

Reveal a Better Bikini Body



Imagine being able to lose an inch of stubborn abdominal fat with just one treatment. You could pull out your favourite low-rise jeans again, or even fit into a brave new bikini.

The *LipoSonix*[™] treatment is an effective nonsurgical fat reduction technology used to permanently remove abdominal fat just beneath the skin. The procedure is completed in one hour with little to no downtime. Results are usually seen 8 to 12 weeks following the treatment; and an average of 2.8 cm (1.1") in waist circumference reduction is typical

after the one treatment. Individual results may vary.

The *LipoSonix* ultrasound technology differs from other body contouring methods by using a higher energy output and higher frequency. These qualities work together to create a thermal effect that destroys targeted fat—in just one treatment.

New to Canada, this state-of-the-art and scientifically proven technology is utilized at Pacific Dermaesthetics. Dr. Jason Rivers and Dr. William McGillivray were the first Canadian physicians to utilize the procedure, starting in the fall of 2009.

The *LipoSonix* treatment is designed for patients who are of average weight or slightly overweight; and want to reduce stubborn abdominal fat.

Appropriate candidates for the treatment share the following qualities:

- Have areas of stubborn abdominal fat
- Can pinch at least 2.5 cm (1") of abdominal fat
- Want to lose a dress or pant size
- Are in good overall health
- Have good skin tone

Your bikini is waiting...find out if the *LipoSonix* treatment is right for you. Contact our office at 604.682.7546 to book your consultation.

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SkinTx™: Spring Cleaning for Your Skin

Winter has come and gone, the cold air is getting warmer and the trees and flowers are budding. Spring is in the air. Just as nature begins to flourish and replenish, your skin needs to experience a springtime renewal of its own. Preparing your skin from the hibernation of winter isn't as difficult as you may think.



The SkinTx SKIN TREATMENT SYSTEM™ represents a new generation in skin restoration. It is a physician-prescribed daily skin care system that helps correct hyperpigmentation, aging skin, irregular skin texture and tone, skin laxity and acne at the cellular level. SkinTx™ helps restore your skin's vitality by using a powerful combination of retinol, hydroquinone, alpha hydroxy acids and vitamin C (L-ascorbic acid USP). This unique blend yields remarkable results.

'Spring cleaning' your skin involves purifying it from dirt, makeup, excess oils and dead skin cells through the use of high quality **cleansers** and **toners**. These products are the first two crucial steps in initiating your skin's renewal.

SkinTx™ has four different types of cleansing products to choose from, depending on your skin type and need: The Foaming Gel (for normal to combination skin) and Gentle Cleanser (for normal to sensitive skin) deep clean the skin from environmental pollutants, leaving skin feeling clean, soft and supple. Both contain a refreshing fresh citrus scent.



The SkinTx™ MicroScrub Cream (for normal to sensitive skin) and MicroScrub Gel (for normal to combination skin) include skin-brightening treatments. These gentle yet invigorating exfoliating cleansers have the added benefit of helping clear the skin of dead skin cells responsible for dull and grayish-looking complexions and clogged pores. MicroScrub cleansers are a must-try product for spring.

The second step in SkinTx™ cleansing regimen prepares the skin for further steps (such as moisturizer) through the use of a toner or astringent. The alcohol-free SkinTx™ Toner (for normal to sensitive skin) and Astringent (for normal to combination skin) work to restore your skin's protective pH balance while infusing it with antioxidants, vitamins and botanicals.

Spring cleaning for your skin starts with SkinTx™ cleansers and toners – the key to restoring your skin this spring.

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Stretch Marks: Did You Know?

Stretch marks are thin, lineal scars on the skin that develop after rapid growth or weight gain. The cause is believed to be related to hormonal changes that affect the dermis of the skin and prevents the formation of collagen and elastin fibres. When the skin is stretched with this less supportive structure small tears occur, creating stretch marks.

Stretch marks – both old and new, and in any area – can be treated effectively with the **Fraxel laser**. The laser penetrates the dermis and stimulates the production of new collagen. A series of four to five treatments can improve the appearance; and they will continue to improve up to six months after the last treatment.

Be Hair-Free This Summer

Are you tired of shaving, waxing, plucking and generally fighting unwanted hair? Spring is the perfect time to start pursuing permanently smooth, hair-free skin with **laser hair removal**.

Benefits

Laser hair removal is one of the most widely used cosmetic treatments for many reasons. The most popular motive is probably the fact that it's permanent: no more ingrown hairs, getting nicked by razors, dealing with messy wax or waiting out the awkward growing-in stages. Permanent hair removal eliminates any worries and immediately improves self-confidence. It saves time and money in the long run; and it can handle all types of hair from the tops of toes, to the bikini line, to the chin.

Why Pacific Dermaesthetics?

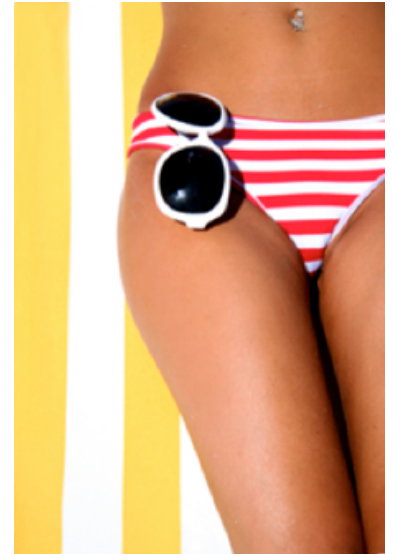
The clinicians at Pacific Dermaesthetics have been performing laser hair removal for over 10 years using three different lasers: the Lightsheer Diode Laser, Gemini and Epitouch Alexandrite. This selection enables us to completely customize your treatment to any skin colour, hair location and hair type; and ensure the greatest amount of overall hair reduction.

Furthermore, we are one of the few facilities to offer doctor-supervised laser hair removal for your safety and peace of mind.

Treatments are as simple as a 15-minute session for the underarms or chin, 30 minutes for bikini line or lower leg, to 90 minutes for a full leg and bikini. There is usually mild to moderate redness in the treated area which lasts approximately 30 minutes — many people return to their regular routine immediately after treatment.

Hair removal sessions may be purchased as single treatments for sparse hair or a clean-up; or in packages of five for effective full removal.

If you are interested in finally getting rid of that hair in time for summer, give us a call today to book a free consultation.



Is your bikini line ready?

PDA News

Pacific Dermaesthetics is pleased to announce **Dr. Shannon Humphrey** has joined our practice. Dr. Humphrey received her medical degree from Dalhousie Medical School; and completed her dermatology training at the University of British Columbia as the chief resident of the Department of Dermatology under Dr. Rivers. She currently is a clinical instructor at UBC.

Dr. Humphrey has a special interest in acne and acne scars, rosacea and skin cancer. Her cosmetic practice includes the use of Botox, tissue fillers, Intense Pulsed Light-Photo Rejuvenation and resurfacing lasers.

She will provide comprehensive cosmetic and dermatologic care. We are now taking appointments for Dr. Humphrey—please speak to our reception for assistance.



Dr. Shannon Humphrey

Vein Treatments with Dr. Bryan Proskiw



Dr. Bryan Proskiw

Dr. Bryan Proskiw specializes in the treatment of uncomfortable and unsightly leg veins. Dr. Proskiw founded the Kelowna Vein Clinic & Laser Centre in 1994, where he practiced phlebology – a branch of medicine devoted to the study and treatment of varicose vein and spider vein problems. He joined Pacific Dermaesthetics in fall of 2009.

Q: What are **spider veins** and how are they treated?

A: Spider veins are small dilated blood vessels near the surface of the skin that will blanch (turn white) with pressure. Spider veins of the leg affect nearly two thirds of the population and are usually associated with underlying varicose vein disease. This condition is four times more common in women than men and usually appears between the ages of 18 to 35. Although spider veins may appear at any age, the peak incidence is between the ages of 50 and 60. Predisposing factors include heredity, pregnancy, hormonal changes and a sedentary lifestyle.

Symptoms

Spider veins may be associated with a feeling of heaviness, burning, cramping, and restless legs, as well as prominent varicose veins. These symptoms, when associated with varicose veins, are usually signs of venous insufficiency – where the veins have problems sending blood from the legs back to the heart – and should be treated. When left untreated, venous insufficiency results in worsening symptoms such as leg swelling and leg skin changes. Late-stage venous disease results in bouts of inflammation, blood clots and painful leg ulcers.

Treatment

Spider veins are easily treated in an office setting by a qualified physician or nurse using a technique called sclerotherapy. Sclerotherapy is the ‘gold standard’ for treatment of spider and smaller varicose veins of the legs. It involves injecting a minute amount of solution, or *sclerosant*, using a very small needle directly into the vein. This injection causes a reaction in which the body absorbs the vein over a period of 4 – 6 weeks, and eventually causes the vein to disappear with blood being rerouted through healthy venous channels. Although lasers and light devices are often successfully used for facial spider veins, they do not produce results that equal sclerotherapy when used for leg veins.

Patients undergoing sclerotherapy must remain active during their treatments and compression stockings are worn during the day for 3 - 5 days following treatment. Skiing, walking, biking, hiking, and jogging are all recommended throughout sclerotherapy treatments.

With bare-leg season around the corner, spring is an excellent time to begin treating your veins. If you have any vein concerns, call us to book an appointment for a full venous assessment that includes ultrasound by a qualified phlebologist.



Enjoy lovely legs for summer