

*Our mission is to care
for you and your skin
by incorporating proven
medical treatments in a
relaxed spa setting.*

TALLMAN
MEDICAL SPA

SUMMER 2015

406.294.9660

www.tallmanmedicalspa.com

Where medical technology meets luxury...

INTRODUCING: RESTYLANE SILK

For a silky, smooth natural-looking smile

Designed specifically for lips and the lines around them, it is the first and only FDA-approved product specifically designed for subtle lip enhancement and the smoothing of wrinkles and lines around the mouth.

How does Restylane Silk work? Just like the other members of the Restylane family, Restylane Silk is a clear gel formulation of hyaluronic acid — a sugar that is naturally present in your skin. Restylane® Silk's unique particle gel formula, along with an ultrafine needle designed for improved accuracy, helps give you softer, more precise results — just what you need for a natural-looking smile.

With the launch of Restylane Silk, watch for the new *Aspire Rewards Program* from Galderma (makers of Restylane, Restylane Silk, Perlane, and Dysport). Redeem points with



qualifying treatments, and turn those points into cash! Plus, you will receive a \$20 gift certificate just for signing up!



Also in this issue

What's New
Michelle's Picks
Sun Smart Tips
Summer Foot Care
Summer Spa Specials

GOODBYE RAZOR: HELLO LASER

Imagine the freedom of no more stubble, waxing, plucking or shaving. GentleLASE is the industry's gold standard for safe, effective and permanent hair reduction. GentleLASE uses advanced, "gentle" laser technology, eliminating the pain and inconvenience of shaving, tweezing, or waxing unwanted hair. Laser treatments — even of large areas such as the legs, back, or chest — take a fraction of the time of other hair removal methods.

GentleLase Summer Special—Get ready with laser hair removal **Underarms and Bikini Area**

\$150 per treatment (*a \$75 Savings*)

Visit our website or scan the QR code to learn more and to see our GentleLase treatment video.

<http://www.tallmanmedicalspa.com/about-us/treatment-videos/#gentlelase-vid>





WHAT'S NEW

ÉMINENCE SKIN BALANCING DUO

Introducing double masking, the latest trend in skincare from Eminence Organics.

The **Balance Collection** includes a 2 in 1 masque duo and moisturizer duo treatment routine for combination skin and a multi-action cleanser suitable for all skin types. The innovative divided jars contain two products, one is formulated for oil control of the T-Zone and the other for the dry areas of the cheeks. With the Balance Collection, we're treating the true diversity of combination skin using all-natural and organic ingredients that only nature can produce. *\$64*

SUNFORGETTABLE® MINERAL SUNSCREEN BRUSH SPF

Buy two brushes, get one FREE (a \$64 value). The multipack includes 3 brushes for the price of two — perfect for keeping a brush in your purse, your car and at home. This water resistant, broad spectrum sunscreen makes protecting your skin easy, 365 days a year.



Perfectly portable and easy to reapply, it offers powerful SPF 50 UVA/UVB protection with sheer, natural looking coverage.

\$128 Medium shade only



Purify T-Zone

Hydrate Cheeks

ELTA MD PM THERAPY



EltaMD PM therapy facial moisturizer works to moisturize, restore and repair skin while you rest.

Strengthens skin's moisture barrier, improves skin color and tone, repairs and restores elasticity and vitality, safe for all skin types, paraben-free. Ceramides

strengthen the skins natural moisture barrier. Niacin amide and antioxidants improve skin color and tone and speed the metabolism to maximize the nightly skin repair process. Rice protein peptides penetrate to stimulate cell growth and collagen formation, resulting in more skin elasticity and vitality. *\$32*



MICHELLE'S PICKS



Let me introduce you to my good friend— SkinMedica's Retinol Complex 0.5. Retinol is a less potent variation of Retin-A (prescription-grade tretinoin), which has been one of dermatologists favorite treatments to unclog pores, stimulate collagen, reduce fine lines and sun damage, and speed cell turnover for almost 40 years.

Retinol Complex 0.5 is comparable in strength to a .05% tretinoin, but is much gentler because it is in a time release formulation with a cosmetic feel. It's also affordable at \$75 for 29.6 ml, compared to increasing prescription tretinoin prices.

I like to use this at night after cleansing. I let it absorb for a few minutes (usually while I brush my teeth and apply my Latisse), then I moisturize. I plan on continuing with this product, and the only reason I can think of switching is if I decide to try their higher concentration Retinol Complex 1.0.



BE SUN SMART! Sometimes Sunburns Happen – What to Do!

Act quickly! Get out of the sun!



Dana Fink, PA-C

- **Take a cool shower or bath:** A soak in a lukewarm bath for 10–20 minutes can be soothing to sunburned skin. Pat your skin dry and avoid rubbing it.
- **Moisturize:** Slather on an unscented moisturizing cream (Cera Ve or Cetaphil) immediately after a cool

bath or shower. Topical steroids, like 1% hydrocortisone cream, can help with sunburn swelling, and chamomile lotion may also help relieve sunburn symptoms.

- **Hydrate:** Drink extra water, juice and sports drinks for a couple of days, and watch for signs of dehydration (dry mouth, thirst, reduced urination, headache, dizziness, and sleepiness).
- **Medicate:** Take (or give your child) a dose of ibuprofen (Advil, Motrin) as soon as you see signs of sunburn. Keep it up for the next 48 hours. This not only treats redness and swelling but may prevent some long-term skin damage.



- **Wear loose clothing:** Fitted clothes can make a sunburn even more painful. Opt for baggy t-shirts and loose pajama bottoms.
- **Blistering:** Small blisters usually heal on their own. Use a loose bandage to protect it. If a blister is large and painful, it may be best to drain it. Use a sterile needle, puncture the edge of the blister and gently press the fluid out the puncture hole to drain it. Apply vaseline and a clean bandage.
- **When to seek medical attention:** Seek medical attention if you or your child is suffering from fever or chills, or has blistering that covers more than 20% of the body (child's whole back).

Consider the burn a warning that your sun safety net has failed, and vow to do better. That means using a broad-spectrum sunscreen (SPF 30), sun protective clothing, covering up with clothing or a hat, seeking shade, and avoiding the sun as much as possible between 10 a.m. and 4 p.m.

SUMMER TIPS FOR FOOT AND NAIL CARE

It is time to dig out the sandals and flip flops, so here are a few tips on some much needed TLC for your feet. These few steps will help your feet stay fabulous and soft.

- First you will want to smooth things out. Make it a habit to use a foot file or pumice stone on damp heels and calluses. Doing this will keep your feet looking good in open-back shoes. Soak your feet in water or a bath for 10 minutes to help soften skin, then gently remove the thickened skin with your foot file. You can also look for foot balms containing salicylic acid for the more stubborn areas.
- After you have exfoliated the calluses, moisture will be important. There are plenty of over the counter moisturizing products to choose from. Look for creams containing petrolatum, an emollient, or a humectant such as lactic acid which draws moisture into the skin. If you experience very dry cracked heels, you may want to visit a dermatologist as they have prescription options that might help.
- **WEAR SUNSCREEN.** Don't forget to wear sunscreen on the tops of your feet. Apply a broad-spectrum sunscreen with an SPF of at least 30. Limit walking barefoot as it exposes your feet to all of the elements.
- Don't forget to care for your toenails! If not trimmed with the correct technique it can lead to hangnails and ingrown toenails. Add a pretty polish as the finishing touch, and now your feet are summer ready! Love getting pedicures? Stop by Tallman Medical Spa and see what we offer to keep your feet summer ready.



SUMMER SPA SPECIALS

JUNE • 15% off the purchase of any ColoreScience product, our line of high-integrity pure mineral makeup that also protects skin from the damaging effects of the sun and environment.

JULY • 15% off of the purchase of any SkinMedica product in the month of July. An Allergan company, SkinMedica offers a breakthrough line of products scientifically formulated and clinically tested to rejuvenate skin and help rekindle your skin's youthful appearance.

AUGUST • 15% off the purchase of any Murad product. Developed by a Dermatologist and Pharmacist, the Murad products control the aging process through the science of cellular water

REFERRAL REWARDS

Make your friendships more valuable than ever! Get a \$50 credit for every new Botox, Filler, or Laser client you refer with our Referral Rewards program. Make sure to grab some of our referral cards when you stop in this summer!

www.tallmanmedicalspa.com

stay c-o-n-n-e-c-t-e-d

Sign up for our monthly email to receive skincare tips and promotions by sending your name and email address to info@tallmanmedicalspa.com.

Find us on
Facebook



Botox, Filler, & Laser Referral Card Save \$50



Learn More

PRSR STD
US POSTAGE
PAID
BILLINGS MT
PERMIT # 294

2294 Grant Rd.
Billings, MT 59102
406.294.9660
www.tallmanmedicalspa.com

TALLMAN
MEDICAL SPA