

cure LIFE

TOX FOR PLATYSMAL BANDS

WHAT ARE BAT WINGS AND WHAT CAUSES THEM?

UNDER-EYE BAGS?
WHY YOU SHOULD OPT FOR PRP INJECTIONS

DAXXIFIED!

EVERYTHING YOU NEED TO KNOW ABOUT CHIN FILLER

CO2LIFT MASK
REAL LIFE FILTER FOR YOUR SKIN!

*SPOOK*TACULAR SAVINGS

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cure LIFE | Editor-In-Chief

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Hello you, doing that pumpkin spice thing yet?

Autumn has officially arrived! With the change of seasons comes shorter days, vibrant colors, and cooler weather. While not everyone will be excited about the change of wardrobes and the chilly nights, the distant promise of the holiday season is always an exciting prospect! While many consider Thanksgiving the real start of the holiday season, the costumes and treats of Halloween are mere weeks away.

In the meantime, Cure has plenty to keep you excited about fall with new monthly specials! Make this holiday season your best season yet by starting with some well deserved self-care at Cure Med Spa in Mystic, Ct.

Fall is a favorite here among the Cure Team. We get excited for all the great services that come with the change of the seasons. “Fall in love with taking care of yourself. Fall in love with the path of healing. Fall in love with becoming the best version of yourself.”



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What are Bat Wings and What Causes Them?

Arms taking flight? Let's talk treatment.

What are bat wings? Many women refer to the combination of loose skin, upper arm fat, and decreased muscular tone in the triceps as "bat wings." Bat wings become more common as we age and gain weight. Our skin also loses elasticity and becomes loose or lax making it even more difficult to get rid of the hanging jiggle.

Overall, women tend to accumulate fat in the upper arms more than men. This is partly due to the fact that women have less testosterone, more estrogen, and a different fat accumulation pattern. We tend to retain fat in the upper arms, thighs, and hips. We also have anywhere from 6 to 11% more body fat than men on average. In spite of weight loss efforts, these areas are very difficult for women to get rid of without hormone therapy or a rigorous diet and exercise routine.

Another reason for those bat wings is found in the changes in our skin's elasticity. We lose collagen and elastin due to photo damage over the years and intrinsic aging. Without doing something to stimulate collagen and elastin in the tissues, we are losing it faster than our bodies are making it every year that we age. The loss of these essential proteins, leads to loose skin that does not hold excessive fat stores tightly. This is why, even with weight loss, and the bat wings are often still present.

So what can be done about that wings? Brachioplasty or arm lift surgery is one option, but many patients are deterred from this due to the long scars which are present on the inner portion of the arm. Also, many patients do not want to undergo major surgery for an aesthetic concern. Thankfully, we have other treatments available to treat bat wings. These include laser skin tightening. This amazing treatment uses use radio frequency energy to stimulate collagen and elastin activity, and to contract the fibroseptal network as well as melt fat within the skin.




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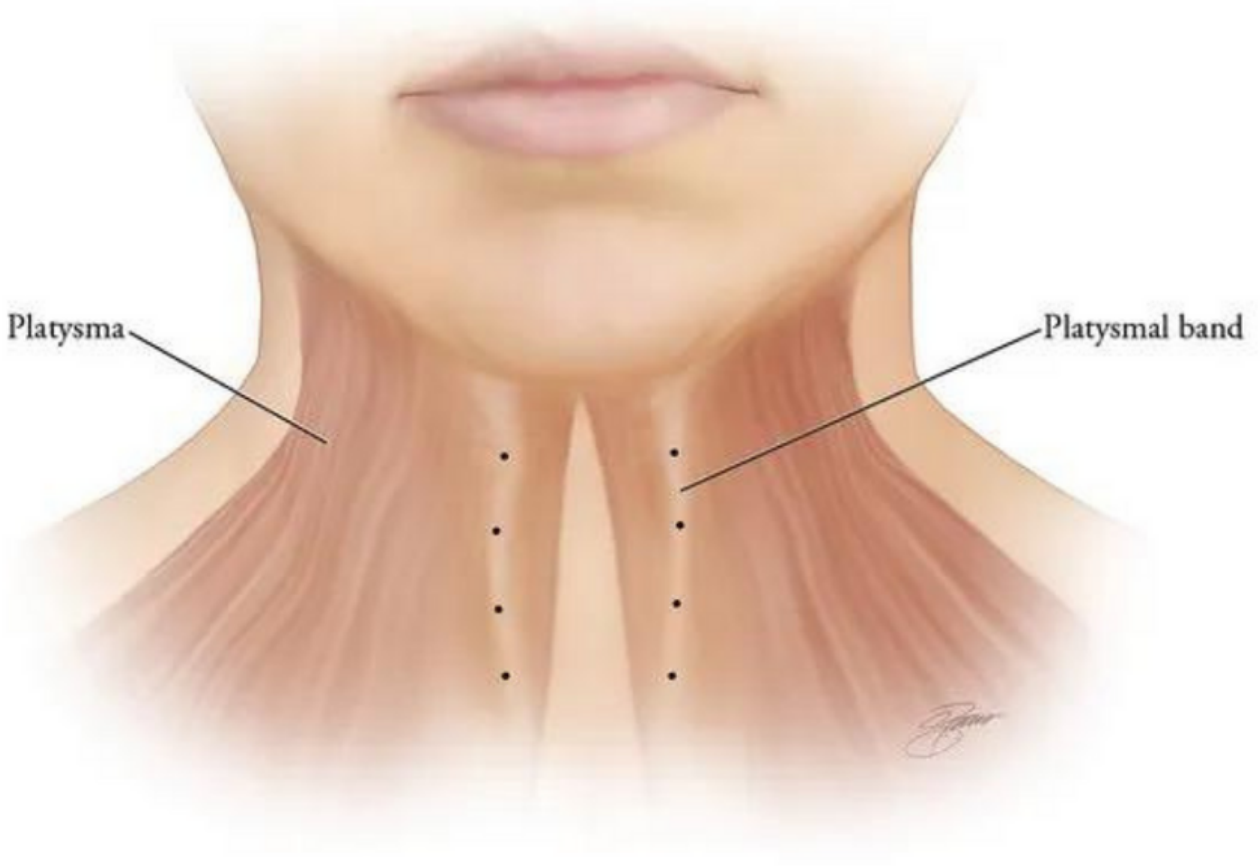


TOX for Platysmal Bands

A Quick Procedure with Lasting Benefits.

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.

The platysma is a broad sheet or band of muscle that extends from the collarbone to the jawline. The platysma muscle plays a major role in the appearance of an aging neck. When the platysma muscle contracts it causes horizontal neck lines and pulls down on the lower face resulting in more pronounced jowls. This causes loss of jawline definition.



Does anyone remember Nefertiti from high school history class? Nefertiti was an Egyptian Queen known for her long, graceful neck. Attractively named, the placement of neurotoxins like Botox, Jeuveau, and Dysport in the platysmal neck bands is referred to as a Nefertiti lift. This is a cosmetic procedure performed with tiny injections in the lower part of your face, jaw, and neck. The result is improvement of horizontal, necklace lines, reduction in jowling, and a reduced appearance of the double chin because the skin on top of that fat or fullness is no longer being pulled away from the neck like an apron.

Does tox in the platysmal bands eliminate jowls? Will the Nefertiti Lift fix a double chin? While tox in the platysmal bands may significantly improve the appearance of jowls and submental fullness, AKA "double chin," a consultation is necessary to determine if Kybella injections for mild fullness, RF microneedling for skin tightening, Sculptra for collagen stimulation, or surgery are necessary as each patient is different.

The best part about the Nefertiti Lift is that it takes less than 5 minutes to perform and results are visible in as little as 10-14 days. It can be performed on its own or in conjunction with skin tightening and fat reducing procedures.

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DAXXIFY® just won the 2023 NewBeauty award for "Innovation: Best Long-Lasting Neurotoxin." DAXXIFY® keeps your frown lines smoother for a full year with as few as 2 treatments.* Do you want more time with less lines? Ask your provider about DAXXIFY® and say 'so long' to short-term results.

EVERYTHING YOU NEED TO KNOW ABOUT CHIN FILLER

This Quick Treatment Delivers a Defined Profile and Harmony to Facial Features.

Chin and jawline filler are making the news as celebrities and fashion icons are revealing more sculpted and contoured profiles. Trending posts on Instagram are highlighting the profile balancing and jawline filler. With all the buzz around one of our favorite injectable services, we thought we would take a moment to let you know everything you need to know about chin filler.

"What can chin filler do for me?" ... "What is profile balancing?" ... "How can I get a more V shaped face?" and, of course "How do I achieve a more contoured jawline?" Chin filler can not only correct age-related volume loss, but it can enhance a patient's natural beauty by bringing greater harmony to the facial features.

Profile balancing is an aesthetic term that involves bringing the nose, lips, and chin into greater harmony via augmentation or enhancement with filler. Celebrity profiles like those of Angelina Jolie, Bella Hadid, Dove Cameron, and Beyonce among others are examples of an aesthetic balance between the nose, lips and chin. Rickett's line is a linear tool often used by aesthetic practitioners to help determine the degree of correction necessary to achieve this balance. However, it is important to note that this is only a tool. Ethnic and cultural differences need to be respected and appreciated to maintain a patient's natural beauty and to avoid creating copycat, unnatural appearing features.

We often use strategically placed chin filler to correct a recessed chin, micronethia. This may occur due to genetics or lack of orthodontic correction. Many patients do not wish to undergo jawline surgery which may involves metal braces, implants, and wiring of the jaw during recovery. Chin filler gives patients the aesthetic result they were seeking to achieve without the invasiveness and downtime of jaw surgery.

A V-shaped face is another common request of today's patients. A small amount of chin filler can make a big difference when this is the goal. This subtle enhancements leads to a more feminine and delicate contour to the lower face.

Jawline contouring goes hand in hand with chin filler. Often, rather than using 4-5 syringes of filler to enhance the angle of the jaw, we can tighten the skin and eliminate jowls, radiofrequency microneedling,
and add 1-2 syringes of strategically placed chin filler to sharpen the patient's natural jawline without over masculinizing the feminine face.

Downtime is minimal with chin filler injection. Generally, patients experience only mild discomfort in the immediate post-injection period. Any bruising is easily covered with makeup after just 24 hours. Swelling is typically mild and rarely lasts beyond 3-4 days with adherence to our advanced post-injection protocols. Maintenance is typically annual making this one of our most popular treatments yielding major results.

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BAGS UNDER YOUR EYES? LOOSE OR CREPEY UNDER EYE SKIN? DARK CIRCLES? EYES LOOK TIRED? TEAR TROUGH VOLUME LOSS? THESE ARE INCREDIBLY COMMON COMPLAINTS AS PATIENTS ENTER THEIR 30S AND 40S.

The delicate tissue of the under eyes is especially prone to age-related changes from sun exposure. While a great antioxidant serum, eye cream and sunscreen can help prevent those changes, aging is still a natural part of life. Thankfully, we have science on our side and are constantly learning more about what can be done to correct these unwanted changes.

If you have come in for a consultation, you have probably heard us discuss options in three categories… good, better, and best:

- We have lots of "good" products that will offer some improvement.
- We have "better" treatments that will elicit a significant improvement.
- Our "best" anti-aging recommendations often consist of combination treatment plans in which multiple treatments and products are used to produce the "best" possible results. Let's talk about one of the treatments that we offer that is included in all of our "best" treatment plans…PRP or Platelet-Rich Plasma Injections.

PRP injections have been used in the world of professional sports and in orthopedic surgery for many years. Platelet-rich plasma is concentrated with our bodies' own growth factors that initiate the healing process within our tissues and stimulate collagen production. Often referred to as regenerative medicine, these treatments have been studied to improve the quality and appearance of tissues, to restore volume, and reverse hair loss. Since PRP is derived from the patient's own blood it is extremely safe and natural. There is no risk of allergic reaction which makes it a very safe treatment that can be used to treat various signs of aging.

A TYPICAL PRP INJECTION SESSION FOR THE PERIORBITAL AREA (AREA AROUND THE EYE) TAKES APPROXIMATELY 30 MINUTES FROM START TO FINISH.

First, a small blood collection device is used to obtain a tube of the patient's blood. That blood is spun down in a centrifuge to extract the "liquid gold" or PRP. The PRP is steriley transferred into a syringe with a very small needle. The tissue is numbed using topical numbing cream or ice. The PRP is then injected into the "crow's feet" region lateral to the corner of the eye and into the under eye tissues at various depths depending on the targeted concern. In some cases, a cannula is used to minimize the risk of bruising and for patient comfort. Most patient's rate the discomfort they experience as a 2 or 3 on a numerical scale where 0 indicates no discomfort and 10 indicates intense pain.

FOR BEST RESULTS, PATIENTS ARE ENCOURAGED TO BEGIN WITH A SERIES OF THREE PRP INJECTION SESSIONS SPACED FOUR WEEKS APART.

There is no "downtime" other than a few hours to days of swelling or possible bruising. Makeup may be applied after just 24 hours. Most patients do not experience swelling that concerns them beyond the first day. Full results will be notable about 12 weeks after each treatment. This is because it takes our bodies about that long to synthesize collagen and to repair the damaged skin under the eyes. A quick consultation is all that is necessary to determine you are a candidate for PRP injections. Maintenance is general annual in the form of a single PRP injection session and use of SPF and a medical grade eye cream.

THE ABILITY OF PLATELET-RICH PLASMA TO STIMULATE COLLAGEN PRODUCTION, IMPROVE SKIN TONE AND TEXTURE, ADDRESS SIGNS OF SUN DAMAGE OR HYPERPIGMENTATION, AND REPAIR AGING SKIN MAKES IT AN AMAZING TREATMENT FOR MOST PATIENTS.


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