

cure
LIFE

XEOMIN:
Our Go-To For Fine Lines

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BRUNCH WITH BIOLOGIQUE
BIOLOGIQUE RECHERCHE EVENT

SAY GOODBYE TO SAGGING SKIN

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WASH YOUR FACE NIGHTLY!

FILLER NEWBIES

MOTHER'S DAY MUST HAVES

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cure LIFE | Editor-In-Chief



A new month brings new beginnings. And this month is extra special.

With Mother's Day just around the corner, it's the perfect time to show your Mom how much she means to you.
We believe that every Mom deserves to be spoiled. Being a Mother is one of the most rewarding and challenging things you will ever do. But it is worth it if it means you get to spend your life with the love of your children.Cure is more than a spa, we are a Med Spa.

That means we can take care of you from inside out! I believe that beauty includes health, wellness and implementing personalized treatments.

Happy Mother's Day to all the incredible moms out there! Tell your mom how much she means to you. Give her the timeout she needs at Cure Med Spa.

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XEOMIN: OUR GO-TO FOR FINE LINES

The best treatment to erase signs of aging like fine lines around the eyes and mouth is Xeomin, a neurotoxin injectable treatment that relaxes, softens, and smooths wrinkles. When our licensed aestheticians administer the neurotoxin, the muscles around the treatment area will loosen creating a smooth surface restoring your youthful appearance.

With other neurotoxins like Botox and Dysport out there, many wonder, which one's better?

5 reasons Xeomin is our Go-To for Fine Lines

VERSATILITY

Xeomin was primarily used for treating glabellar lines, the lines that form between the eyebrows. However, Xeomin has proven to be just as effective at erasing fine lines and other wrinkles around the eyes and mouth. Essentially, it's a go-to for any wrinkle.

NON-SURGICAL

Xeomin is not an invasive procedure, so it doesn't require anesthesia when administered nor downtime post-session. All that's needed is a skilled licensed medical provider and a few carefully-placed injections, then your fine lines are smoothened.

QUICK RESULTS

Unlike other neurotoxin treatments, Xeomin produces results quickly and effectively. With Xeomin you can see results in as little as 5 days—a whole week earlier than other neurotoxin treatments. That means you can apply Xeomin closer to those last minute life events and get results.

LONGER LASTING RESULTS

Xeomin also produces longer lasting results compared to other neurotoxins. Results have been identified to last about 5 months which means less time wasted on maintenance sessions.

GOOD BOTOX ALTERNATIVE

Some patients just don't get along with Botox for one reason or another. Because Botox is purified with additional binding proteins that some patients are not responsive to, Xeomin becomes a great alternative since its formulation is more compatible with patients.

Wondering if Xeomin is for you? Book a consultation with us! We'll discuss all your options to find the perfect neurotoxin for your needs.



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COSMETIC

As we age, the repeated movements of facial muscles result in wrinkles on some areas of our face, such as the forehead, between the eyebrows and near the eyes. Facial expressions are characterized by dynamic lines and these can become more distinct over time. In some cases, these wrinkles form as a result of squinting, smiling or frowning.

WHAT ARE DYNAMIC LINES?

The aging process can unavoidably cause wrinkles on the face, such as those between the eyebrows or across the forehead. The good news is that non-invasive treatments are capable of reducing their appearance and slowing down the signs of aging. From crow's feet to frown lines and beyond, modern treatments can help diminish wrinkles and promote a more youthful look.
Neurotoxins such as Botox, Dysport, and Xeomin, are an effective treatment for dynamic lines. It is a popular cosmetic procedure that temporarily paralyzes the muscles that cause these lines, resulting in smoother, younger-looking skin. Botox injections are administered by a licensed medical professional and are a quick and simple procedure that requires no downtime.

Botox is the go-to solution for dynamic lines without needing to resort to more invasive treatments such as facelifts or brow lifts. It's been proven effective with minimal side effects and produces visible results within a few days of the procedure. It's an ideal alternative to surgery because it provides the same benefits without all the risks. In addition to its cosmetic benefits, the FDA has also approved Botox for several medical conditions, including migraines, muscle spasms, and excessive sweating. It is a versatile treatment that has been used for over 20 years, and its safety and efficacy have been extensively studied and documented.

THE DIFFERENCE BETWEEN FINE LINES AND DYNAMIC LINES.

Dynamic lines, or expression lines, are the wrinkles that appear when facial muscles move. These deep creases tend to be more noticeable than fine lines and can be caused by facial expressions such as giggling and frowning. Fine lines, however, are generally much less obvious and develop with age due to a loss of skin elasticity and hydration. They're typically observed around the eyes and mouth, making them all the more obvious when one is at rest.

Dynamic lines, which are caused by underlying muscle movements and skin creasing, can progress to become static wrinkles if left untreated. It is important to be proactive in taking steps to protect the skin and prevent dynamic lines from turning into static wrinkles. Activities such as regularly wearing sun protective clothing, maintaining a healthy lifestyle, seeking professional advice, and taking preventive measures can help keep dynamic lines from becoming static wrinkles.

Brunch with BR

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Hey Youngin's... This is for you.

What is Baby Botox?

Baby Tox also known as micro-tox. 'Baby tox' is simply 'sprinkling' the neuromodulator into the muscle(s) for prevention,this allows some movement, but no lines remain at rest causing wrinkles. When started early, neurotoxins, like Botox Xeomin and Dysport, PREVENT deep wrinkles from ever forming. Lines and wrinkles form due to muscle movements in the face. If those muscles aren't able to move as well, then wrinkles aren't able to form. Baby tox allows the face slight movement and a smoother finish, which gives a more natural look and less shiny appearance

How long does it last?

Baby tox lasts around 2 months, whereas regular Botox lasts around 3/4 months. This will always vary between each client, as everybody's body reacts differently. After the initial treatment, you may decide to have a top up to maintain your appointments and treatment.

Is baby botox the same price as regular botox?

Baby tox costs less than traditional Botox because fewer units are used than a traditional dose.

Neurotoxins are a great preventative medicine and are great to start early in life. Tox treatments are a key part in preserving your natural beauty and youth. As we age, we begin to see deep furrows and lines where our facial muscles move around the most. Botox helps to relax these muscles - so they don't move causing further indentations or betray your age. Most people wait until they are seeing wrinkles before they seek Tox treatment, but preventative treatment uses Botox to treat wrinkles before they emerge. Consider Baby Botox, regular preventative maintenance, like an oil change for your car.

What can threads do for you?

PDO Threads are dissolvable sutures that are inserted into strategic places under the skin to lift, pull and tighten.

PDO Thread benefits are Gold!

- Less invasive than surgery...even surgeons are using them!
- Gives an immediate lift
- Dissolvable, last up to a year
- Minimal to no downtime
- Less trauma and less risk
- Can be paired with Botox/filler

Threads are SO versatile. Here are just some of the looks they can create:

- Fox or cat eyes
- Snatched & defined jawline
- Lifted brows
- Smoother neck lines, neck lift
- Lift nasolabial folds
- Lip lift
- Minimizes under eye bags and tear trough depletion
- Lift breast tissue and other areas on the body

The possibilities are endless!

Indications for a thread lift:

- sagging of the skin across the entire face
- loss of tissue volume
- fine lines and wrinkles, cheek wrinkles
- some expression wrinkles
- eyebrows descent
- mild to moderate jowl appearance
- bags under the eyes
- turkey neck
- patients with some relapse from a facelift or neck lift
- sagging of body skin

What can you expect to see after your thread lift?

- A discrete lifting. (not a pulled tight look)
- More jawline definition through the lifting of the jowls.
- More youthful cheek curves as the volume are pulled up.
- They are softening of nasolabial and marionette folds.
- Smoothing of fine lines and wrinkles across cheeks and lower face.
- Overall improvement in facial contours and skin tone.
- Lifting of sagging neck skin with a thread neck lift.

PDO threads can achieve stunning results for lifts and contours. And they're great for everyone! Call or text 860-932-2873 to schedule your complimentary consultation at Cure Med Spa in Mystic. We can't wait to help you get the look you've always wanted.

PDO THREADS



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SAY GOODBYE TO SAGGING SKIN WITH CURE SKIN TIGHTENING SERVICES

Sagging skin is a common concern as we age because over time, our skin loses collagen and elastin, which are proteins that give skin its firmness and elasticity. This can cause the skin to sag, particularly in areas such as the face and neck.
Luckily, skin tightening treatments can be an effective solution for addressing sagging skin, thus restoring a more youthful and toned appearance.
Keep reading to learn more about skin tightening.

WHAT IS SKIN TIGHTENING?

Skin tightening is a cosmetic treatment that is designed to firm and tighten lax, sagging skin. Skin tightening treatments work by using energy-based technology to penetrate the epidermal layers and connective tissue using the following modalities:

- Radiofrequency (RF)
- Radiofrequency + Microneedling
- Ultrasound
- Laser
- Infrared Light

The heat stimulates the body's natural production of collagen and elastin, which are proteins that give skin its firmness and elasticity. As a result, the skin tightens up, resulting in a firmer and more toned feel and appearance.

SKIN TIGHTENING TREATMENTS

Skin tightening treatments can be customized to target specific areas of concern, such as the face and neck. They can also be used to address sagging skin on the arms, stomach, legs, and thighs.
Here are the skin tightening treatments we offer at Cure MedSpa:

Genius RF Microneedling- This skin tightening treatment is a minimally invasive fractional skin procedure that pairs microneedling with radiofrequency energy to heat the deep layers of the skin, promoting collagen production and skin tightening. Genius RF uses a device that delivers the energy via tiny needles or micro-pins.

Ultherapy- It is a non-invasive treatment that uses ultrasound energy to heat the deep layers of the skin, promoting collagen production and skin tightening. The treatment is specifically designed for skin tightening, lifting, and rejuvenation, specifically on the face and neck.

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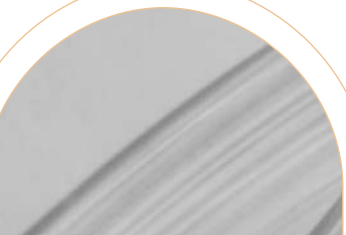
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SKIN CARE: WASH YOUR FACE NIGHTLY!

Sometimes washing your face at night can seem like a daunting task. Whether you've stayed up too late or after a few too many cocktails (or both) all you really want to do is climb beneath the covers and lights out. Skipping this crucial step before bed can be more damaging to your skin than you realize.

You want to make sure to wash your face nightly because you are going to be removing makeup, the dirt, the pollution, sweat, anything, debris, that has been accumulated throughout your day gets set on your face.

Not washing can lead to premature aging. Makeup tends to hold on to the free radicals our skin is exposed to every day. If you don't wash your face at night, your skin has to fight off these free radicals which causes the breakdown of healthy collagen. This eventually leads to fine lines and wrinkles.

After touching your face all day and exposing your skin to dirt and pollution, your face is one of the dirtiest parts of your body. Facial skin that is not cleansed is more likely to get clogged pores which can lead directly to breakouts, no matter what your skin type. Keep in mind - washing your face at night doesn't just mean rinsing it with water. Give yourself enough time to remove makeup, use a cleaner and follow up with a moisturizer.

While you sleep your skin works to naturally repair and restore itself, these efforts are maximized when your skin isn't fighting off the pollution from the day. Since there is less damage control, the moisturizer you apply may be more effective in aiding restoration.

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If you aren't washing your face at night you are losing out on both the skin-healing effects of sleep and your skin treatments.

While you sleep, lingering eye makeup can migrate into your eyes and cause irritation. If you make a habit of sleeping in your eye makeup the hair follicles and oil glands may clog and lead to a buildup of bacteria. This can cause inflammation. When washing your face at night be sure to take extra care to remove any traces of any eye makeup.

When you wash your face, you want to make sure you have a cleanser that is geared towards your skin type or condition. If you have more acneic, you want to use something salicylic-based, benzoyl peroxide. Also, using nice moisturizers to counterbalance so you don't over dry. If you want brightening, you can use a lactic cleanser. A glycolic cleanser is very nice for exfoliation. Those are alpha hydroxy acids. Those can be more of your night time treatments, and in the morning you can kind of just wake up and refresh the skin with more of a cream-based hydrating cleanser. Remember complaining to your mom when she made you wash your face every day? It turns out mom was right: regular skin cleansing is critical to maintaining healthy looking and feeling skin.

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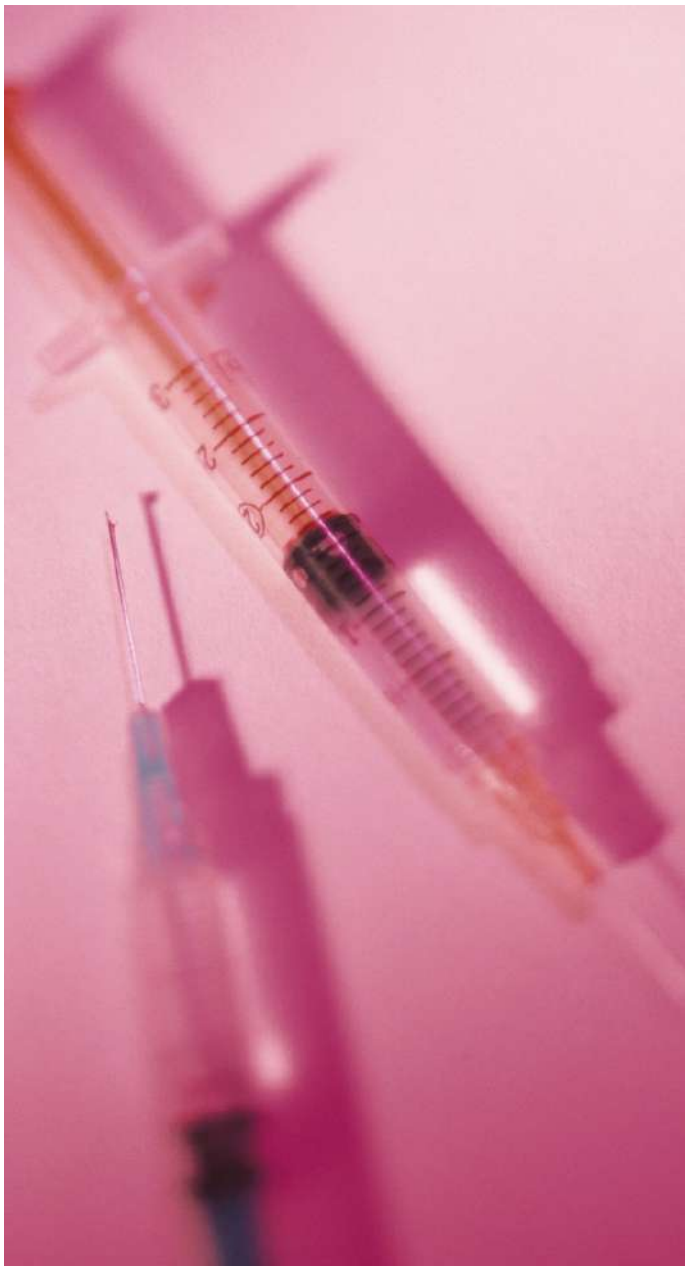
MIN. PURCHASE OF 3 SESSIONS REQUIRED.

Filler Newbies

Cure Med Spa is well-known for lip filler results and non-surgical nose jobs. Patients come to Cure for dramatic results with a natural look. Fillers are commonly used on the face and hands, and can effectively plump lips, fill hollow cheeks, diminish the appearance of scars, elevate deep creases, erase fine lines, and lift the brow or a downturned mouth.

First things first, not all filler is created equal.

There are an assortment of dermal fillers on the market. While they all have the same fundamental goal, their chemical compositions differ, making certain types better suited to your specific condition. Fillers are a safe and effective solution for women and men of all ages who want to restore or add volume and smooth out lines and wrinkles.



Favored Filler Locations:

Cheek and lip fillers may be the most common filler areas but it's worth mentioning a few of the other options available at Cure. Nasolabial folds also known as the deep skin folds that run from the nose to the corners of the mouth, typically become more pronounced as you age. Nasolabial fillers help tighten and improve skin elasticity in that area. Nasolabial filler is a great way to prevent aging and last around 9-14 months before a top up is needed.
Shifting focus away from the face, another favored filler location offered at Cure are hand fillers. It's no secret that the hands are one of the first areas to show your age, hand fillers plump the skin, reducing visible lines and wrinkles

SIDE EFFECTS?

Just like any other facial injection, dermal fillers have certain temporary side effects, such as redness, swelling, tenderness, slight discomfort, and bruising. However, certain people might also have reactions to the fillers, which will be immediately evident. If you have a reaction to a dermal filler, you can expect to experience redness, pain, swelling, bruising, itching, and tenderness. The side effects and reactions of dermal fillers are typically mild and often disappear within a few days of getting an injection.

Favored Fillers:

- JUVÉDERM family of injectables: These smooth out fine lines, forehead wrinkles, and crow's feet.
- In addition, they can augment your facial features while increasing facial volume.
- RADIESSE®: volumizing filler that focuses on treating wrinkles.
- Restylane®: an injectable that reduces wrinkles and increases facial volume.
- Sculptra®: adds fullness into areas of the face that have lost volume.
- KYBELLA®: This corrects the dreaded double chin by dissolving the fat within the area.

Of course, you can read articles like this one about the perks of each kind of filler and what to expect, but it's no substitute for an actual one-on-one consultation with an Expert Injector at Cure. When you come in for a consultation, we're able to address your unique needs and create a custom plan to achieve your desired results with dermal fillers. Undergoing a non-surgical procedure can be a nervous time for anyone whether it's your first time or tenth! At Cure it is our commitment to provide the right treatment, at the right time, as we strive to find even better, innovative ways to provide you the best service possible.



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