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What Comes After Microneedling?
Ariessence

Holy Trinity of Skin Longevity
TNS. HA. SPF.

Curve Appeal, Minus the Commitment

Open Your Eyes (Literally):
The Little Drop with Big Results

Is It Too Hot for That?

SKIN IN THE GAME:
JULY'S TOP TREATMENTS

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cure LIFE | Editor-In-Chief

Happy (almost) 4th of July, friends!
We hope you're soaking up the sun, the long weekends, and all the red-white-and-rosé vibes.

Around here, we're officially in the thick of summer—which means SPF is non-negotiable, hydration is a lifestyle, and your skin? Yeah, it's probably got some thoughts about all the heat, sweat, and sunscreen build-up. Don't worry—we've got solutions.

This month at Cure, we're not pushing panic peels or trying to reinvent your entire routine. July is about strategy. Tweaks, tune-ups, and timing things right—so you can keep living your summer life without sacrificing your skin goals.

You'll find smart ways to prep your face and body for what's next, gentle resets when your barrier's begging for a break, and treatments that are actually safe and effective this time of year (yes, even in full sun season).

We're here to help you look good, feel confident, and not sweat the small stuff—figuratively and literally.

Here's to showing up for yourself, taking care of what matters, and doing it all with a side of sunscreen and sparklers.

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IS IT TOO HOT FOR THAT?

A Mid-Summer Treatment Q&A

Q: I keep hearing you're not supposed to do anything in summer—true?

A: False. That's skincare fear-mongering. While some treatments are better saved for cooler months, others are totally summer-safe—as long as you're using SPF correctly and consistently. (And yes, we mean every single day.)

Q: So what can I do in July without ruining my skin?

A: Plenty.

- SkinPen Microneedling? Safe.

You'll need to avoid direct sun for a few days post-treatment, but with good SPF habits and smart timing, it's a go. Bonus: Microneedling boosts collagen, smooths texture, and fades pigment over time—summer is actually a great season to start the process.

- Ultherapy? Absolutely.

This treatment works deep under the skin (no surface trauma), so you don't need to worry about sun exposure the way you would with lasers. It's non-invasive, has no downtime, and tightens everything that summer humidity can't.

- Light Chemical Peels? Yup.

We're not talking full-resurfacing here. Think Illuminize or lactic acid-based peels for glow, clarity, and a reset—not for downtime. With proper protection, these are ideal for a mid-summer refresh.



Q: What about lasers?

A: Depends on the laser. At Cure, we'll guide you toward the right energy treatment for the right season. Heavy resurfacing? Pause. But low-downtime options like Clear + Brilliant or select radiofrequency treatments? Still in play—with a tight post-care plan.

Q: I'm at the beach every weekend. Should I wait on everything?

A: Not necessarily. You can still do treatments—you just have to commit to smart skin habits. That means:

- Daily SPF (EltaMD, reapply every 2 hours if you're outside)
- Hats, shade, and sunglasses
- Avoiding treatments right before a trip if you'll be in direct sun for days

Q: So what's the final rule?

A: It's not "no treatments in summer."
It's "know your skin, know your calendar, and protect your investment."
At Cure, we'll help you build a strategy that works for your schedule, your skin goals, and the season you're in.

"GOOD SKIN DOESN'T TAKE A SEASON OFF."

Summer doesn't mean pressing pause on progress—it just means playing smarter. Whether you're booking your first treatment or maintaining results from earlier in the year, we'll help you navigate the season with strategy (and SPF). At Cure, summer-safe skincare isn't a myth. It's a plan.


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CURVE APPEAL, MINUS THE *COMMITMENT*

Why Renuva Is Body Contouring's Best-Kept Secret

Let's talk about the kind of body sculpting that doesn't involve downtime, scalpels, or six weeks in compression garments. The kind where you don't come out looking like a whole new person—you just look more like the version you've always imagined.

Enter Renuva: the breakthrough injectable that gives your curves a second chance without the commitment of surgery or fat transfer.

SO WHAT'S RENUVA?

Clinically speaking, Renuva is an off-the-shelf, injectable allograft adipose matrix—meaning it's derived from donated fat tissue that's been purified and processed to remove all cells, leaving behind a scaffold rich in growth factors and proteins. When injected, your body recognizes this matrix as its own, and slowly repopulates it with your own fat cells over time. In short: you grow into it—literally.

Renuva is FDA-approved for replacing or repairing small-volume soft tissue defects, but it's become the insider go-to for aesthetic purposes. Think subtle contouring, smoothing, and refining—not full-blown augmentation.

WHO'S A GREAT CANDIDATE?

- Athletic body types who've lost fat through training and want to replace volume in specific areas (hello, hip dips or flattened buttock contours).
- Post-weight loss patients seeking natural-looking volume restoration where they've lost fullness.
- Patients with fat distribution irregularities, dimples, or divots from liposuction, injuries, or genetics.
- Anyone who wants to refine their curves without the need for implants, grafting, or general anesthesia.

WHY CHOOSE RENUVA OVER FAT TRANSFER?

Here's the honest truth: fat transfer works—but it requires liposuction (surgical), anesthesia, and unpredictable fat survival rates. If you don't have a lot of fat to harvest (or just don't want surgery), that's a dealbreaker.

enuva skips all of that. It's ready-to-inject, done in the office, and you can go right back to your day afterward. The process is precise and tailored: we inject into targeted areas—like the buttocks, lateral hips, or backs of thighs—where you need volume or smoothing. And over the next few months, your body does the work, rebuilding that space with real, living fat

HOW CURE CUSTOMIZES RENUVA FOR YOU.

At Cure, we don't believe in one-size-fits-all. Your body is unique, and your treatment plan should be too. We use Renuva for patients looking to enhance their shape without overhauling it—especially those who want results that align with their natural frame, lifestyle, and comfort level. No overdone proportions. No drama. Just strategic volume where it makes sense.


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OPEN YOUR EYES (LITERALLY):



The Little Drop with Big Results

IT'S NOT BOTOX. IT'S NOT SURGERY. IT'S UPNEEQ—AND IT MIGHT JUST BE YOUR NEW FAVORITE PARTY TRICK.



We all have our "thing." For some, it's under-eye bags. For others, it's that annoying upper lid heaviness that makes you look more tired than you feel. That's where Upneeq comes in: a once-a-day prescription eye drop that lifts your upper eyelids within minutes, no needles or downtime required.

So... How Does It Work?

Upneeq is oxymetazoline hydrochloride 0.1%, a gentle medication that stimulates the Müller's muscle (a tiny muscle in the upper eyelid) to contract. That little lift? It creates a more open, refreshed, alert look—in as little as 5-15 minutes, lasting up to 6-8 hours.

Yes, it's FDA-approved. And yes, it's as easy as it sounds.

Who's It For?

- Those with mild to moderate eyelid droop (aka acquired ptosis)
- People prepping for photos, events, or big meetings
- Anyone who feels like their eyes disappear after 4pm
- Clients post-tox or filler who want a little extra boost between treatments
- People who wear eyeliner but feel like it gets lost in their lid fold—we see you

It's also a great option for those who aren't ready for blepharoplasty or surgical solutions.

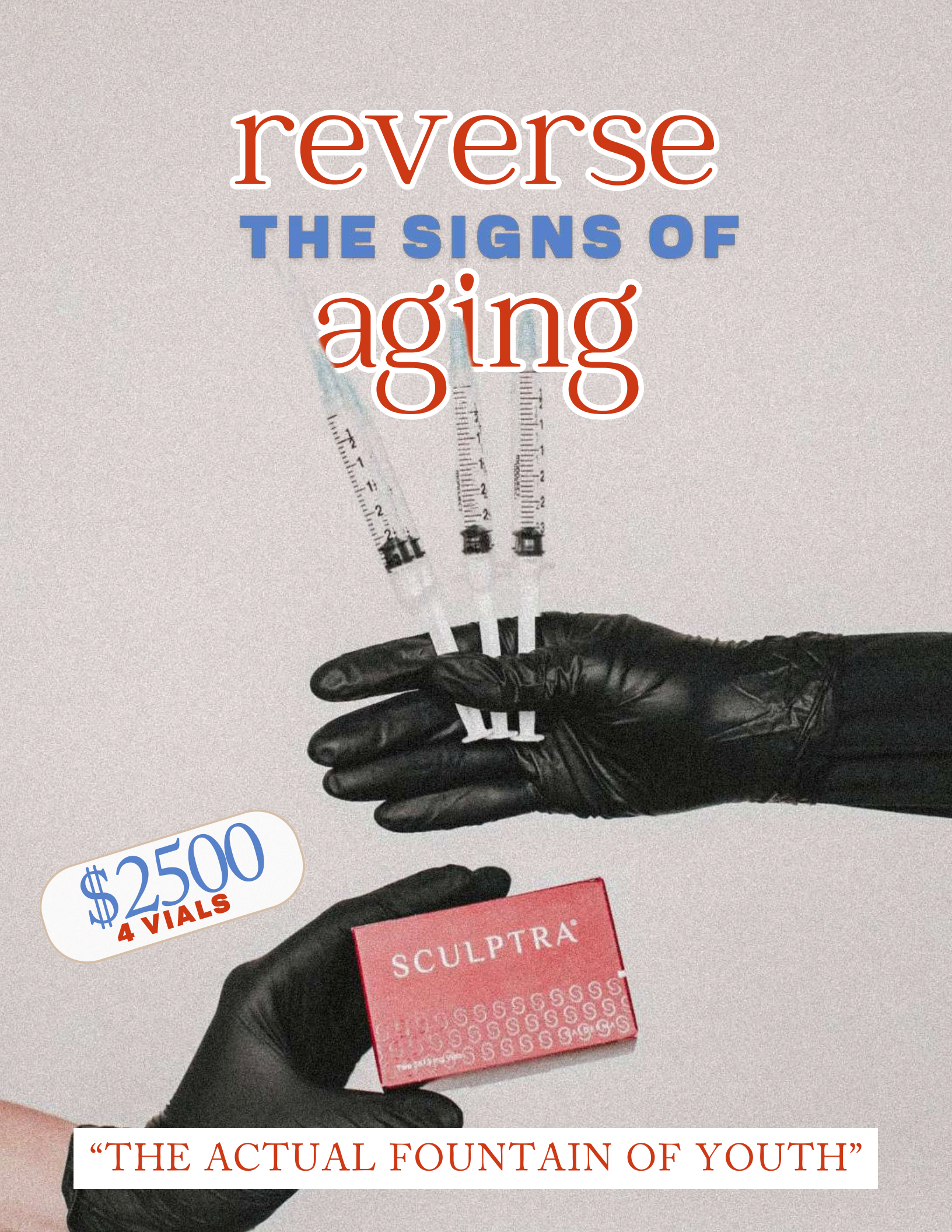
Why We Love It at Cure

Because it's instant. Because it's easy. And because no one ever regrets looking more awake. We often demo it in-office during consultations—it's that low-commitment. You'll look in the mirror and suddenly wonder how long you've been walking around with your eyelids on "snooze."

PRO TIP

PAIR UPNEEQ WITH A FRESH SKINVIVE SESSION OR DIAMONDGLOW FACIAL, AND YOU'LL LOOK LIKE YOU TOOK THE WORLD'S MOST RESTORATIVE NAP—MINUS THE ACTUAL NAP.

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Recommendation Guide

01 **SKIN BOOST/HYDRATIC**
(1-2 vials)

02 **ANTI-AGING**
(1-2 vials)

03 **BOOTY PLUMP**
(10-15 vials)

04 **CONTOUR** *(CHEEKS, JAWLINE, & CHIN)*
(10-15 vials)

05 **HIP DIPS**
(3-10 vials)

01 **CELLULITE/DIMPLE TREATMENT**
(1-2 vials)

These are average amounts. Each case will depend on age, the condition of skin and volume at the time, skincare routine (including sunscreen) and genetics.

Learn More at curemedspamystic.com



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What Comes After Microneedling?

Ariessence Pure PDGF+

So you did the microneedling. You booked it. You braved it. You even took that obligatory post-treatment selfie where your skin looks a little pink but very proud. Now what? This is the part no one talks about—but we will. Because what you do after microneedling? That's where the real results happen.



ENTER: ARIESSENCE PURE PDGF+.

Think of it like this—microneedling turns on your skin's repair mode. Ariessence hands it the blueprint. It's powered by platelet-derived growth factors (PDGF), which act like microscopic foremen at a job site. They direct your skin cells to repair, renew, and build better collagen and elastin—faster and more efficiently.

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THAT'S WHAT MAKES ARIESSENCE PURE PDGF+ DIFFERENT:

- No blood draw
- No scent
- No downtime
- Just high-potency, lab-stable, post-procedure support with real science behind it.

It's been clinically studied and shown to reduce inflammation, accelerate skin recovery, and enhance visible improvements in skin tone, texture, and elasticity. In fact, some providers use Ariessence in place of PRP—it's just that good. And for those not a fan of needles or blood-based products, it's an ideal option. The consistency is light and elegant, layering beautifully under SPF and moisturizer, and won't clog your pores or cause irritation.

We especially recommend it after microneedling, SkinPen, and other collagen-induction therapies—but it also works post-laser or even as a stand-alone anti-aging serum in your home routine.
So if you've already shown up for your skin—sat through the numbing, made the commitment, booked the follow-ups—why not stack the odds in your favor?

> *Here's what clients say after pairing the two:*
> *"My redness calmed down within hours, not days."*
> *"My skin felt softer, bouncier, and more hydrated immediately."*
> *"It sped up my recovery time, and the results were next-level."*

This is the not-so-secret weapon our team keeps reaching for, especially during warmer months when you want visible improvement without the extended downtime.
Still unsure? Come in. Let us show you how Cure uses Ariessence to help your skin heal smarter, faster, and better than ever before.
Because microneedling is the signal. Ariessence is the response.

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The Holy Trinity of Skin Longevity:
TNS. HA. SPF.

Why SkinMedica Isn't Optional?

If you're serious about skincare—like, actually committed to results and not just cute packaging—there are three products that should never leave your lineup: TNS Advanced+ Serum, HA^5, and a daily SPF. Together, they're the holy trinity of skin longevity. And SkinMedica? They do all three better than anyone else.



TNS Advanced+ Serum:

This is your skin's CEO. It calls the shots, boosts performance, and keeps everything running smoothly. Powered by growth factors, TNS tells your skin to make more of what it loses over time: collagen, elastin, bounce. Think smoother texture, firmer tone, and fewer lines—without triggering inflammation. It's clinically shown to work in just 2 weeks, with major changes in 12.

If you've been chasing glow through scrubs, masks, or impulse buys, it's time to level up. TNS is what high-achievers use when they want real change—not just a temporary fix.



HA^5 Rejuvenating Hydrator:

This isn't your average hyaluronic acid serum. HA^5 uses five different forms of HA to deliver both immediate and long-lasting hydration. Translation? Skin that looks plump and healthy all day—not just for 10 minutes after you put it on.

Even better: HA^5 supports your skin's ability to produce its own HA over time. This is hydration that trains your skin to do better, not just cope.



Daily SPF

You can use all the fancy serums in the world, but if you're skipping SPF, it's basically skincare sabotage. Sun exposure is the number one cause of premature aging. We're talking collagen breakdown, hyperpigmentation, and fine lines that didn't need to show up yet.



SkinMedica's Essential Defense and Total Defense + Repair SPFs offer broad-spectrum protection, plus antioxidant defense and skin-repairing ingredients. They layer beautifully under makeup, don't cause breakouts, and protect your investment (aka everything you just did with TNS and HA^5).

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What to expect:

Commit to the trio and in just a few weeks, you'll see it: brighter tone, better hydration, smoother skin, and fewer of those "why do I look so tired?" moments.

This isn't a 10-step routine. This is the foundation. Add in your exfoliants, your masks, your trendy treatments—but if you want skin longevity? Start here.

TNS. HA. SPF.
Everything else is just extra.

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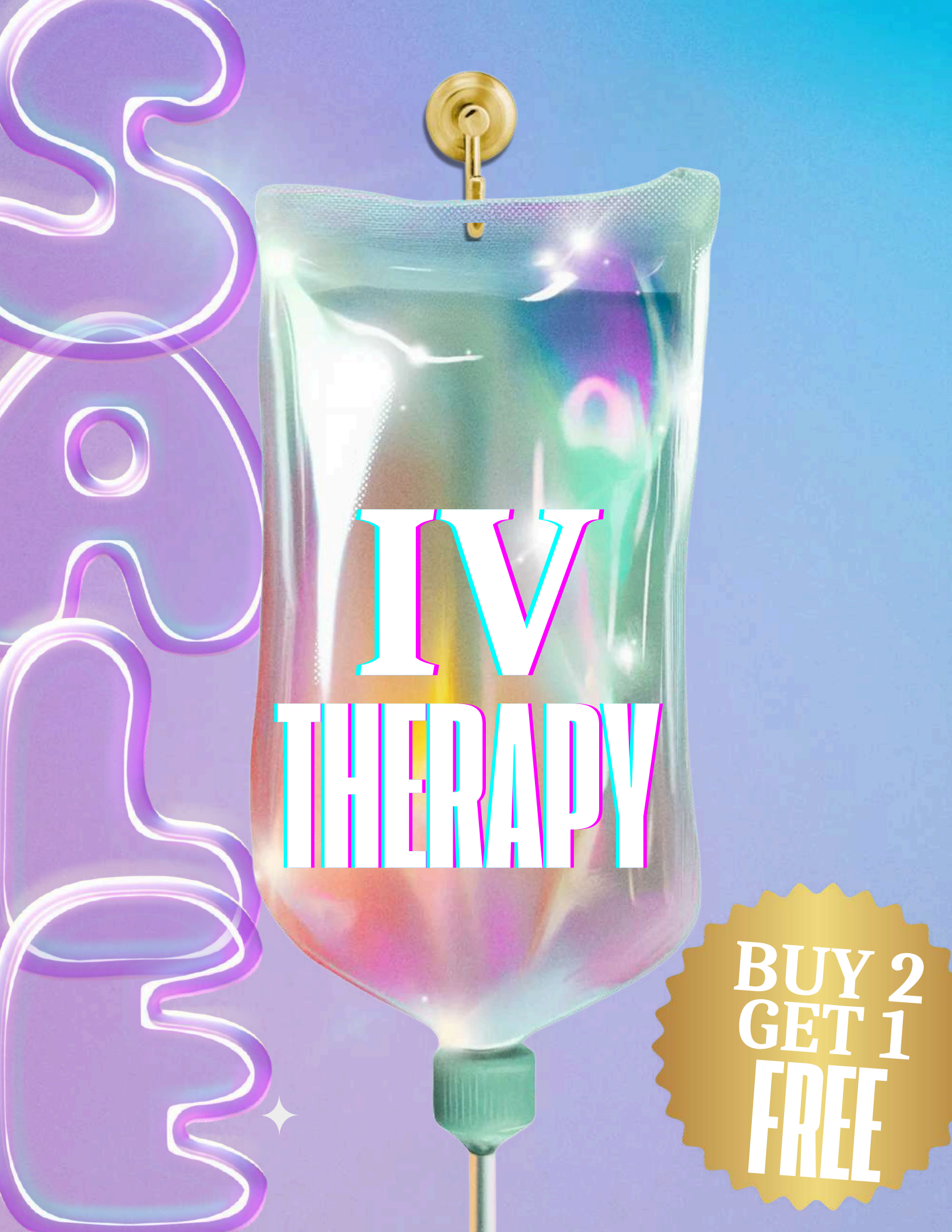
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