

LOOK OUT FOR DANGEROUS HIDDEN TOXINS IN PRODUCTS

Looking after ourselves is a battle as we are forever confronted with food and products that have a plethora of ingredients that have well known toxins.

Without knowing people lather themselves in products that contain lead, formaldehyde and phthalates.

Perfumes are the biggest culprit among popular skin care products, because we as the consumers love anything that looks and smells 'pretty'. The essential oils and perfumes in many products can increase irritation, rosacea and inflammation.

As you may remember in our last newsletter essential oils put directly on the skin cause inflammation and dehydration.

AST 20TH BIRTHDAY

September 20th marked a momentous occasion for our friends at Advanced Skin Technology (AST), distributor of Aspect, Cosmedix, SkinMedica and Colorescience, as they celebrated 20 years in business with a lavish black tie event at the Carousel on Albert Park Lake.

On behalf of us at The Skin Institute, we thank AST for their ongoing partnership and for an amazing evening. Congratulations.

Michelle, Leanne, Colette and Pauline at the AST 20 year dinner



Wow! How fast has this year gone!

Another year younger. Thank you to everyone who makes every day for us a great day. Your support of us allows us to reach higher goals.

We wish you and your loved ones a very wonderful holiday season and look forward to seeing you in 2015.

We will be closed from the 24th December 2014 – Monday 19th January 2015.

Regards,

Keith, Michelle, Pauline, Colette, Georgia, Leanne and Viv.

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"Pride feels no Pain"

A progressive, not aggressive, peeling treatment philosophy

It is often thought that if a little of something is good then more must be better. This is especially untrue when it comes to treating the skin. Inflammation is the underlying cause of many skin conditions we work to treat. Triggering irritation and inflammation in the skin with overly aggressive peeling treatments and products may worsen reactive or problematic skin conditions rather than correct them.

It is a common misconception that professional peels must always be aggressive solutions in high percentages that result in excessive visible peeling, scabbing and downtime to obtain quick results. This may be appropriate for specific conditions such as extremely thickened or asphyxiated skins and severe scarring perhaps, but is not necessary for the majority of patients looking for skin rejuvenation.

By selecting professional peeling treatments that are gentle on the skin while infusing it with beneficial nourishing and strengthening ingredients, faster, more dramatic treatment outcomes will consistently be achieved.

If the goal is healthy, beautiful skin then

the low dose approach is usually the best choice. To optimise results, professional treatments must be supported with a customised skin maintenance program. A combination of products containing UV protection, Vitamin A, Vitamin B3, Vitamin C, Growth Factors, alpha hydroxy acids (AHA) and peptides are essential to maintain skin health and target particular skin conditions.

In young skin, natural skin cell turnover usually follows the four week biological calendar like many other body cycles, however the speed of the cell-turnover cycle slows with age.

Collagen, elastin and hyaluronic acid, which comprise a large part of the skin's extracellular matrix (ECM) or support structure, also decrease with time, leading to dehydration, fine lines and wrinkles.

The Skin Institute's progressive, not aggressive approach to professional treatments and products increases the skin's natural skin cell turnover rate while combating the visible changes that come with ageing. The result is smoother, brighter, more even-looking youthful skin.



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'TIS THE SEASON TO BE LUMINOUS

This powerful daily skincare regime contains all of the essential vitamins, minerals, lipids and botanicals that Plastic Surgeons and Dermatologists agree your skin needs to achieve its true genetic potential and maximum health and vitality. Now Rationale has released two new products to boost your luminosity and environmental protection even further. Perfectly timed with the onset of a long hot Summer and glittering festive season!

NEW

Rationale Radical Measure

Anti Glycation Rejuvenating Serum

We know that the Rationale Essential Six is the key to luminous skin for a lifetime. Powerful antioxidant rejuvenation + glycation defence. Like oxidation, glycation is a product of life. Oxidation damages our skin lipids, while glycation breaks down our collagen. The result? Wrinkles, sagging and dehydration. Science is revealing new ways

of dealing with these “thieves of time”. Many antioxidants (such as Vitamin C, Ferulic Acid and the enzyme Glutathione) also act as antiglycation agents. Rationale’s new Radical Measure Serum contains 20% Vitamin C combined with Ferulic acid and botanical powerhouses Cocoa and Blueberry to provide universal protection from free radicals and glycation by-products (appropriately named AGE’s!). Radical Measure is also a major skin rejuvenator, stimulating the production of skin firming collagen and increasing natural skin hydration processes.



NEW

Rationale Beautiful Skin Luminizing Serum SPF50

See make-up in a new light!

In young, undamaged skin, surface cells and lipids are optimally aligned, creating an even light conducting surface that manifests as the radiant glow of healthy skin. Over time and with sun exposure, these cells become disarrayed resulting in an uneven surface and impaired light transference. Clinically, this presents as rough, dull and sun damaged skin. Traditional make-up foundations make things worse by sitting in creases,

smothering luminosity. Rationale Beautiful Skin SPF50 is different. It transcends foundation. Its unique Liquid Crystal structure invites light, amplifying skin's luminosity for a super natural, radiant finish. Plus SPF50 protects as it perfects. Rationale Beautiful Skin SPF50 is composed of exactly the same pink, gold and tan pigments found naturally in human skin. Instantly your skin recognises and uptakes these colours into your surface matrix, “repairing” tonal gaps and recreating an immaculately luminous finish. Available in three Skin Identical Chromatype shades, ensuring a perfect match for the entire spectrum of human skin tones.



Chromatype 1: Fair, rosy skin
Chromatype 2: Warm, golden skin
Chromatype 3: Rich, deep skin
To find out which Rationale Beautiful Skin SPF50 Chromatype is right for your skin, come into the Clinic for a complimentary Chromatype consultation PLUS receive a 3ml sample of your perfect shade.

BREAKTHROUGH!

TNS ESSENTIAL SERUM

Celebrities such as Jennifer Aniston, Bo Derek and Oprah Winfrey choose Skin Medica’s TNS Essential Serum to give them flawless, smooth and radiantly youthful complexion.

Two decades of medical research in wound healing, Skin Medica has created a treatment that provides the skin with what it uses naturally to fight aging: growth factors.

This exciting breakthrough is light years ahead of its competitors in terms of concentration, delivery and stability. Clinical results have shown a thickness in collagen and elastin.



SPECIAL

December Special 10% off all skin care ranges*

*Valid 1st to 24th December. Does not include Rationale. Not available in conjunction with any other offers

Coolsculpt University

In August Michelle and Colette attended the Coolsculpt University training in Pleasanton, California.

We are the first clinic in Victoria to attend this advanced training.

We know Coolsculpt works in reducing fat volume but now we know we can sculpt peoples bodies with it as well.

If you would like a complimentary assessment, please call us to make a time.

Also we are continuing our 20% off Coolsculpt till the end of Summer.

ADVANCED CLEANSING BRUSH

A highly effective cleansing brush that has the power and features to leave your skin feeling clean and fresh.

An ideal gift for someone wanting superior results with their skincare regime. This easy to use and very mobile cleansing brush offers ultimate results in cleansing your skin. Just add cleanser and go....

Benefits:

- 18000–21000 RPM
- Waterproof
- Automatic shut off after 1 minute
- Magnetic re-chargeable – no batteries required
- Replaceable heads available
- Sonic frequency

RRP
\$99

