

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

TALLMAN
MEDICAL SPA

FALL 2010

406.294.9660

www.tallmanmedicalspa.com

Where medical technology meets luxury...

WHAT'S NEW

Botox Pricing and Referral Rewards NEW LOW PRICE OF \$13 PER UNIT

Thanks to our loyal patient base, Tallman Medical Spa is a leading Botox provider in the Billings area. As a way to say *thank you* to our patients we are offering Botox at the new low price.



As always, Botox and filler injections are administered exclusively by Philip Tallman, MD, a Board Certified Dermatologist with over 15 years of experience in Botox injections.

Trust your skin to a Board Certified Dermatologist.

BOTOX[®]
—Cosmetic

Now you can make
your friendships more
valuable than ever!

BOTOX REFERRAL REWARDS

Existing clients who refer a friend for a Botox[®] treatment will receive \$50 off their next Botox treatment.

New clients must mention your name when they schedule.

Not to be combined with other promotions. See Spa Staff for additional details.

KINERASE RESTRUCTURE FIRING CREAM

Kinerase[®] Restructure Firming Cream visibly transforms contours with elastin to deliver a dramatically resilient, more youthful look. Only Kinerase[®] Restructure Firming Cream goes beyond building collagen to target critical elastin protein coils, combining the clinically proven anti-aging power of Kinetin with revolutionary elastin-strengthening technology. Skin is deeply moisturized, contours are lifted and toned, and expression wrinkles are visibly erased and smoothed. 1.7 oz. \$98



KINERASE RESTRUCTURE FIRING EYE CREAM

Introducing a new approach to firming that delivers a dramatically resilient look to the delicate eye area. Only Kinerase[®] Restructure Firming Eye Cream goes beyond stimulating collagen production to target critical elastin protein coils, combining the clinically-proven anti-aging power of Kinetin with a more concentrated level of elastin-strengthening and wrinkle-reducing technologies. Eye area is noticeably lifted, moisturized, and smoothed .5 oz. \$59

WHAT YOU CAN DO TO REVERSE AND MINIMIZE SUN DAMAGE

CHEMICAL PEELS

Chemical peels are excellent for improving skin tone, minimizing fine lines and wrinkles and removing whiteheads and blackheads. Our beta hydroxy acid peels work by breaking the bonds that hold dead skin cells in place. This allows the cells to be easily removed leaving behind fresh, newer-looking skin, diminishing superficial lines, wrinkles, and age spots.

Before the peel solution is applied, the skin is thoroughly cleaned. The solution is applied and left on the skin for five minutes. A serum is then applied to help ease any irritation. Your skin may be slightly red and flaky after the procedure. The top layer of the skin will gradually slough off over the next few days allowing new skin to appear. It is important to use sunscreen after a chemical peel. We recommend a series of six peels to make a noticeable difference. Keep in mind chemical peels can not be used close to the eye area. If this is your area of concern, microdermabrasion may be a better option.



MICRODERMABRASION

The latest technology in medical Microdermabrasion is the DiamondTome, which offers superior results with no messy crystals and minimal patient down time. The exfoliation process occurs when a diamond tipped head makes contact with the skin and abrades it (diamond microdermabrasion machine). The dead skin cells are vacuumed from the face. This treatment reduces early aging lines, age spots, improving texture and color, and bringing radiance back to the skin. The length of the treatment and number of treatments vary depending on skin type and condition. Results are gradual but highly effective. Most people experience softer, smoother skin after their first treatment.

LASER TREATMENTS

Our state-of-the-art lasers offer a wide range of dermatologic treatments for your skin. Certain lasers require several treatments to achieve best results, while others may require fewer. Some lasers have minimal recovery time, while others may require more healing time. We have lasers that can treat age spots, veins, wrinkle reduction, poikiloderma, birthmark removal, hormonal pigmentation (melasma), acne and surgical scars, tattoo removal, and skin resurfacing.

RETIN A

Prescription Vitamin A products like Retin-A have been proven to normalize the damaged cells in sun-damaged skin. Using Retin-A can plump up the cells in the top layer of skin, revive collagen and elastin, increase blood flow to the skin, and slough off dull, dead skin cells. The efficacy of Retin-A is cumulative; it needs to be used for several months to see slight changes. There are over-the-counter Vitamin A derivative products, however, prescription Retin-A gives the best results.

ANTIOXIDANTS

Topical antioxidants neutralize the toxic by-products created in the skin when it is exposed to the sun's rays. Look for topical products containing green tea, Kojic acid, Vitamin C and Vitamin E to help diminish sun damage. Experts believe that 80% of what we perceive as the signs of skin aging, such as fine lines, wrinkles, age spots, sallow color, loss of elasticity, uneven texture are caused by free radical damage.

Free radicals are unstable molecules that erode tissue through a process called oxidation. This is not an isolated event. Free radicals generate more free radicals, thus establishing a cascade of deterioration.

Environmental damage, sun exposure, pollution, and stress are the most common triggers for free radical formation on the skin. Using substances called antioxidants that work to stabilize free radicals, render them harmless, and break the cycle of decay, you can repair, diminish or prevent the signs of aging.



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 spastaff@180com.net.

Become a fan of Tallman Medical Spa on Facebook and become eligible for prizes and promotions **exclusive to Facebook!** If you have not already, join us by searching for Tallman Medical Spa and clicking our "Become a Fan" button.

www.tallmanmedicalspa.com



GELeration ~ DISCOVER A WORLD OF EVERLASTING COLOR

Tallman Medical Spa is pleased to introduce new GELeration Soak-Off Gel Polish. Now you can add a GELeration nail color to your manicure or pedicure. GELeration manicures and pedicures won't chip, peel, fade and will last for three-to-four weeks. GELeration is gentle on your nails and protects them as they grow underneath.

GELeration is the new generation of "soak-off" gel systems created with the health of your natural nail in mind—it is an evolution in nail technology that protects nails providing weak, bitten, or problem nails the best chance of growth.

The GELeration manicure is perfect for women who don't have time to keep up with a weekly manicure.



- Long-lasting High-Gloss Shine
- Durable, Yet Flexible Nails
- Shaped to Your Natural Nails
- Grow Your Own Healthy, Natural Nails
- No Chipping
- No Breaking
- No Smudging
- No Time Waiting For Your Nails to Dry



Complimentary Upgrade to GELeration polish with a manicure during the month of October.



IT'S TIME FOR PUMPKIN PEELS

Our seasonal pumpkin enzyme peel facial is a powerful antioxidant treatment. Pumpkin offers over 100 beneficial ingredients including retinol (Vitamin A), ascorbic acid (Vitamin C), beta-carotene, and a natural form of salicylic acid. Due to its multiple components, this peel exfoliates and nourishes the skin while introducing vitamins, enzymes, and nutrients.

This peel is ideal for smokers and others who need to stimulate circulation and promote healing. Active ingredients include pumpkin puree which is a gentle exfoliating agent that assists in removing impurities and dead skin cells, pineapple extract an exfoliating agent, honey to regulate and soften skin, vitamin E to help increase moisture retention, and green tea to soothe the skin. We are also offering a complimentary upgrade for a Renewing Eye Mask Treatment with a pumpkin peel facial. This treatment will hydrate, condition, and refine the delicate skin around the eye area.



FALL IS A GREAT TIME TO FRAXEL



Fraxel technology is able to precisely treat thousands of microscopic areas of skin using pinpoint laser beams that penetrate beneath the skin's surface to eliminate old, damaged skin cells. The treatment targets approximately 20-30% of skin with each treatment leaving about 80% healthy, viable tissue for a quick healing process. The Fraxel laser has received FDA clearance for the treatment of wrinkles around the eyes (periorbital wrinkles), age and sun spots, hormonal pigmentation/pregnancy mask (melasma), acne scars and surgical scars and skin resurfacing.

There is some downtime or "social" downtime, but not the same as an ablative laser procedure, which produces oozing, crusting and substantial downtime. Two hours after your Fraxel treatment, you will feel like you have a sunburn. For a few days after your procedure, you will have substantial swelling and redness. This will be followed by bronzing and flaking of the skin for 4-7 days. Fraxel treatment stimulates the body's own natural healing process which replaces damaged skin with fresh, glowing, healthy skin.

Fraxel treatment is recommended in a series of 3-5 treatments. The treatment can be performed on any area of the body. Call the spa staff for your complimentary consultation.

TALLMAN MEDICAL SPA SEASONAL SPECIALS

Pumpkin Enzyme Peel with Renewing Eye Mask

Book a pumpkin enzyme peel facial with Cassandra and receive a complimentary Renewing Eye Mask Treatment. This treatment is designed for the delicate eye area, this mask hydrates, conditions and refines the skin around the eyes.

\$90—value \$125.

Offer good through November 30, 2010.



GELeration Manicure

Complimentary upgrade to GELeration. When you book a manicure with Vicki, you will receive a complimentary upgrade to the new GELeration polish. Hurry in to see what all the excitement is about. *Offer good through November 30, 2010.*

Complimentary Reflexology

Book a 60 minute massage with Amy and receive a complimentary 30 minute reflexology treatment. Reflexology involves the massage of certain points on the feet and, less often, the hands. Reflexologists believe that these points correspond to zones in the body and that massaging these points can relieve stress and prevent or treat disease. This treatment is a holistic therapy that aims to restore and maintain the body's natural balance and encourage healing. **\$65**—value \$100.

Offer good through November 30, 2010.

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