

## Nulook's Upcoming Events:

### NULOOK NIGHT:

Feb. 24th: Botox Event & March 24th: Restylane Event  
TIME: 5:00 p.m. to 8:00 p.m.

Book now for this incredible offer as spots are limited.

### UPCOMING ENGAGEMENTS:

April 3, 4 and 5 Anti-aging show

International Centre, Hall 6, 6900 Airport Rd., Mississauga, ON.



## What's new at Nulook...

### Staff News:

Since our last Newsletter was published, we now have Kimberely McKay working with us as our Spa Manager. She hails from Etobicoke. She is an enthusiastic, knowledgeable, smart and disciplined person. We welcome her in our team and hope you all will get a chance to meet her at some point in time.

### ASMLS Conference:

Dr. Mohan just got back from the American Society for Laser Medicine and Surgery Conference in Kissimmee Florida. He is happy to report that Fraxel is still the HOTTEST news around town. Results are extraordinary and clients are raving about how successful the treatments are!!

### Ambassador Program:

We are thrilled to announce that our Ambassador program is a great success and growing very quickly. If you have not received any information on this program, please contact our Spa Manager and she will gladly fill you in on all the exciting details and forward you some coupons.

## HEALTH TIPS



## HEALTH TIPS FOR WINTER:

### Winter Skin Care

Your skin is most affected by winter due to the fact that the very harshness of it can take moisture away from the skin. There are many ways to minimize the effect of the weather on your skin.

### Tips for looking after your skin in winter:

- ▶ Protect your skin from sun damage by applying a moisturiser with SPF 15 all through winter, especially if you are doing any outdoor activity like skiing or snowboarding as the snow reflects sunlight. On the flip side, if you are lucky enough to travel to sunnier destinations, use a good sunscreen and a lip balm to protect your lips.
- ▶ Reduce the time taking a hot shower. Long hot showers tend to dry your skin more as it takes away the natural moisture from your body. The best method would be to take a short warm shower and apply moisturizer while your skin is still damp. Applying a body butter for areas like your elbows, heels and hands where dryness causes cracks in the skin.
- ▶ Use a humidifier in your home. This prevents dryness and keeps nasal passages clear and your skin moist. If you experience severe dryness or minor bleeding in your nose, use Vaseline. It soothes your skin.

## Your Nulook Team



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medspa

Face your World With Confidence

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## MESSAGE FROM THE DOCTOR...

I hope that you had a wonderful holiday season and braving the winter blues while looking forward to some wonderful days in the sun. Some will experience it sooner than later as they fly off to the other destinations...

This past fall we were at the "Anti-aging Show" and "Women's Show". We enjoyed the hustle and bustle and learned about the latest ideas and innovations in the aesthetic industry. At NuLook we endeavour to bring you the latest in our field. I attended the annual CAAM (Canadian Association of Aesthetic Medicine) meeting in Montreal. CAAM is a platform where physicians practicing aesthetics from all over Canada meet and discuss the latest and upcoming technologies and techniques in our field.

I am planning to attend "Anti-aging Medicine, World Congress and Medispa" in Monte-Carlo this spring. I am sure to bring you some more new techniques from this platform where doctors from all over the world get together to meet and brainstorm.

With **Valentine's Day** coming up we have a new product for enhancing your lips. You can enhance your lips with ease without any freeze with Juvederm Ultra that comes pre mixed with freezing medicine. I am having people swear that this was the best lip enhancement experience they had so far. So try this product. Hurry up.

This is a great time of the year to come in and try a Botox and filler treatment also. Our feature article in this newsletter is Fraxel Laser Treatment. In this section of the newsletter I have answered some of the most frequently asked questions from my clients. This is a great time of the year to come in and try a Botox or Filler treatment.

If you have any questions, comments or feedback I am always delighted to hear from you. You can call us at (416) 234-8961 or email us at: [nulooks@nulookmedspa.com](mailto:nulooks@nulookmedspa.com)



Sincerely,

**Dr. R. Mohan, MD**

Member: Canadian Association of Aesthetic Medicine  
American Society of Laser Medicine & Surgery

**A neighbourhood professional you can trust,  
faithfully serving Etobicoke for 21 years**

## MONTHLY SPECIALS



**FEBRUARY & VALENTINE SPECIAL:**  
\$200 off all Special packages

**MARCH:** Get Movie Star Botox for \$300

## FEATURED PRODUCTS

**Alyria  
Multivitamin  
Enriched Cream**



**Medique  
Vitamin C Serum**



**Medique Skin  
Protectant Serum**



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# FRAXEL LASER TREATMENT FOR STRETCH MARKS



**Everything You always wanted to know about Fraxel treatment for Stretch marks. Ask the Doctor?**

**Question:** *What are stretch marks?*

**Dr. Mohan:** Stretch marks are thin, linear scars that develop in males and females after rapid growth or rapid weight gain. Stretch marks commonly occur in boys and girls during puberty, where there is rapid growth and weight gain, and during pregnancy. Stretch marks are purplish-red in colour. With time they fade to silvery-white lines.

**Question:** *Are there any creams that prevent stretch marks?*

**Dr. Mohan:** No. If treated early, tretinoin cream and alpha-hydroxy acid creams can help minimize the appearance of stretch marks.

**Question:** *How does Fraxel work for stretch marks?*

**Dr. Mohan:** It completely improves the quality and appearance of your skin with minimal downtime or side effects. Fraxel laser treatment accomplishes this by affecting only a fraction of your skin at a time. Thousands of tiny but deep columns of treatments in the skin, known as micro thermal treatment zones penetrate deep into the dermis and eliminate old epidermal cells, hence tightening and improving the appearance of your skin.

**Question:** *Tell me more about Fraxel treatment.*

**Dr. Mohan:** Fraxel is considered the latest innovation in aesthetic medical technology. Fraxel laser represents a new treatment option for gentle, yet effective, treatment of pigmentation, texture, tone and fine lines and stretch marks.

**Question:** *Is there any downtime?*

**Dr. Mohan:** The Fraxel treatment procedure can be performed right in Nulook Medspa and patients are able to return to their normal activities the same or next day.

**Question:** *How many treatments will I need?*

**Dr. Mohan:** Depending on the severity of the stretch marks, anywhere from 3-8 treatments may be required. However, the exact number of treatments will be established at the time of consultation. Stretch marks will continue to improve for about 6 months after a series of treatments. Fraxel laser treatments may improve the appearance of stretch marks by as much as 60% - 75%.

**Question:** *How painful is the treatment?*

**Dr. Mohan:** Again it depends on your threshold of pain. Most patients find it quite tolerable overall without the need for any painkillers.

## trivia

**How does Fraxel Laser treatment help Stretch Marks?**

Correct Answer Valued at **\$100**

Call or email in the correct answer at  
(416) 234-8961 or  
nulooks@nulookmedspa.com  
and receive \$100 off your next  
Fraxel Laser Treatment

Offer expires Feb 28th 2009, not valid with any other offer.

## Your Fraxel Laser Treatment

Fraxel® Laser Treatment is designed to target aging and damaged skin by creating microscopic "wounds" within the targeted areas well beneath the skin's outermost layer. In this way, Fraxel® Laser treatment triggers the body's own natural production of new collagen and skin cells. And because Fraxel® Laser Treatment combines the impact of ablative lasers with the gentleness of nonablative lasers, healing occurs so quickly that there is very little downtime for you.

## The Actual Treatment

Fraxel Laser Treatment produces thousands of tiny but deep columns of necrosis in your skin, known as microthermal treatment zones. This treatment eliminates old epidermal pigmented cells. It also penetrates deep into the dermis. Just as important, though, are the areas of skin the Fraxel laser leaves untouched. For every microthermal zone the laser targets and treats intensively, it leaves the surrounding tissue unaffected and intact. This "fractional" treatment allows the skin to heal much faster than if the entire area were treated at once, using the body's natural healing process to create new, healthy fighter tissue to replace skin imperfections.

Fraxel Laser Treatment can be performed using only topical anesthesia in most cases. If you are having a significant area of your skin treated, Dr. Mahan will develop a pain management approach to maximize your comfort during the procedure.

## Procedure

The treatment area will be thoroughly washed prior to the procedure. Opti-Guide Blue, an FDA certified water-soluble tint, is applied to the treatment area to highlight the contours of the skin. This tint is washed off after treatment. Fraxel laser is then applied to the whole face, giving special attention to the areas of interest, by a certified Fraxel Laser Technician. Over the following weeks and months, the body repairs the deeper dermal tissues that have been affected by the Fraxel treatment, producing longer beneficial changes associated with a healthy, youthful appearance.

**After Treatment:** You will experience mild sunburn like sensation for about an hour and then minimal discomfort. The skin will have a pinkish tone for 5 to 7 days. This is a normal sign that the skin is deeply healing. Swelling is minimal and generally resolves in 2 to 3 days. You may apply make-up or shave soon after treatment. Some clients are able to return to routine activities, including work and social obligations, the same day of treatment. Others require a little more time, depending upon their skin condition and treatment. New epidermal skin develops within 24 hours. Your skin will have a bronze appearance that lasts anywhere from 3 to 14 days, depending on your treatment level.

Your skin will naturally and vigorously exfoliate as new skin replaces dead tissue. Flaking is similar to that of minor sunburn, but without the associated pain. Use of a moisturizer will mask the appearance of flaking.

**Sunscreen:** Be sure to use sunscreen at least twice daily to protect your skin from sun exposure during both the healing phase and for several months after treatment. Apply a moisturizing sun block with an SPF of at least 30-plus. For added protection, use wide-brimmed hats when in direct sunlight.

## BENEFIT OF FRAXEL LASER TREATMENT

- Improve texture tone and pore size
- Erase unwanted brown spots
- Smooth wrinkles around the eyes and acne scars
- Rejuvenate your neck, chest and hands
- Minimal downtime
- Helps Melasma (Mask of Pregnancy) / Wrinkles Around the Eyes

There is simply nothing else like it for improving the appearance of your skin and giving you a renewed sense of confidence. Until now, two varieties of laser treatment have been available for cosmetic enhancement-ablative and nonablative. Ablative, which literally means to vaporize at a very high temperature, is very effective at destroying unwanted tissue but has significant side-effects and requires a lengthy healing period. Non-ablative, on the other hand, has very few side-effects and requires almost no healing time, but involves numerous treatments over many months to achieve only modest results.

At long last, a laser with the potency of ablative treatments and the gentle safety of non-ablative lasers has won approval from the US Food and Drug Administration to treat a variety of important cosmetic conditions.

## OUR SERVICES INCLUDE:

- ▶ Laser Hair Removal
- ▶ Laser Vein Treatment
- ▶ Microdermabrasion
- ▶ Foto Facials
- ▶ Photo Rejuvenation
- ▶ Laser Genesis
- ▶ Skin Tightening
- ▶ Botox Cosmetic & Therapeutic
- ▶ Fraxel Laser Resurfacing
- ▶ Acne Treatment
- ▶ Fillers
- ▶ Contour Threads
- ▶ Medical Peels
- ▶ Skin Care

## nulook nights

We are delighted to introduce our new monthly event night where NuLook guests can enjoy a limited time special offer exclusively for one night only!

This is our way of saying thanks to our loyal guests who bring a friend and want to experience the amazing effects of FRAXEL.

**Feb 24th: Botox Event**  
**March 24th: Restylane Event**  
**TIME: 5:00 p.m. to 8:00 p.m.**

Book you and a friend for a Botox treatment and you BOTH RECEIVE 25% off!\*

\*One guest must be a first time visitor to NuLook Medspa

Enjoy all the benefits of this fantastic treatment at an amazing, one time only price!

Call now, 416.234.8961 or email [nulooks@nulookmedspa.com](mailto:nulooks@nulookmedspa.com) because space is limited.

These offers are not valid with any other offer

