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Candice Georgiadis

cure LIFE | Editor-In-Chief

Hello SEPTEMBER! We are coming into the final months of the year, can you believe it? We say bye to a wonderful August filled with great memories and amazing clients that supported Cure Med Spa in Mystic.

.

A reminder that September is #SelfImprovementMonth , a time to assess and improve YOU. Cure offers a curated menu of services and treatments to assist you while YOU commit to self-care!

September is all about nourishing and keeping your healthy glowing summer skin and correcting and sun damage that may have happened over these hot summer months.

We welcome a great September, which with no doubt will be even better than August. It brings an autumn sky filled with leaves and excellent services and specials that you can find at Cure.



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Do's and Dont's of Laser Hair Removal



Laser Hair removal is often put on the back burner as we focus our attention of our faces and and other anti-aging treatments, but we wanted to highlight why laser hair removal should be on nearly every patient's treatment plan. Time. It's something we never seem to have enough of. Laser hair removal literally gives you hours of your life back every single week.

Cures' Lutronic ClarityII treats most skin types and is effective on any hair light brown or darker. In as little as 6 sessions you could have 80% or greater permanent hair reduction. It treats hair anywhere on the body as long as it is not white, gray, blonde, or red.

Pre-treatment:

- Make sure that you do not wax or pluck the hair in the treatment area for at least 6 weeks before your treatment. We want the dark root of the hair in the hair follicle for optimal treatment results.
- Avoid tanning or spray tanning as this is competing pigment on the skin and lessens the contrast between the hair and the skin.
- Shave the hair 24-48 hours before treatment so that the hair is not lying on top of the skin. This will make the treatment safer, more comfortable, and more effective.
- If you have a history of Herpes Simplex Virus (HSV-1) also known as "cold sores" in the treatment area, make sure to take your prescribed antiviral medication.



Post-treatment:

- Avoid direct sunlight to the treatment area as it is more sensitive to light immediately after treatment.
- Avoid any irritation or friction for the first few days after treatment as the skin may be sensitive. This may include shaving, intercourse, scrubs, or acid containing products depending on the treatment area.
- Avoid extremely hot showers and baths as the skin may be sensitive to heat as well.
- Shedding of the treated hair may occur within the first couple of weeks after treatment. This is not new growth. Your provider will instruct you on how to determine when your hair is in an optimal growth cycle for treatment.

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MEET THE CURE TEAM

Candice
FOUNDER



Armed with 15+ years alongside the leading elite beauty fashion and design industry partners, Candice has a pulse on the latest luxury health and wellness trends.
She was equipped with the knowledge and expertise to launch Cure Med Spa, a chic sensorial design and wellness immersion aesthetic oasis, blending the east and west coast vibes. With Cure Med Spa she aims to share an experience. An aesthetic oasis of perfectly fused modern techniques and tranquility, which distinguishes itself from others in the township.



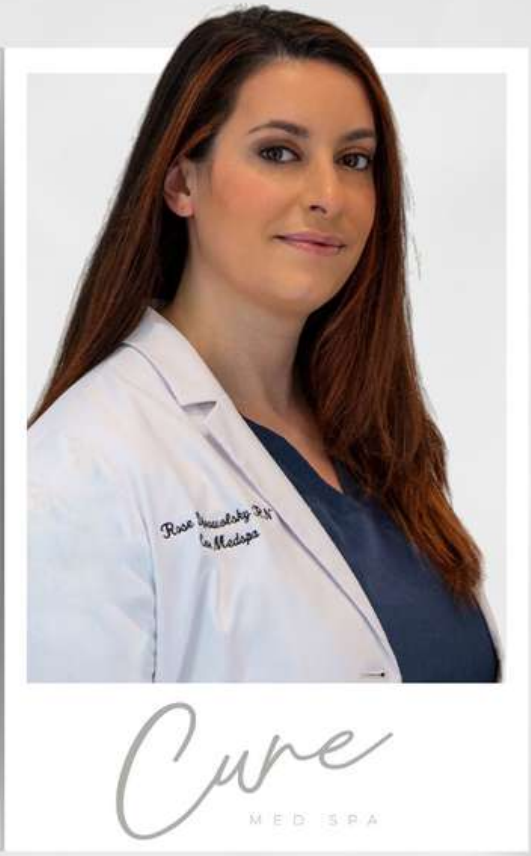
Erin
LICENSED ESTHETICIAN

After graduating with her esthetics license from The Aveda Institute of Rhode Island in 2017 Erin worked in a fast-paced boutique spa on the east side of Providence for 5 years. There she worked with many different skincare lines stretching from all-natural to medical grade. Erin is excited to bring her knowledge of esthetics and product knowledge to CURE med spa's clients by helping to make their spa experience special. Her calming approach was clear from a young age when Erin wanted to "relax" during recess.

Rose

RN & Licensed Esthetician

Rose, a RN and Licensed Esthetician is a 20 year veteran of the beauty industry. She truly understands the importance of treating the whole person. With gained knowledge in both medical and spa based esthetics she is able to give, both in depth skincare knowledge and a wonderful touch. She is dedicated to providing aesthetic treatments with an artistic, balanced eye, and strong commitment to patient satisfaction.





Susan

CHIEF OPERATING OFFICER

Susan is an accomplished Healthcare Administrator with over 20 years of experience. She provided on-site assessments to health and wellness facilities. Providing them the information and tools to improve their business or management practices, maximizing efficiency. Her passion at Cure Med Spa is collaborating with both staff and clients and continuously striving to make Cure the ideal venue for clients as well as staff.

Sarah
PATIENT COORDINATOR

Sarah is passionate about every client's experience. She enjoys learning the different skincare services and options that are available. You can find Sarah's smiling face at the front desk. She's always in awe being able to witness others discover their true and unique selves. She's currently enrolled in school for nursing with future hopes as an ER Nurse.



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Tom
MEDICAL DIRECTOR
BOARD CERTIFIED APRN

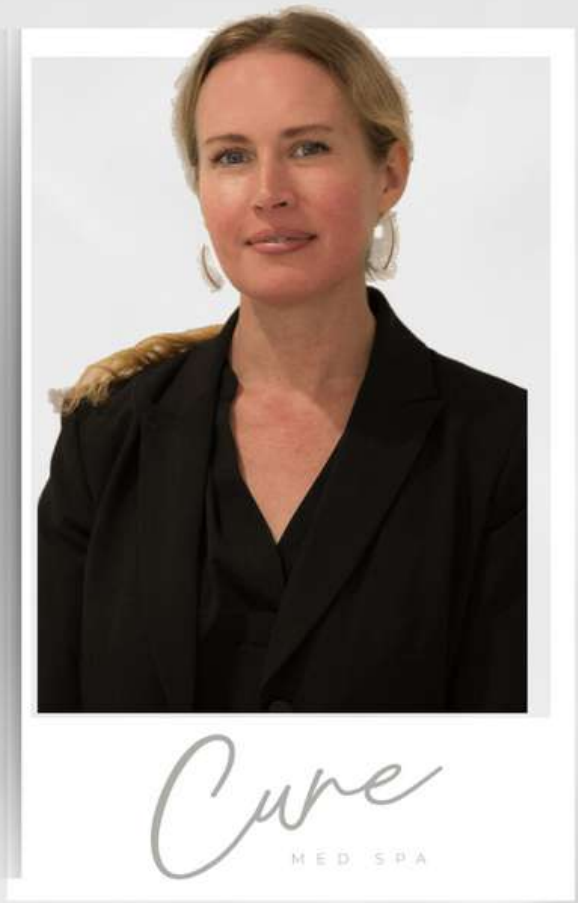
Tom is a member of The American Academy of Nurse Practitioners. He has extensive training and experience in aesthetic medicine with Advanced Botox and Dermal Filler certification through Esthetic Skin Institute, and certification through Cellular Medicine Association, Charles Runels, M.D., Tom stays current on the best practices for the management of overweight and obesity.

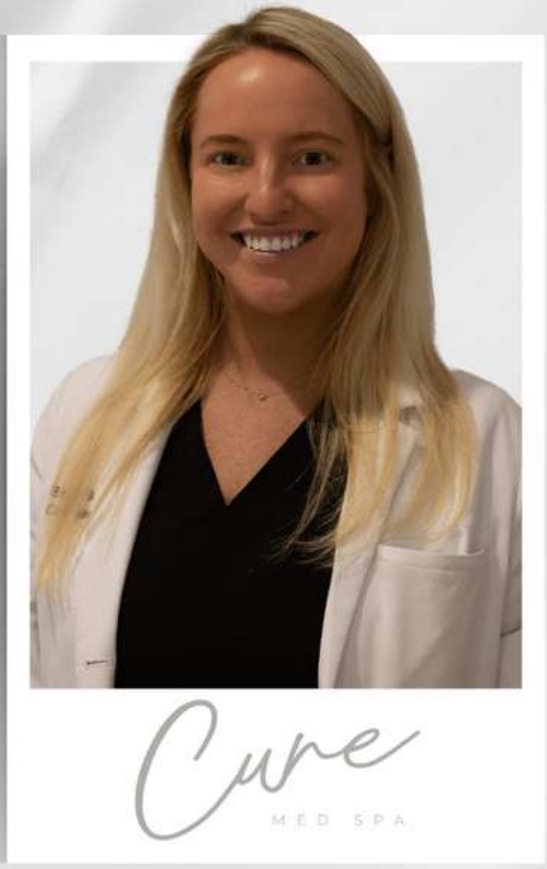
"Preventative medicine and healthy aging have always been my passion. I believe esthetic medicine is an art and our bodies are dynamic, physiological, multidimensional canvases."

Kristie

Spa Director

Kristie has embraced spa life for almost a decade. From a guest services role to Spa Operations Manager, she understands all aspects of the spa experience and what the guests truly enjoy and value. She has taken that experience to heart, creating the most relaxing and memorable memories for guests since her start. Kristie strives for excellence and continues to develop her skills and knowledge to offer her very best to both lead her staff and guests to both look and feel their best.





Brigid

MSN, APRN, FNP-BC

Brigid is a Family Nurse Practitioner who provides aesthetic services at Cure Med Spa. She spent the early part of her career as a RN in Pediatric Neurosciences. It was then in 2018, she experienced the world of medical aesthetics, through a prominent Dermatology practice in the greater Boston area.

Brigid takes pride in the boost of confidence provided to clients after a treatment. She is passionate about educating and providing her patients with the best care and treatment for their needs.



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Scary skin Concerns

Is your complexion terrifying you?

Since Halloween is around the corner , we wanted to talk with you about some “scary” skin concerns and what we can do to treat them! The most commonly treated skin concerns are acne, hyperpigmentation, including melasma, rosacea, wrinkles, fine lines, and skin laxity or sagging. If any of these scare you, this article is for you.

ACNE

Acne vulgaris is the most prevalent chronic skin disease in the United States, affecting nearly 50 million people per year. It is often associated with sebum or oil production, which is why it frequently manifests in teens, men on testosterone therapy, women in their late 30's and those with naturally oilier skin.

It occurs when hair follicles are blocked with dead skin cells, bacteria, and oil (sebum). The blocked follicles cause blemishes on the skin, including pimples, blackheads, whiteheads, and cysts. The good news....there are ways to treat and control it.

Twice daily skincare is the single most important treatment to consider. If the skin is well cleansed, exfoliated, and surface oil is reduced, we have essentially eliminated the root causes of MOST acne lesions. Additionally, semi-annual chemical peels and laser treatments are AMAZINGLY effective in treating acne.

ROSACEA

Often confused with acne, rosacea is a common skin condition that causes flushing and visible blood vessels in your face. It may also produce small, pus-filled bumps that look similar to acne lesions. These signs and symptoms may flare up for weeks to months and then go away for a while. While there is no "cure" for rosacea, the signs and symptoms can be managed for months at a time with a good medical grade skincare routine.

For every skin problem,
Cure has got a solution.

LOSE SKIN

Whether it be melasma or hyperpigmentation in the form of sunspots or poikiloderma, we have treatment options for everyone.
The laser photo facial treatments are the gold standards in correcting sunspots and poikiloderma. As insurance or maintenance for your procedural investment, we recommend a custom skincare regimen to prevent free radical damage with the use of antioxidants and inhibit future pigmentation.
Got melasma? Don't worry. We offer custom skin care regimens, as needed to help brighten your skin.
As with all skin concerns, SPF is MANDATORY. 90% of age-related changes are caused by the sun so preventing damage is key. You want a broad spectrum UVA/UVB sunscreen that is SPF 30 or higher daily and SPG 50 or higher for lake and pool days.

LARGE PORES

Contrary to popular opinion, pore size is genetically predetermined. The good news is that you can reduce the VISIBLE appearance of pores. Factors that may lead to enlarged pores include increased oil production, hair follicle size, pore-clogging products, loss of skin elasticity, and sun damage.

We have talked about all of these at some point, but the main treatments for enlarged pores daily skincare, retinoids and microneedling with OR our most popular, Lutronic Genius which blends microneedling with radiofrequency skin tightening for improvement in tone, texture and laxity all at once!

FINE LINES

What causes fine lines? The skin slows down its production of collagen and elastin as we age, leading to less plump, supple skin. As a result, areas with less oil are prone to the development of more fine lines. Lack of skin protection is also a major factor in the development of fine lines.

We can treat fine lines with skincare, chemical peels, neurotoxins, filler (in some cases), but the best way to treat them is to stimulate collagen and elastin in the skin. We do this with the Lutronic Genius which is radiofrequency microneedling.

The controlled injury to the skin stimulates the production of collagen and elastin. In addition, the radiofrequency waves produce heat that shrinks (or tightens) the fibrospetal network resulting in smoother, tighter skin. This treatment is excellent for enlarged pores, rough texture, uneven tone, and skin laxity or crepiness.

WRINKLES

One of the most common requests for treatment is wrinkles. We use neurotoxins like Botox, and Dysport to treat wrinkles caused by motion in the forehead, frown or glabella, crow's feet, bunny lines on the nose, dimples on the chin, to produce a "lip flip," and to correct a "gummy smile" among many other things.

Once a wrinkle has set in regardless of motion or in areas where neurotoxins are contraindicated, we use filler to re-" fill" the volume loss that has occurred in that area. Common areas include malar creases in the apple of the cheek, nasolabial folds, "smile lines," "parenthesis" around the mouth, pre-jowling, and more.

No, you won't be frozen solid or overfilled and puffy looking. We want a NATURAL-appearing result.

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HYDRAFACIAL BASICS: WHAT YOU NEED TO KNOW

Many patients come to Cure hoping for a skincare miracle. They want beautiful, flawless skin and they want it quickly. While the HydraFacial® isn't a miracle treatment, it sure comes close.

this relaxing, in-office treatment provides quick results and continued improvement in skin quality and appearance – if you keep up with your routine appointments.

So, what can HydraFacial® do for you?

Explore some of our favorite benefits of this treatment:

- Address common skin concerns including enlarged pores, oily skin, discoloration, wrinkles and fine lines, aging, sun damage, blemishes and blackheads, and poor skin texture.
- Achieve better skin appearance in a single treatment.
- See continued improvement in skin quality with regular treatments.
- Treatments can be customized to each patient's specific skin concerns.
- Ideal for all skin types.

We love that HydraFacial® offers quick results in a single treatment, and you can return to work (or play) immediately after!

For patients wanting a lasting skincare solution, HydraFacial® delivers that too! It really is a one-size-fits-all skin-enhancing solution.

HydraFacial vs. Traditional Facial: What's the Difference?

The HydraFacial® is a four-part skincare solution. During your treatment we'll cleanse, peel, extract, and hydrate the skin. This is everything your skin needs for a hydrated, radiant shine. Specialized serums further enhance results by giving your skin peptides, hyaluronic acid, and antioxidants, essential building blocks of healthy skin.

Overall, facials provide essential maintenance for the skin, helping it to look better and brighter with regular visits. However, a HydraFacial® tends to offer deeper, more noticeable results than a simple facial, especially after the first treatment. If you need results now, the HydraFacial® is our go-to pick!



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5 Reasons You'll Love Sculptra

ALLOWS US TO INTRODUCE YOU TO A FAVE FILLER, SCULPTRA! SCULPTRA IS ONE OF MANY DERMAL FILLERS OFFERED AT CURE , WHICH ALSO INCLUDES RADIESSE AND JUVEDERM, SO WHY SCULPTRA ? THAT'S A VALID QUESTION! THE TRUTH IS, THIS ONE IS COMPLETELY DIFFERENT – AND THAT'S WHAT MAKES IT SO EXCITING!

1

Long-lasting Results!
Unlike the hyaluronic acid fillers we carry, Sculptra delivers results that last up to 25 months, and in some cases, even longer! Intrigued? We were too!

02

Natural Appearance
In most cases, the results are so natural that other people would be unable to identify exactly what you did to make yourself look so much younger so quickly. Part of this comes from the fact that the anti-aging benefits of Sculptra take anywhere from 4-8 weeks to appear. You will see a significant initial correction of volume loss in the areas treated, but that will diminish over the next several days and will gradually be restored around the four-week mark when you return for your second session. Most patients require two sessions for a full correction and this is included in our amazing package price.

03

More Youthful and Glowing Skin
Since Sculptra stimulates collagen production in addition to correcting volume loss, it delivers absolutely beautiful results to the skin in the area of treatment. Who doesn't want smoother, tighter skin? If that wasn't reason enough to try this filler, we will give you a couple more!

04

Its Ability to Naturally Treat Areas Less Commonly Treated
It probably comes as no surprise that most of our patients don't come in asking to have their temples or the hollows in front of their ears treated. Instead, we often hear things like, "I feel like my face is falling," or "I'm noticing this skin starting to sag in my jawline." Although jawline and cheek filler are two of our more popular requested areas, they are not necessarily the first places that we need to address in an aging face. When you come in for your consultation, we will show you how adding value to these overlooked areas can dramatically transform your face! In addition to treating areas that are slightly less safe when using hyaluronic acid fillers like Juvéderm, this amazing filler can also be used in areas other than your face. Which brings us to reason number five.

05

Treatment of Cellulite, Crepey Skin, and More
Your read that right! Sculptra can be used to stimulate collagen production in the back of the legs (and other areas) for cellulite, in the glutes for a non-surgical Brazilian Butt Lift, above the knees or on the chest to thicken the skin and reduce the appearance of crepey lines and wrinkles, and in multiple other areas! Is it starting to make sense now why this is one of our favorite treatments?

SCULPTRA IS MADE BY GALDERMA, THE SAME COMPANY THAT MAKES RESTYLANE FILLERS AND DYSPORT, ANOTHER TYPE OF NEUROTOXIN SIMILAR TO BOTOX. IT HAS BEEN AROUND SINCE 2004 AND WAS FDA-APPROVED FOR RESTORATION AND/OR CORRECTION OF THE SIGNS OF FACIAL FAT LOSS (LIPOATROPHY) IN PEOPLE WITH HUMAN IMMUNODEFICIENCY VIRUS (HIV).


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Tighten and Brighten!

Interested in thicker, tighter, and brighter skin? Our Microneedling Radio Frequency treatment may be exactly what you're looking for! This treatment combines the power of microneedling to increase collagen production with thermal energy technology to tighten the skin. Here's everything you need to know:

The Treatment

This treatment is a great option for patients looking to treat hyperpigmentation, acne scarring, and overall skin rejuvenation. Prior to the treatment, the patient will be topically numbed for thirty minutes for a more comfortable experience. After the numbing cream has been wiped clean from the face, the treatment will begin. This treatment is safe to use over the face and on thinning, crepey skin like the neck and under the eyes!

Results

The results that patients can look forward to are: tighter skin, more even skin tone, and an overall brighter appearance. Best results are achieved with a series of three treatments spaced 4 to 6 weeks apart. After each session, the skin will be encouraged to produce collagen which will increase its thickness and elasticity! Final results can last up to one year after the series has been completed!






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CHEMICAL PEELS: EVERYTHING YOU NEED TO KNOW

WANT TO ACHIEVE A FRESH-FACED GLOW? A CHEMICAL PEEL IS A GREAT PLACE TO START.

If you're not exactly sure what a chemical peel is, it's a chemical solution applied to the skin to improve and smooth texture and reduce scarring and dark spots. Chemical peels are designed to remove the skin's outermost layers. To accomplish this, the chosen peel solution causes a controlled injury to the skin.

Chemical peels are graded in terms of strength, with Level 1 Peels being the mildest and Level 4 (TCA Peels) being the strongest. Glycolic acid and salicylic acid are the most common peeling agents in a Level 2 peel, and more gentle peeling agents are based on simple fruit enzymes.

1. Peel Strength:

If you have done at-home peels before you may expect similar results, but peels done in the office are more powerful and will penetrate deeper into your epidermis to produce stronger and more noticeable results.

2. Benefits:

Chemical peels are extremely effective at evening out your skin tone and making it appear younger and more refreshed. After even light peels, most people notice an improvement in sunspots and natural discoloration, and acne and acne scarring are reduced. They're also effective age-defying tools, smoothing out fine lines and wrinkles and plumping up the skin.



Ready to peel?



3. Before You Peel:

To prepare for your chemical peel, you should discontinue use of any prescription and anti-aging products at least a week before your appointment. Retin-A, Retinol, and Differin-containing products may interfere with the peeling process. If at all possible, avoid being in the sun for long periods of time. Apply sunscreen liberally in the days leading up to your peel. Before getting the treatment, you want to make sure your skin is in good shape.

4. What to Expect:

Mild irritation, dryness, and flaking are all common side effects of peeling! The amount of peeling you experience will also depend on the strength of your peel. Some chemical peels will need about 1-2 days of downtime, others up to a week.

It's important to note that you should never attempt to peel any of the flaking skin off yourself and let it fall off naturally or when cleansing. Touching, picking, or pulling on the peeling skin interrupts your skin's natural healing cycle. What's more, you are likely to interfere with the results, increase your chance of infection, and may even cause permanent hyperpigmentation.

5. Always Wear SPF

Peels tend to make your skin very sensitive to sun rays, so sunscreen and minimal sun exposure are extremely vital right after a peel. To protect the newly vulnerable skin, apply an SPF every day, and make sure to re-apply every 2-3 hours.









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LET'S TALK DRY BRUSHING



Recently dry brushing has been the talk of the beauty and wellness community. What you might not know, is dry brushing has actually been around for centuries!
Dry brushing consists of exfoliating the skin with a coarse, natural fiber bristle brush in specific patterns all over the skin.

The coarse fibers in the brush help remove dead skin (think Dermaplaning but for your whole body) and helps your body eliminate toxins through your pores.
Dry brushing also helps stimulate your lymphatic system, which helps your body fight off infections. When your lymphatic system gets clogged and backed up it causes swelling. No thank you.

So how exactly do you dry brush?
Pick your dry brush. When looking for a dry brush you want to look for one that has natural fibers, with a long handle (very important so you can get all of those hard to reach areas).

1. Start at your feet and move up your body.
2. Brush your skin using wide, circular, clockwise motions.
3. Use light pressure in areas where your skin is thin and harder pressure on thicker skin, like the soles of your feet.
4. Brush your arms after you have brushed your feet, legs, and mid-section. You should brush upward towards your armpits.
5. After dry brushing, take a cool shower to help remove the dry skin.
6. After you shower be sure to moisturize!

Dry brushing can be done everyday, just be sure to wash your brush after every use to avoid any bacteria from growing.

We do not recommend dry brushing for anyone who has sensitive skin, open wounds, or psoriasis as it can irritate the skin.

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