

Aesthetics Newsletter

From Lynette Lakshmeena, Marian Urban,
and the practice of Daniel N. Ronel, MD
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Look Divine in 2009!

WELCOME to 2009! When you step through the doors of our office you can feel secure that you are in the hands of a team of dedicated professionals who will GO the extra mile so you receive the care that you deserve. We are consistently researching and expanding **Holistic Plastic Surgery** to give you a head start that will place you at the front of the pack when it comes to looking and feeling good.



We all know and feel the momentum of a New Year rolling in. So let's begin by giving you the inspiration to keep you on track with those changes you are committed to make!

Here are some brand new opportunities to undo and redo the new you -- these specials are available for the month of January...

Laser Special: CUTERA GENESIS

Buy 2 Get 1 Free *SAVE \$350*



Dermaplane Facial

Buy 2 Get 1 Free *SAVE \$50*

Dermaplaning helps to "refinish" the skin's top layers through a method of controlled surgical scraping. Providing light exfoliation and hair removal in one treatment, it leaves your skin with a smoother appearance and a healthy youthful glow.

Dermaplaning can be used to improve the look of facial skin that is scarred from acne, accidents or previous surgeries, as well as to smooth out small facial wrinkles. It can be used alone or in conjunction with other procedures such as microdermabrasion and laser treatments.



Ayurvedic and Doctor Signature Facials

20% off *SAVE \$35

Ayurvedic Facial: Ayurveda is an ancient holistic system of medicine developed in India to help people live long, healthy, well-balanced lives. The goal of the Ayurvedic facial is to create a deep experience of calm in both mind and body that radiates from the face (in fact, it was not developed for cosmetic purposes, but as a transformational practice). The treatment is customized to each person's constitution ("dosha"), and includes cleansing exfoliating extractions with grains, herbs, and essential oils, massage at specific points of the body ("marma points"), and a customized mask with heated mitts and boots. Deeply nourishing, the facial does so much more than simply uplift the face.



Doctor's Signature Facial: This corrective medical facial is an intensive and comprehensive treatment that was developed for Dr. Ronel by Marian Urban. It combines:

- Medical-grade microdermabrasion (\$175 value)
- Laser Genesis with our non-ablative ND-Yag laser (\$350 value)
- Double or triple customized enzyme mask exfoliation
- Steaming
- Extractions as needed
- [Nia24](#) products to send you off protected

Tired of getting Botox in between your brows every few months?

Would you like a permanent solution?

Wish your eyelids weren't so droopy?

There is a surgical solution!

Dr. Ronel is one of the few surgeons in New Mexico that performs the *transblepharoplasty corrugator excision*. This procedure excises part of the frown muscle through the same minimally invasive eyelid incision used for upper eyelid tucks. It takes one hour and can be performed with minimal sedation in the operating room.

Our team of holistic practitioners begins to prepare you for the procedure in the week before surgery, and the treatments continue afterwards to minimize downtime, bruising, and swelling. Aromatherapy, medical aesthetics, and reflexology are some of the treatments that complement the surgery.

COLORESCIENCE

Starting in 2009, all of Dr. Ronel's surgical procedures will include a complementary kit of COLORESCIENCE mineral makeup! He considers this a protection of your investment, and not only recommends it as a makeup but most importantly, as an excellent chemical free sunblock.

Here are a few facts:

What is the difference between the makeup available at the department or drug store and mineral makeup?

Dr. Ronel recommends Colorescience Mineral Makeup because of what it **doesn't** contain: no chemicals, dyes or fragrance. Traditional cosmetics are only 7-12% pigment and the rest of the ingredients are FILLERS. That is why traditional cosmetics only look good for about two or three hours - whereas mineral makeup can last for up to twelve hours.

What is mineral makeup exactly?

The term mineral makeup was coined in 1977 by Diane Ranger, the matriarch (and creator) of mineral makeup. After the FDA changed regulations in the mid seventies that required cosmetic manufacturers to label ingredients on the package, Diane set out to find a makeup line that did not contain any chemicals, dyes or fragrance and quickly found out that they did not exist. She researched the history of makeup and discovered that the Egyptians in the days of Cleopatra used minerals for sun protection -- that is what gave her the creative spark to use minerals for makeup and create the COLORE that is SCIENCE! Because minerals do not degrade, they are the ideal basis for creating a product for sun protection. Our Sunforgettable SPF 30 is also anti inflammatory and anti microbial (this makes it great for acne and rosacea skin conditions).

Is all mineral makeup the same?

Absolutely not! What makes one mineral makeup different from others is the quality of the minerals themselves (the clarity and color), and the way they are produced into a cosmetic. Diane has been refining and perfecting minerals for the past thirty years, since developing her first product, Bare Escentuals.

I tried mineral makeup once and it looked chalky and heavy, why did this happen?

Again, the secret to perfect mineral makeup is the way it is produced. Too much of one ingredient or another can lead to a product that is heavy or shiny. Many mineral products are incorrectly placed in a container jar with a sifter screen that will release too

much pigment, resulting in a heavy look. Colorescience minerals are housed in their own dispensing brush which prevents too much product from releasing - resulting in a beautiful, sheer application.

I don't wear any makeup, so why would I want to apply minerals?

Many people do not wear makeup because their skin is sensitive or acneic: mineral products are inert, which means they will not absorb into the skin to irritate it. When you wear Colorescience, you create a protective veil against environmental pollution. Everyone in New Mexico needs protection against the sun (just ask Dr. Ronel how many patients are seen each week with skin cancer).

Here are some testimonials:

My daughters really love the products — we just went to Mexico and had great luck — The kids literally run away from me when I have the liquid sunscreen and enjoy having the Sunforgettable put on — I can put it right on their eyes and they can go right in the water and it does not sting - there is not another product that can duplicate that! Thanks!

Scott Elaine Case

You had recently sent me three samples of Sunforgettable, in the All Clear, Almost Clear, and Sparkly Clear. I passed the Sparkly Clear off to my daughter as she headed off to Costa Rica and kept the other two for my own ski vacation to the 8500 feet above sea level location at Jackson Hole, Wyoming. For about a week, and throughout one sunny day after another at two hour intervals, I applied the Almost Clear Sunforgettable over a 50 SPF lotion (with mexoryl). Although I looked tan because of the tint in the powder, my skin was incredibly protected. I suffer from hyper pigmentation, so I was surprised. Even though the combined SPF and broad spectrum coverage sounds high to most people, I still was not expecting much success given the number of hours on the slopes and the high altitude.

Catherine Berlin, Buffalo Spree

As a Beach Volleyball Player I was looking for a product that could stand up against sun and sweat. Colorescience gives me full sun protection and it leaves my skin looking great. There are a lot of benefits to using Colorescience, but the biggest one for me was eliminating breakouts. It goes on as a powder so there's no greasy mess. I highly recommend it!

Kelly Hickam, Professional Beach Volleyball Player

Getting on with the Changes of '09

- Always eat breakfast.
- Eat fewer trans fats & instead eat more "super foods" for anti aging such as: wild salmon, blueberries, broccoli, tomatoes, cinnamon, oranges, oats, pumpkin, soy, spinach, black and green tea, raw walnuts or raw pumpkin seeds, dried fruit and dates, dark chocolate, turkey, and yogurt.
- Eat smaller meals by using smaller plates.
- Take more multivitamin and mineral supplements, especially ANTIOXIDANTS.
- Drink 8 glasses of water every day.
- Get at least 8 hours of sleep every night.
- Try to walk at least 10,000 steps throughout the day (this is about 5 miles).
- Perform a cardiovascular workout for at least 20 minutes, 3x weekly.
- Stretch every day.
- Book a massage once a month.
- Get a facial once a month.
- Schedule a laser treatment once a month.
- Practice smiling every time you pass a mirror.
- Begin to keep a gratitude journal.
- Drive a new way to work.
- Buy yourself some flowers.
- Visualize the changes you are making to increase the momentum of your goals.
- Apply eye cream and sun block daily.
- Be gentle with yourself and commit to at least one item from this list and grow with a new one every 21 days.



From all of us at Dr. Ronel's office, may you have a
Happy, Healthy, and Prosperous 2009!

If you have any questions, please call us at 505-982-2440 or email

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