

Aesthetics Newsletter

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BIG NEWS!

The big news this month is the launch of Latisse, the eyelash restorer. We already have a waiting list because of the amazing results that happen when you use this breakthrough product. Here is the scoop:

Latisse has been approved by the FDA to treat *hypotrichosis* of the eyelashes. Eyelash hypotrichosis is just another name for having inadequate or not enough eyelashes. Latisse is the first and only FDA-approved treatment. It increases three things about the eyelashes: **length, thickness, and darkness.**

Available only through a doctor, Latisse is used once daily by applying it to the base of the upper eyelashes with a sterile, single-use disposable applicator. You can expect longer, fuller and darker eyelashes in as little as eight weeks! **Full results take 16 weeks.** To maintain the effect, continue the treatment with Latisse -- if stopped, eyelashes will gradually return to where they were prior to treatment over a period of weeks to months

Just think, within a few months you might not even have to wear mascara, and if you do, LOOK OUT! Your eyes will be getting all the attention. Please come in and ask us about this amazing new product.

Here is their website: <http://www.latisse.com/>

February Event Details!

Please sign our VIP list to attend one of our exclusive events this month. We are going to be having three nights of education (the focus is RADIESSE) and COLORESCIENCE giveaways and general FUN!



Actual RADIESSE Patients

LEAVE A LONG LASTING IMPRESSION THIS VALENTINE'S DAY!

RADIESSE® wrinkle filler **instantly corrects facial wrinkles** to give you a natural, younger look that lasts. If it sounds like magic, that's because it is. Actually, **the magic ingredient is you™**. Why? Because RADIESSE wrinkle filler **stimulates your body to produce your own natural collagen** to restore fullness and smooth out the signs of aging. And in many patients, the results may **last a year or more.**



BEFORE AFTER

3 Evenings of Education!
-Meet the Surgeon
-Receive **FREE** Colorescience Mineral Makeup
-20% off procedures & products
Space is limited. Call today!
February 12th, 19th, 26th
5-7 PM
RSVP Required

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www.radiesseusa.com

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It's always nice to get together and share information: Dr. Ronel will be giving a talk on facial rejuvenation, and patients always feel "in the know" when they attend. You also are stocked up with goodie bags and free Colorescience (THE leader in the mineral makeup movement)! Please come in to sign our list or send us an e-mail with your name and any guests' you want to bring with you. Do it quickly so you have a spot!

The dates are: 02.12.09, 02.19.09, or 02.26.09.

How about those resolutions?

How is everybody doing with their RESOLUTIONS? We gave you a list last month as a guide to keep you inspired (a copy is at the end of this blast). So this month we have another tactic for you so you can maintain your equilibrium as you are continuing to reach your goals:

Walking is the simplest, most natural, most readily accessible exercise program available to all of us. Plus, it's FREE. All you need is a comfortable pair of shoes or boots. To get the benefit of a daily exercise plan, you must walk in one or more of the following ways:

FAR

FREQUENTLY

BRISKLY

The best ways to integrate this healthy habit: take a regular walk during your lunch break; run your errands on foot (you get bonus points for lugging heavy groceries or multiple items of dry-cleaning); park in the farthest spot when arriving at a destination; get off public transportation 1 or 2 stops before your destination and walk the rest of the way; always take the stairs; choose restaurants and leisure activities based on their location so you can walk there.

"Promise yourself to be so strong that nothing can disturb your peace of mind. Look at the sunny side of everything and make your optimism come true. Think only of the best, work only for the best, and accept only the best. Forget the mistakes of the past and press on to the greater achievements of the future. Give so much time to the improvement of yourself that you have no time to criticize others. Live in the faith that the whole world is on your side so long as you are true to the best that is in you!"

-Christian Larson, b. 1874

Love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is done well.

-Vincent Van Gogh, b. 1853

New Ayurvedic Service: Shirodhara

Practiced for over 5000 years, shirodhara massage originated in India and is based on the ancient principles of Ayurvedic medicine. Ayurveda aims to harmonize the body, mind, senses and soul.

Ayurveda may be an ancient Indian practice but its appeal is thoroughly modern. This holistic system of diet, herbal remedies and massage has been a big hit with thousands of celebrities, spa-goers and harried workers all around the world, looking to regain a balanced and healthy lifestyle.

Shirodhara is a luxuriant and easy way to achieve instant calm and rejuvenation. It derives from two Sanskrit words: *shiro* and *dhara*. *Shiro* means *head* and *dhara* means *to flow*. It involves the warm and consistent flow of aromatic oils on the forehead, specifically on the 'third eye'. This is the chakra point just above and between the eyebrows. It is said to be the seat of human consciousness. The oils are allowed to flow over the scalp and through the hair, creating a blissful sensation.



Lying on your back, your body will be cocooned in warmed towels and your head will be positioned under the oil 'fountain' – a metal bottle with a slow-flowing spout from which the oils will stream gently onto the forehead. The soothing and fragrant oils flow in a continuous, rhythmic stream for approximately 30 minutes – transporting you to a calm, gentle place. The herbal oils nourish the hair and scalp before they are captured in a basin below.

All your mental demons – fear, anxiety, anger or irritability – dissolve into an ocean of calm as your mind is lulled into a state of serenity and expanded consciousness.

As the oil strokes the third eye, it has a balancing effect on the deepest recesses of the brain, stimulating the endocrine system, the pituitary and pineal glands (for hormonal upsets) and pleasure neurotransmitters (for depression or emotional insecurity). The procedure is also said to synchronize alpha brain waves, enhancing blood circulation to the brain, improving mental clarity, and generally releasing deeply trapped *ama*, or toxins.

You are then left for a few minutes to relax and assimilate the experience. Best of all, you'll emerge with a heightened state of awareness and a long-lasting sense of peace to equip you for any of life's challenges. Shirodhara truly honors the body as a sacred temple and as a vehicle for the divine spirit within.

Laser specials

Buy 2 Genesis treatments, get 1 free *SAVE \$350*



20% off Doctor's Signature Facial (save \$35): 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

Coming soon: Aesthetic Rewards Program

We are setting up an internet-based system for you to accumulate Aesthetic Reward points: points for each dollar spent, points for referring patients, points for just signing up!

You can redeem those points for aesthetic services and discounts on Botox, fillers, and if you are a good candidate, even surgeries.

You will be able to log in to our website and track your rewards and to look for special offers.

From all of us at Dr. Ronel's office,
we wish you a pleasantly passionate February!
If you have any questions, please call us at 505-982-2440 or email
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From the January e-blast:

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.