



UPCOMING EVENTS/WEB INFO

Our online store is up and running! You can now purchase spa products online and they will be shipped same day. Visit tallmanmedicalspa.com and click on online store.

Don't forget about our 2008 Fall Night Of Beauty coming up October 1st. See spa for details.

www.tallmanmedicalspa.com

Bring this coupon in and receive

\$10 OFF

your purchase of a Clarisonic® Pro Brush.

TALLMAN MEDICAL SPA

See spa for details. One brush per customer. Expires 11/30/08.

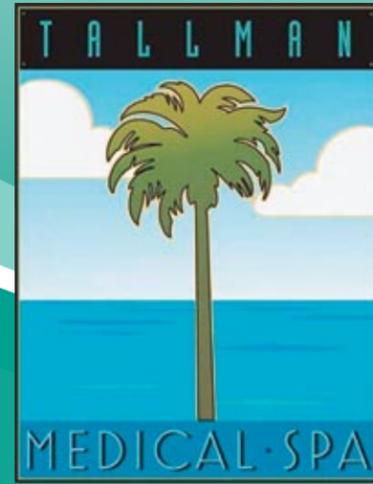
Bring this coupon in and receive a

Complimentary UPGRADE

to a Microdermabrasion Facial when you schedule any facial before 11/30/08.

TALLMAN MEDICAL SPA

See spa for details. Expires 11/30/08.



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Refreshed and Rejuvenated

Are you concerned about acne scarring, sun damaged skin, age spots, freckles, fine lines and wrinkles, rough skin and uneven pigmentation? Chemical peels can enhance the appearance of your skin by reducing the appearance of any of these conditions.

Chemical peels are topically applied acids that aid in the restoration and rejuvenation of the skin's surface. They create a uniform and controlled shedding of several layers of the skin. Depending on the nature and depth of the peel, a significant number of layers can be exfoliated allowing new growth to be exposed, creating a fresh vibrant appearance. Because chemical peels also accelerate the production of new cells you will enjoy fresh smooth skin almost immediately after your first treatment!

Tallman Medical Spa offers several different types and depths of peels. Two of which are **K and Z Peel** from Kinerase and the **IP⁵ Illuminating Peel** from Murad. The K and Z

Peel exfoliates dead skin cells from the outer layer of the skin and stimulates epidermal cell turnover in the deeper skin layers, which minimizes fine lines and wrinkles, discoloration and uneven skin tone. This peel consists of glycolic, lactic, citrus and malic acid, green tea extract, white tea complex, Kinetin, and Zeatin. The IP⁵ Illuminating Peel rapidly resurfaces skin with five high-performance exfoliating and brightening ingredients. The refreshed skin surface is infused with Immuno-Skin Complex which stimulates cellular activity, boosting keratinocyte, epidermal and fibroblast growth factors, all vital for young skin. This peel is formulated with glycolic, lactic, and salicylic acids. Indian Fig Extract and Vitamin C Ester stimulate cell renewal while brightening and evening discoloration.

Please call to schedule your free consultation to find out which peel best suits your needs.



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A New Movement in Skincare....

Clarisonic Pro

Clarisonic® makes beautiful skin easy. Simply press a button and you'll feel the soft, gentle sonic action. Clarisonic works well with any non-abrasive cleanser. It's waterproof and rechargeable so Clarisonic can go wherever you go... even in the shower. From the creators of the Sonicare® toothbrush comes Clarisonic® skin care. Sonic technology first changed the way we clean our teeth, it's now changing how we cleanse our skin.

The sonic frequency moves Clarisonic's soft, gentle brush back and forth at more than 300 times per second. The sonic micro-massage clears your pores, loosening dirt, makeup and oil. Clarisonic® is proven to remove more dirt (sebum and makeup) than traditional, superficial cleansing, allowing your serums and moisturizers to absorb better. The result? Skin that's clean, clear and radiant.

Clarisonic® removes six times more makeup than traditional facial cleansing. It also helps reduce oily areas, dry skin patches, blemishes and the appearance of visible pores. Use it daily to reduce the appearance of fine lines and wrinkles so your skin feels and looks younger and smoother.

Not all skin is created equal. We all have our problem areas — from dry patches to blemishes, from premature wrinkles to sensitive skin. Clarisonic® gently cleanses, sweeping away impurities and clearing pores to promote healthier skin. Clarisonic is remarkably gentle for all skin types, including skin affected by complicated conditions. Ask your dermatologist why gentle cleansing is so important for the skin of people suffering from seborrheic dermatitis, rosacea and acne.

Clarisonic® cleans your skin so effectively that it actually prepares the skin to better absorb skin care products, and it creates the perfect canvas for makeup. Research shows that when used to cleanse the skin before application of topical Vitamin C, it increased absorption by up to 61% into the epidermis. Finally, your serums and moisturizers have the chance to work the way they should, and your makeup goes on smooth and even.

The Clarisonic brush also has:

- Adjustable power levels
- Built in one- or two-minute timer
- Used by leading skin care professionals
- 2-year warranty and 30-day satisfaction guarantee



fraxel®
re:storetreatment

The Science of Aging Beautifully

You've earned a few wrinkles, but you don't have to keep them! Sun, pollution, stress and fatigue can damage your skin. Now, through science and technology, you can reverse the damage and bring back the radiant skin of your youth.

Fraxel treatment promotes your skin's own healing process, resulting in the natural rejuvenation that removes years from your appearance. Depending on your skin, you can decide how you want to obtain the remarkable results that Fraxel Treatment delivers. The benefits of Fraxel Laser Treatment are smoother, fresher looking skin, improved tone and texture, reduced wrinkles around the eyes and mouth, and improved appearance of acne and surgical scars.

Fraxel is a safe, non-ablative laser treatment that has received FDA approval to treat wrinkles around the eye, age and sun spots, brown spots/hormonal pigmentation, acne and surgical scars and skin resurfacing. Rather than taking off the entire outer layer of skin, fractional resurfacing uses a very narrow column of light, targeting and destroying microscopic areas while leaving healthy cells surrounding the destroyed area intact, which allows for quick healing and reduced pain. In addition to the faster healing time, the Fraxel Re:Store laser is non-ablative, so you do not have the risk of bleeding, oozing and infection seen with other ablative treatments like Pearl or Palomar Lasers.

Fraxel treatment can work wonders, but the first step is up to you. If achieving smoother, tighter skin, reduced wrinkles and improved texture and tone – without surgery – interests you, please call our spa and schedule a free consultation today!

Where Medical Technology
Meets Luxury

Un-Do Your Tattoo



There are a lot of reasons for possibly wanting a tattoo removed – the positive element of tattoo removal is that you are no longer burdened with a

tattoo you seriously regret. If a tattoo is holding you back from getting a job you want or keeps you from attaining goals you have set for yourself, a little pain may be worth it to you.

The laser energy is directed at the tattooed area for a fraction of a second, passing harmlessly through the outer layer of the skin and targeting the tattoo ink directly. The laser disrupts the ink, allowing your body to absorb it and break it down naturally. The process is not immediate. After the treatment, the ink that was exposed to the laser will break down and be removed by your body's immune system over a period of weeks. Once that process is complete, you can come in for your next visit, repeating the process until the tattoo is gone. Most tattoos average 6-8 treatments for 95% fading—some take longer and rarely may be complete after just a

few visits. Some ink colors are harder to target and require more sessions. Because it is your body that actually breaks down the ink, every person's removal process will be different.

Laser tattoo removal is a low-risk, outpatient procedure. The discomfort of the procedure is minor, and has been described as similar to a rubber-band snapping on the skin. Prior to your treatment, we numb the area with a local anesthesia to avoid any unnecessary discomfort.

Every tattoo is different, so no service available today can guarantee 100% success or zero skin discoloration. Tallman Medical Spa uses the most advanced laser technology available for the highest success rates around for tattoo removal.

Lighter skin tones have a higher success rate. Most tattoos are significantly reduced in appearance after the first session. Black, red, dark orange and dark blue tattoos will usually respond relatively quickly to treatments. Green, purple, brown, light orange and light blue colors may require more visits. Please contact us today for your free consultation!

Skin Facts

Soaps, detergents, bath/ shower gels, and bubble baths remove dirt, body oils, and bacteria. They prevent odor and infection but heavy use of these products can over dry the skin causing flaking, itching, and irritation. People with dry skin should choose a mild cleanser, bath/shower with cool water, minimize water contact, and apply a moisturizer immediately after bathing while the skin is slightly wet.

One bad burn in childhood doubles the risk factor for melanoma later in life.

Protecting children against UV exposure is essential for skin health into adulthood. A blistering sun burn during childhood increases the risk of melanoma as an adult. Melanoma is the deadliest form of skin cancer.

Men are diagnosed with skin cancer more often than women.

According to the American Cancer Society, men are twice as likely to develop skin cancer over women. In fact, it is more common than prostate cancer, lung cancer, and colon cancer in men over 50. This makes skin cancer the most common cancer in men over 50.

Acne Myth: Acne is caused by poor hygiene. If you believe this myth, and wash your skin hard and frequently, you can actually make your acne worse.

Introducing...



NAOMI THIGPEN

Tallman Medical Spa is proud to introduce Naomi Thigpen. Naomi joined the staff at Tallman Dermatology and Medical Spa in April of 2008. Originally from Big Timber, Montana she moved to Billings to pursue a career in skin care, graduating from the Academy of Nail, Skin, and Hair in November 2007 with an Esthetics license. She has received training on Kinerase and Murad products and professional treatments. She also attended the 2008 International Esthetics, Cosmetics and Spa Conference in Las Vegas where she attended advanced training for chemical peels, as well as treatments for acne, hyperpigmentation and melasma. She has also completed training to perform GentleLase Hair Removal, V-Beam, Yag and Fraxel Laser Treatments.

She focuses on skin care, waxing, laser treatments, chemical peels, microdermabrasion, and makeup application. Naomi's passion for her craft is evident in every service she performs. She truly loves helping people look and feel better about themselves.

www.tallmanmedicalspa.com