

Boheme News

The Winter Package-Savers; July/August 2011

1. Take the Plunge!!

A woman's décolletage can be the most revealing part of a woman's body- in more ways than one!!

The décolletage area is one of the first signs of sun damage and age. Due to the high exposure to North Queensland sun pigmentation is a huge problem, and as a result a dramatic **loss of collagen and elastin** results in lines, wrinkles and crêpe-like skin.

Your package includes:

- ❖ VPL Pre-treatment Consultation
- ❖ 3 x décolletage VPL + Hands VPL BONUS!
- ❖ 3 x custom décolletage resurfacing peels
- ❖ 1 x dermal roller for home use
- ❖ Custom Home Care by Environ (valued at \$180-\$300)

This treatment will:

- ✓ Blitz pigmentation
- ✓ Increase collagen and protect your elastin
- ✓ Treat fine lines and wrinkles
- ✓ Strengthen your skin
- ✓ Smooth the texture and tone of your skin

Your commitments:

- ✓ 6 x Fortnightly treatments in-salon
- ✓ Commitments to home care usage as directed
- ✓ Commitment to continual sun protection during the course of treatments and afterward.

**Take the Plunge 12
week package valued
at \$1671,
For ONLY \$998.**

2. Winter De-Stress Package

Feeling stressed, strung out and in need of some time out?
Melt your stresses away... this package is for you!!

Included in this stress-busting package:

- ❖ Dermaiduals Environmental Enzyme Facial
- ❖ 45 minute aroma warm stone massage
- ❖ Cooling foot mask and massage

**One treatment valued
at \$191, for only \$150...
OR a package of 4 for
\$550- SAVE \$405!!!**

3. Winter Renewal Microderm Package

Each treatment includes:

- ❖ Lymphatic drainage
- ❖ Circuit Skin Smart Peel
- ❖ Skin Couture Eye Smoothing Treatment
- ❖ Décolletage, neck and shoulder mini massage
- ❖ Microdermabrasion
- ❖ Customised Serum
- ❖ Moisture Protection

Give your skin the ultimate winter treatment!

- ✓ Smooth out dry, flaky skin
- ✓ Treat fine lines and wrinkles
- ✓ Revitalise sun damaged skin
- ✓ Rejuvenate tired, sallow skin
- ✓ Promote collagen production
- ✓ Reduce redness

**Book a Winter Renewal Facial for \$140 (save \$61)
OR: 6 fortnightly Winter Renewal Facials for only \$760!
(Valued at \$1206- SAVE \$446!)**

Want to know more?

What is VPL?

VPL emits a light energy that breaks up the pigments in skin cells, causing little to no discomfort. Best of as well as treating skin imperfections, VPL **activates natural collagen** and protects elastin in the active skin cells (fibroblasts), improving the skin's overall texture and complexion.

What is the VPL treatment like? Before beginning your first VPL treatment, your Boheme therapist will go through a thorough **consultation** with you, involving information about your skin, health status and tanning history to ensure that you will receive the most effective treatment possible.

The actual treatment is quite short, and with only minimal discomfort while the light waves are used on your skin. Some people liken it to a small rubber band flicking against your skin.

What is a "dermal roller"? It's a tool that is comprised of tiny durable stainless steel micro-needles, on a smooth action roller head.

How does it work? It is rolled over the surface of your skin painlessly, creating tiny holes in the upper layer of the epidermis. The tiny holes that are made are many times larger than the molecules that need to get through into the epidermis, so these active ingredients and vitamins literally fall through into the deeper layers of the epidermis, allowing better rejuvenation and much faster results.

About dermaiduals: dermaiduals is a customised dermatological skin care solution that has been designed to optimally maintain the natural skin barrier and prevent the premature ageing process. The products are free of emulsifiers, preservatives, fragrances, mineral oils, silicones, dyes and amines.

Why Warm Stone Massage? Using warm stones creates a deep, relaxing and healing treatment. The heat of the massage stones warms the skin, which allows for the absorption of moisturizing and therapeutic oils, while simultaneously preparing the musculature of the body so the therapist can work into the deeper muscle layers.

What's so smart about a Smart peel?

Smart peels are the new generation of peels that are full of **antioxidants that replenish and restore your skin**. Gone are the days of aggressively stripping back the surface of the skin! **Smart Peels aim to nurture your skin, whilst giving an effective exfoliation.**

What is microdermabrasion?

Microdermabrasion, sometimes called the 'lunch time peel' is a **non-invasive**, gentle process of using crystals accelerated onto the skin's surface to **remove layers of dead and damaged skin cells**. You will see an immediate visible result of youthful brilliance and an illumination of dull and stressed looking skin even after one procedure of Microdermabrasion!

If you have any other questions about the treatments or products that we have, please don't hesitate to ask! We are here to help!

Nutrition tip for healthy skin: Essential Fatty Acids

What: include **essential fatty acids** (EFA) into your diet daily! EFAs are best used for the skin in the form of fish oil and flaxseed oil.

Why: EFAs help to keep your skin healthy by

- Normalising skin lipids (fats and oils).
- Preventing dehydration.
- Balancing the acid mantle.
- Assisting in oxygen transfer for a healthy glow.
- Helping the immune system to fight off infection.
- Assist in the formation of ceramides (for skin barrier defence).

In other words: you skin will be **smoother**, have **less blackheads and blockages**, be much more **hydrated**, accept your **skin care actives easier**, your skin will **respond better** to treatments like VPL, peels and Microdermabrasion.

Remember: you get what you pay for. Investing in a high quality EFA oil blend will mean that you'll get better quality, more potency, therefore better results! Find a good quality EFA at your local health food store.