



- In This Issue**
- [Hair Removal](#)
- [Upcoming Events](#)
- [Staff Favorites](#)
- [Longer, darker eyelashes](#)

### Ongoing Specials

**Wrinkle Free Friday**  
Receive 25% off your Botox procedure. Spots fill up quickly - [contact us](#) to schedule your appointment today.

**TNS Tuesday**  
Receive a 30% discount off TNS SkinMedica products the first Tuesday of the month.

## Try hair removal for smooth and sleek skin this spring

Tired of shaving, waxing, tweezing, or using smelly hair remover creams or those hair removal systems advertised on TV? Or how about the irritation, itching, razor bumps and ingrown hairs left behind? Ever thought about LASER hair removal?

Hair removal is the most popular aesthetic laser treatment performed today. The number of treatments performed every year is growing at an astounding rate. This is due, in part, to advancing technologies that make procedures safer and more effective for a wider range of patients.

Two common hair removal systems are IPL (intense pulsed light) and LASER (light amplification by stimulated emission of radiation). Hair color and skin type are the most important factors in determining type of treatment and success.

Typically, darker hair has more melanin in the follicles. This makes a better target for LASER as more light energy is absorbed by the melanin, producing better results. Blonde, gray, or white hair is treated less effectively.

Your doctor will determine your skin type using the Fitzpatrick Scale. Skin types range from I – VI. Type I represents fair skin that easily burns with sun exposure. Type VI, on the other hand, is very dark, never burns and easily tans. Most patients with skin types I – IV can easily be treated with IPL, while skin types V and VI usually require LASER.

LASER or IPL hair removal systems work by delivering light to the hair root system, where it is then converted into heat, which destroys the target while leaving surrounding tissue unharmed and intact.

Most patients require 5-9 treatments. This is because hair growth is divided into 3 phases: anagen (active phase of growth), catagen

(resting phase), and telogen (dead phase). At any one time, approximately one third of our hair is in each of these phases, and the only hair in the active growth phase responds to hair removal systems.

While laser hair removal is very safe and effective, it is not without risks. The risks include blistering, scabbing, scarring, hypo or hyperpigmentation of the skin. These risks are minimized by avoiding sun exposure, self tanners, and tanning beds for 1 month prior to treatments. We also recommend avoiding some skin irritants for a week prior to treatments. To get the best results, don't tweeze, wax, or use depilatory creams for 1 month prior to treatments as hair must be present in order to be destroyed.

For more information on laser hair removal or to schedule an appointment for a consultation, please call us at 319-368-5566.

## Upcoming Events

### **Hair Removal Seminar, March 10, 6 p.m.**

Make your life simpler and eliminate shaving, waxing and plucking from your life. Attend our Cosmetic Solutions educational seminar to learn more about [laser hair removal](#). Receive \$100 off any hair removal package.

### **Botox and Filler Seminar, April 14, 6 p.m.**

Banish wrinkles with Botox or derma fillers. Attend our educational seminar on April 14 at 6 p.m. to learn more about [wrinkle removers](#).

Cosmetic Solutions seminars are held at OB-GYN Associates, 855 A Ave. NE in Cedar Rapids. [Contact us](#) today to reserve your spot for both seminars.

## Staff Favorites

### **Sara Powell, Licensed Medical Esthetician**

3 years with Cosmetic Solutions

"Retin A is a great way to shed your heavy winter skin. The main ingredient in Retin A is Tretinoin, which is basically vitamin A in acid form. It can be used in either a cream or gel form depending on skin type or preference. Retin A was first used as a treatment for acne because it prevents the formation of acne lesions. It has since been proven to be the only topical medication to improve wrinkles. The medication has several different potencies and usually a consultation with a skin care specialist to determine the one that is right for you is the



best place to begin. [Call us](#) today to start yours!"

## Looking for fuller, darker and longer eyelashes?

If you thought long, luscious eyelashes were out of your reach, think again!



Cosmetic Solutions Science of Beauty now brings you [LATISSE™](#) the brand new FDA-approved prescription treatment that grows lashes darker, fuller and longer.

LATISSE contains bimatoprost, which prolongs the duration of the growth phase of eye lashes allowing them to grow longer, thicker, and darker. It is prescribed as a daily treatment that is applied to the base of the upper eyelashes with a single use, sterile applicator. Patients in clinical trials saw results in as little as four weeks.

LATISSE is manufactured by Allergan, the same company that launched BOTOX® and Juvederm™.

For more information about LATISSE, [contact us](#) at 368-5566.

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of BEAUTY

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