hand, may require a more intensive treatment, such as a medicated cream or ointment. If you're not sure whether you have dehydrated or dry skin, make sure to have your skin assessed by an expert.

## CAUSES OF DEHYDRATED SKIN

Dehydrated skin can have many causes, but the two most common are environmental factors and lifestyle choices. Environmental factors include sun exposure, wind, cold, and heat, which can all strip the skin of its natural moisture. Lifestyle choices like smoking, drinking alcohol, and not drinking enough water can also lead to dehydrated skin. Luckily, there are many ways to combat dehydrated skin, including using a humidifier, drinking plenty of water, and using a hydrating face cream.

## TREATMENTS FOR DEHYDRATED SKIN

When it comes to dehydrated skin, there are a few different treatments that can be effective. First, it is important to make sure that you are drinking enough water throughout the day. Second, you can use a humidifier in your home to help add moisture to the air. Third, you can use a hydrating face mask or moisturizer to help add moisture to your skin. If you are using a moisturizer, make sure to apply it to your skin while it is still damp from cleansing.

## SIGNS YOU MIGHT HAVE *dehydrated dry or combination skin...*

Do I have dry skin or dehydrated skin? It's a common question, and one that can be tricky to answer. After all, skin can feel dry for a variety of reasons – whether it's because of the weather, your cleansing routine, or something else entirely. Here's a quick rundown of the difference between dry and dehydrated skin, to help you figure out which category you fall into.

- Do you find that your skin is flaky or feels tight? If so, you might have dry skin.
- Do you find that your skin looks dull or feels oily? If so, you might have dehydrated skin.
- Do you find that your skin is both oily and dry? If so, you might have combination skin.


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# SPRING IS THE TIME TO REFRESH & RENEW

Raise your hand if you're ready for SPRING? We know we absolutely are! The first day of Spring is right around the corner and we're blooming into action. As the Spring season quickly approaches and the weather changes, so do our skin types and concerns.

Are you interested in revamping your skincare routine for Spring? Looking to feel refreshed and renewed for the warmer weather? Cure Med Spa has you covered with a few tips, tricks, skin care products, and skin care routine steps that can help you refresh and renew for Spring!

## 1. Exfoliation

The winter weather can cause us to experience dry and flaky skin due to the harsh cold. However, with the Spring season approaching, it is the best time to start exfoliating. Exfoliation has many benefits such as: smoothing out our skin barrier, increase circulation, unclogging pores, reducing acne, etc. If you weren't already, add exfoliating into your skin care regime; you can do this in the morning or as a part of your night skin care routine if you tend to redden easily.

## 2. Upgrade Your SPF

As a skin care clinic, we will never advocate skipping this step in your skin care regime. Now that spring is almost here, it is time to remind everyone to always wear your sunscreen! Upgrade your SPF and prep your skin for the warmer weather and sunny days. Wearing sunscreen is the best and easiest way to protect your skin's barrier, benefits include reducing the appearance of wrinkles and fine lines, skin discolouration, age and sunspots, hyperpigmentation, etc.

## 3. Switch Up Your Moisturizer

We all love a good moisturizer that keeps our skin intact during the cold. Since it plays an important role in our skin care routine, it is best to switch up your options during the different seasons. But, while heavy creams may feel great on the outside, it is not ideal for the warmer weather. As the temperature rises, look to switching over to a lighter moisturizer that will do the job without leaving your skin feeling greasy or sticky from the heavy creams and lotions.

# Transition Your Skin Care Routine To Warmer Weather!




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# THE RISE OF MEDSPAS:



The beauty industry has experienced a remarkable transformation. With the rise of medspas revolutionizing the way people approach self-care & aesthetic treatments.

1. Understanding Medspas:
Medspas, short for medical spas, combine the best elements of traditional spas and medical clinics, offering a wide range of non-invasive cosmetic procedures performed by licensed medical professionals. These establishments provide a luxurious and serene environment where clients can receive advanced skincare treatments, rejuvenation therapies, and body contouring procedures.

2. The Shift towards Non-Invasive Procedures:
Medspas have gained popularity due to the increasing demand for non-invasive procedures that deliver effective results without the need for surgery. Clients are now opting for treatments such as Botox, dermal fillers, laser hair removal, and chemical peels, which provide visible improvements without the risks and downtime associated with surgical procedures

3. Customized Treatment Plans:
One of the key advantages of medspas is their ability to create personalized treatment plans tailored to each client's specific needs and goals. Through comprehensive consultations, medical professionals at medspas can assess individual concerns and develop customized strategies to achieve the desired results. This personalized approach ensures that clients receive the most effective and suitable treatments.

4. Advanced Technology and Techniques:
Medspas are at the forefront of technological advancements in the beauty industry. They invest in state-of-the-art equipment and innovative techniques to provide cutting-edge treatments. From laser devices for skin rejuvenation to body sculpting technologies, medspas offer the latest advancements that deliver superior outcomes

5. Holistic Approach to Beauty:
Unlike traditional spas, medspas adopt a holistic approach to beauty by combining medical expertise with relaxation and wellness. Alongside cosmetic treatments, medspas often provide services like massage therapy, nutritional counseling, and stress management programs. This integration of physical and emotional well-being enhances the overall experience and promotes long-term results.

6. Quality Assurance and Safety:
Medspas prioritize client safety and adhere to strict guidelines and regulations. By employing qualified medical professionals and utilizing FDA-approved products and procedures, medspas ensure that clients receive safe and effective treatments. This commitment to quality assurance has contributed to the growing trust and popularity of medspas among consumers.

7. The Future of Medspas:
The future of medspas looks promising, with continuous advancements in technology and a growing demand for non-invasive procedures. As the beauty industry evolves, medspas are expected to incorporate more advanced treatments, such as regenerative medicine and personalized skincare solutions. Additionally, the integration of virtual consultations and telemedicine services will make medspa treatments more accessible to a wider audience.

Medspas have revolutionized the beauty industry by offering a unique blend of medical expertise, personalized treatments, and a luxurious spa experience. With their focus on non-invasive procedures, advanced technology, and holistic well-being, medspas have become the go-to destinations for individuals seeking safe, effective, and rejuvenating aesthetic treatments. As the industry continues to evolve, medspas are set to play an increasingly significant role in shaping the future of beauty and self-care.


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## "AS YOUNG AS YOU FEEL DAY"
## WITH *BIOLOGIQUE RECHERCHE*, SKINBETTER & ELTAMD

**A celebration of vitality, youthfulness, and the idea that age is merely a number. It's a day that encourages us to focus on our internal energy and enthusiasm rather than the numbers on our birth certificates. And what better way to embody this spirit than taking care of our skin with some of the best skincare products on the market? This month, we are spotlighting *Biologique Recherche*, *Skinbetter Science* and *EltaMD* Skincare – three renowned skincare brands that help us feel as young as we wish. Available at *Cure Med Spa* in Mystic.**



BIOLOGIQUE RECHERCHE
PARIS

Founded on the principles of personalization and effectiveness, Biologique Recherche is a French skincare brand that believes in enhancing your skin's natural beauty. Its cult-favorite product, the Lotion P50, is hailed as a "facial in a bottle." This exfoliating toner helps balance the skin's pH levels, hydrate, and reduce pigmentation, promoting a youthful and radiant complexion. The brand's high-quality, targeted serums, masks, and creams also work to rejuvenate and nourish the skin, making every day a celebration of feeling young.



skinbe+ter SCIENCE®

Skinbetter Science merges cutting-edge science with practicality to deliver transformative skincare solutions. Their award-winning AlphaRet Overnight Cream is a testament to the brand's innovation, combining retinoids and alpha hydroxy acid to improve skin texture, reduce wrinkles, and enhance skin tone. With Skinbetter's comprehensive approach to skincare, fine lines and wrinkles can become a distant memory, allowing your youthful energy to shine through.



elta MD SKINCARE

EltaMD Skincare emphasizes the importance of sun protection in maintaining youthful and healthy skin. Their broad-spectrum sunscreens, like the UV Clear Broad-Spectrum SPF 46, protect the skin from harmful UVA and UVB rays, which can cause premature aging. This sunscreen not only guards your skin but also treats it with niacinamide, hyaluronic acid, and lactic acid to reduce redness, hydrate, and gently exfoliate.

"As Young As You Feel Day" is a reminder that age does not define us; it's our spirit, energy, and how we take care of ourselves that truly matters. So, this March 22nd, treat your skin with these exceptional skincare products to reflect your inner youthfulness. Embrace the ethos of Biologique Recherche, Skinbetter Science, and EltaMD Skincare, and show the world that you're as young as you feel!

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# 7 TREATMENTS
## TO **reverse** COLLAGEN LOSS
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When you're young, your body produces all the collagen you need, and you never give it a second thought. Your skin is naturally youthful and vibrant and supple — why would it ever not be that way?

After you hit your mid-20s, you start to notice some signs that your skin may not look quite as youthful as it once did. That's because your body is now producing less collagen, a protein that helps your skin maintain its natural elasticity and strength.

Without intervention, your body will continue to produce less and less collagen each year. Here at Cure Med Spa, we know this is the opposite of what our patients desire, so we offer several treatments to reverse collagen loss and rejuvenate your skin.

### MICRONEEDLING

The micro-needling process uses tiny needles to create small punctures in your skin. This encourages your skin to heal itself, which naturally produces more collagen. As you produce more collagen, your skin can heal itself even more effectively.

### PRP THERAPY

With PRP therapy, platelet-rich plasma is extracted from your own blood and then re-injected into the area of your skin you want to heal. PRP is full of nutrients, which stimulate collagen production, bringing repair and growth to your skin. This works well when done in conjunction with micro-needling.

### SKIN RESURFACING

We can also take advantage of the latest technology with the Lutronic® Ultra™ laser to resurface your skin. Our experts will use the laser to send concentrated pulses of light at the area of skin you're targeting, which will remove the damaged outer layer of skin and heat the underlying layer of skin, stimulating new collagen growth.

### DERMAL FILLERS

Dermal fillers are cosmetic injectables that are placed underneath your skin to restore lost volume. The fillers stimulate collagen production as they improve the contours of your face, resulting in a more youthful look.

### CHEMICAL PEELS

Chemical peels use a chemical solution to improve the appearance of your skin by stripping away the damaged top layer of skin. When this takes place, collagen production is also stimulated.

### RETINOID CREAM

Retinoid creams include compounds derived from vitamin A. These substances can increase the turnover of skin cells in both your epidermis and dermis, which increases collagen production as new cells are formed.

### HYALURONIC ACID

Hyaluronic acid is an important ingredient in the fillers we mentioned above that increases the amount of collagen in your skin. It can also be applied as a serum or lotion to rejuvenate your skin.

### VITAMIN C

Vitamin C is vital to the production of collagen, so taking 500-1000 mg per day of vitamin C will help keep your collagen production levels high as you age.

NOW THAT YOU HAVE OPTIONS TO SOLVE YOUR PROBLEM OF COLLAGEN LOSS, YOU NEED SOMEONE TO GUIDE YOU THROUGH THE PROCESS. THE EXPERT TEAM AT SKIN MED SPA STANDS READY AND WILLING TO HELP. JUST CALL OUR OFFICE OR SEND US A MESSAGE.


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