

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

TALLMAN MEDICAL SPA

SUMMER 2011

406.294.9660

www.tallmanmedicalspa.com

Where medical technology meets luxury...

Epionce: FORTIFY AND BEAUTIFY YOUR SKIN

Why struggle with the effects of damaged or aging skin when you can unleash its natural healing potential? Epionce products leverage years of scientific research to take skin wellness to a whole new level. Now breakthrough formulas deliver powerful therapy deep into the skin while protecting your skin's natural barrier. The variety of products combines to form a suite of skin therapy solutions, and it's now available at Tallman Medical Spa.

Depending on individual skin type and conditions, a Skin Care Professional can provide the perfect blend of products just for you.

Whatever your needs are, Epionce has the solution. Epionce is available exclusively through physician offices and medical spas.

MEET STEPHANIE QUINN

We are pleased to welcome Stephanie Quinn as the new spa assistant at Tallman Medical Spa.



Stephanie is a native Montanan and comes from Sidney. She has worked many years in the retail industry and has over 20 years of skincare experience with seven years in Dermatology. Stephanie attended Milan Institute of Cosmetology in California. Stephanie has two grown children and enjoys playing flute and listening to music of all genres. She enjoys the outdoors and likes to spend her spare time hiking, relaxing on the beach and reading.



Also in this issue

Summer Back Facial

Our Signature Pedicure

A Day at the Beach

Goodbye Razor, Hello Laser

Stay Connected

GentleLase Summer Special

'Tuesdays are Toes Days' is Back

IS YOUR BACK SUMMER READY?

Getting pampered usually means treating yourself to something you would not normally do. It can also mean treating yourself to something you simply cannot do.

The back facial is the best of both: a luxurious, exfoliating treatment for your hard-to-reach backside.

Back facials are particularly famed for combating the dreaded "backne." But even if you don't suffer from the condition, a back facial will leave your skin smooth and ready for even the deepest of plunging backline dresses and swimsuits.



The back facial follows the same basic layout as a traditional facial. First, back skin is cleansed and exfoliated. Next, impurities and imperfections are extracted from beneath the skin's surface, followed by a mask.

Finally, the back is moisturized to restore nutrients and hydrate. The back facial includes a neck, shoulder and back massage to compliment

this restorative treatment. **45 minutes for \$70.**

Offer good through August 31, 2011

TREAT YOURSELF WITH OUR SIGNATURE PEDICURE

Now that summer is here and the sandals are on, it's time to give your feet some tender loving care. Summer months are when your toes need to look their best. Let us help you relax and make your feet feel and look summer ready.

Pedicures begin with a warm and soothing foot soak followed by callous and cuticle care.

Your feet will look and feel soft, smooth and energized after nail-shaping and skin-smoothing techniques. Soothe your feet in a warm paraffin bath to relax your muscles, relieve your aching joints, and increase circulation and hydration. This is followed by a relaxing hand, foot and lower leg massage. You will also enjoy a soothing aromatherapy neck roll to relieve tension while we finish with a glossy polish of your choice.

60 minutes for \$48.

Offer good through August 31, 2011



A DAY AT THE BEACH

It is no secret that tanning beds are bad for your skin. In fact, an hour in the the tanning bed equals a day at the beach with no sun protection. Their harmful UV rays contribute to premature aging as well as various types of skin cancer. Spray tanning makes it possible to get a tan that looks natural, is healthy, and does not carry the risks of being exposed to direct UV rays as you would in a tanning bed.

Our 'Day at The Beach' special combines the Cranberry-Pomegranate Vichy Shower scrub with our signature Spray Tan. The invigorating scrub will refresh and rehydrate, and allows you to optimize your spray tan results by exfoliating away dull and unwanted dead skin cells and impurities, ensuring an even tan that will last even longer than before!

60 minutes for \$75.

Offer good through August 31, 2011

GOODBYE RAZOR, HELLO LASER

At **Tallman Medical Spa**, we understand controlling unwanted hair can be a challenge. Treatments such as waxing, shaving, and electrolysis are often painful and time-consuming. More importantly, results are temporary, which is rarely an option for people with active lifestyles.

Commonly asked questions about laser hair removal:

How does laser hair removal work? • Laser hair removal works by targeting the pigment in the hair. The hair is selectively heated without damage to the surrounding skin.

What does it feel like? • Some clients may feel a slight discomfort with each laser pulse, sometimes described as the snapping of a rubber band on the skin. This discomfort resolves in several seconds and is minimized by Candela's DCD cooling system.

How many treatments will I need? • In most cases full clearance can be achieved with a series of 6-8 treatments, spaced six to ten weeks apart, to achieve the best result. The hair reduction is permanent, but as new hairs develop they can be treated with annual maintenance treatments.

Are there side effects? • Side effects are rare, but may include redness, swelling, hyper-pigmentation, hypo-pigmentation, blistering, and purpura (a laser bruise), in the treated area—these usually do not last more than a few days.

Who are the best candidates for treatment? • Individuals with light skin and dark hair are perfect candidates for hair removal. This treatment is not suitable for blonde, red or gray hair as there is less melanin pigment in the hair follicle for the laser to target.

What are the most popular areas for laser hair removal? • The most popular areas are female facial hair, underarms, bikini line hair and back hair for men.

What do treatments cost? • The cost is based on the area treated, starting at \$60 for an upper lip and increasing based on the size of the area treated.

The Bottom Line • In general, laser hair removal is quicker and less uncomfortable than traditional hair removal techniques such as electrolysis or waxing. Although it is more expensive, the results of this technique last longer, and usually fewer sessions are required. It is important to seek out a medically regulated clinic. Make sure the clinic is using a technology that works and is safe on your skin type to ensure the safest, most effective treatment. If you have additional questions about laser hair removal you can reach us at 406.294.9660.

Call today for your complimentary consultation.



stay connected & win

exclusive promotions and giveaways

Become a fan of **Tallman Medical Spa** on **Facebook** and get the latest promotions, updates, and more! If you have not already, join us by searching for Tallman Medical Spa and clicking our "Become a Fan" button.

Sign up for our monthly email to receive skincare tips and promotions by sending your name and email address to spastaff@180com.net.



www.tallmanmedicalsapa.com

SUMMER SPA SPECIALS



Sandal season is on the way, so treat yourself to a relaxing pedicure. Every Tuesday we are offering 20% off our spa pedicure service. We offer a single pedicure for a relaxing getaway by yourself, or you could double the fun with a friend and enjoy a relaxing spa pedicure together!

\$48 (a \$60 value)

*Offer good through
August 31, 2011*

TUESDAYS ARE TOES
DAYS IS BACK!

IMAGINE, NO MORE SHAVING, PLUCKING, OR WAXING...

GentleLASE is the industry's gold standard for safe, fast, and effective laser treatment for permanent hair reduction.

GentleLase Summer Special

Get summer ready with our Summer Special for laser hair removal: Underarms and Bikini Area.

\$150 per treatment

(a \$75 Savings)

*Offer good through
August 31, 2011*



PRSR STD
US POSTAGE
PAID
BILLINGS MT
PERMIT # 294

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

TALTMAN
MEDICAL SPA