

REFRESH RENEW RELAX REVITALIZE

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



SUMMER 2017

406.294.9660

www.tallmanmedicalspa.com

Where medical technology meets luxury...



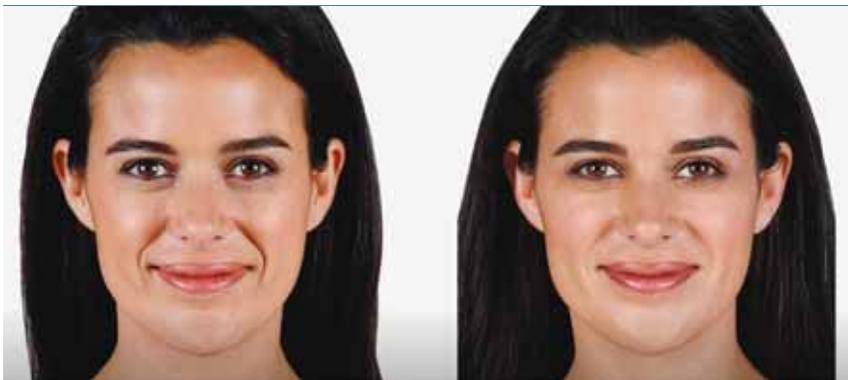
INTRODUCING



VOLLURE™ XC

Smooth parentheses lines and wrinkles with Juvéderm Vollure XC, the newest addition to Juvéderm's collection of fillers.

Vollure softens moderate to severe parentheses lines and wrinkles by adding volume to the lines and wrinkles around your nose and mouth to produce subtle and long-lasting results for up to 18 months! Using Vycross Technology for a longer and more natural result, Vollure is also infused with lidocaine for increased comfort during treatment.



BEFORE

AFTER

Actual patient. Results may vary. Untouched photos taken before treatment and two weeks after treatment.

Introductory Brilliant Distinctions Rebates:

Pair Vollure with 1 other product* and save \$100!

Pair Vollure with 2 other products* and save \$200!

Pair Vollure with 3 other products* and save \$400!

Eligible products include: Botox 30u, Kybella, Volbella, or Voluma.

* Same-day treatment, while rebates last, through 7/31/17.

Call 294.9660 for your appointment today!

Also in this issue

- SPF Products
- SPF Simplified
- Summer Salad
- Skin Accumax
- LaVonne's Pick
- The SculpSure Difference
- Summer Specials

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Skin tips, promotions and latest updates can be found on Facebook. "Become a Fan."



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BEAUTY BEGINS WITH PROTECTED SKIN

Save 25% with our Brush-On Sunscreen SPF 50 Multipack

Beauty begins with protected skin. Always be ready for mess-free mineral protection with the Colorescience Brush-On Sunscreen Multipack. The brush offers powerful SPF 50 UVA/UVB protection, alone or over makeup. SPF and finishing powder in one simple, on-the-go application.

This is perfect for your car, purse and home; sand or snow. Protect the whole family wherever you are. Package includes three Brush-On Sunscreen SPF 50 in a medium shade. 🌿



Check Out Our New Selection Of Coolibar® Hats!

Coolibar sun hats are made for movement, water, fun and travel while being lightweight, breathable and moisture-wicking. Every Coolibar hat features popular styles with a unique construction to block 98% of UVA/UVB rays.

15, 30, 50, 90 . . . Which SPF is Best?

Sometime it seems like you need a PhD in SPF (sun protection factor) to understand what's on the label of most sunscreens. According to a survey in JAMA Dermatology, most people don't understand much of what's written on sunscreen labels. Here's a quick rundown of things you'll want to know about your sunscreen.

- 1. UVA protection** — SPF isn't necessarily full protection, it only measures ultraviolet B (UVB) protection. UVA is around us every day and can penetrate through clouds and window glass. Ultraviolet A (UVA) doesn't cause sunburn, but leads to darkening and aging, because it penetrates deeper into the skin. You'll want to choose a product that states it is 'Broad Spectrum' which means it provides both UVA and UVB protection.
- 2. SPF numbers** — An SPF of 30 means that technically, you could be out in the sun 30 times longer before you get sunburned than you would be able to if you went out without sunscreen. One misperception is that SPF 15 is only half as effective as SPF 30. In fact, SPF 15 filters about 93% of UVB rays; SPF 30 filters about 97% of UVB rays; and SPF 50 filters about 98% of UVB rays. The difference between SPF 30 and SPF 50 is just 1%. The American Academy of Dermatology recommends a minimum of SPF 30.
- 3. Water-resistant** — The terms "water-resistant" and "sweat-resistant" indicate whether the sunscreen remains effective for 40 minutes or 80 minutes when you are swimming or sweating. Since no sunscreen is fully "waterproof" or "sweatproof," the FDA now prohibits these terms. If you have a sunscreen that states it is waterproof, throw it out – it's expired.
- 4. How much you need** — Most people don't apply enough sunscreen. For a sunscreen to work as advertised, you should use roughly a shot glass sized amount for full body protection. If you only apply half the amount that you should use of an SPF 30, you are probably only getting the equivalent of an SPF 15 or less, which is not sufficient protection. It should also be reapplied every 80 minutes, or however long the label states, even on cloudy days, and after swimming or sweating, so that you remain protected during your time in the sun. 🌿





LaVonne's Pick 🌿 Epionce Daily Shield Lotion Tinted SPF 50

I highly recommend this cosmetically elegant sunscreen. With an SPF of 50 this product also evens out skin tone while adding a natural-looking healthy glow. Perfect for all skin types including sensitive skin. The water resistant formula is enhanced with botanical ingredients for antioxidant benefits. The sheer protection is just the right amount of color to let skin look bare, and is ideal alone or as a primer under makeup. The key ingredients are zinc oxide, titanium dioxide, apple extract, argan oil, and rice bran.



FEED YOUR SKIN WITH SKIN ACCUMAX

New at the Spa, Skin Accumax is a patented formula of nutritional supplements from Jane Iredale. Each of the ingredients performs several key roles in boosting the health of the skin, and when combined they work in synergy to promote clear, healthy skin.

Vitamin A— An antioxidant found in brightly colored vegetables

- Balances sebum so skin is less oily
- Reduces hyperkeratinization (thickening of the skin)
- Stimulates blood circulation to the skin
- Promotes cell turnover to aid skin healing

Vitamin C — An antioxidant found in citrus fruits and several vegetables.

- Stimulates collagen production
- Reduces redness
- Boosts the immune system
- Helps iron absorption

Vitamin E — An antioxidant found in oils, nuts, grains and cereals.

- Protects skin from free radicals
- Promotes healthy skin and hair
- Improves circulation
- Helps repair tissue

DIM (Diindolylmethane) — A natural plant nutrient found in cruciferous vegetables.

- Supports detoxification
- Reduces oxidative stress
- Improves metabolism



DANA'S SUMMER SALAD

One of our favorite summer recipes is this simple spinach salad packed with antioxidants, fiber, and Omega-3 fatty acids. Serve it with the poppy seed dressing below, or a vinaigrette of your choice!



Combine 6 cups spinach, 1 cup sliced strawberries, and ½ cup pecans in large bowl.

Stir together ½ cup olive oil, ¼ cup red wine vinegar, ¼ cup sugar, 1 teaspoon poppy seeds, 1 teaspoon dried mustard, and 1 teaspoon salt.

Drizzle the dressing over the salad just before serving. *Enjoy!*





Summer Spa Specials



JUNE • 15% off the purchase of Colorescience products, our line of high-integrity pure mineral makeup that also protects the 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 Epionce product. Developed by Dermatologist Dr. Carl Thornfeldt, the Epionce product line is supported by clinically proven results that provide the foundation for beautiful, healthy-looking skin.



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The SculpSure Difference

We are proud to offer **SculpSure**, the new gold standard in FDA approved body contouring technology. With many benefits over other treatment options, SculpSure is quickly becoming one of today's most popular, nonsurgical fat elimination procedures.

So what sets SculpSure apart from other treatments?

- **Treatment time** — SculpSure only takes 25 minutes per treatment with up to four applicators, whereas freezing treatment takes about one hour per applicator site.
- **Treatment comfort** — SculpSure patients report little to no discomfort as cooling plates counter the laser heat. During freezing treatments many patients report pain as the skin and fat layer are slowly frozen.
- **Natural results** — SculpSure has applicators that lay flat and disperse heat deep and laterally to blend the reduced area with the surrounding tissue. Because freezing treatments literally "suction" the area, results can be uneven.
- **Recovery** — Freezing treatment patients often report discomfort, bruising and/or a numbing/tingling sensation in the treatment area. SculpSure patients have not reported any of these effects after their treatment.
- **Effectiveness** — Both SculpSure and freezing treatments have been proven to reduce the fat layer. In clinical trials, SculpSure has been shown to reduce the fat layer slightly more than CoolSculpting (24% vs 22%).

SculpSure can help patients of all types achieve the results they are looking for, with a more comfortable and effective treatment that fits into their lifestyles. **Call 406.294.9660 for your complimentary consultation.**

