



## In This Issue

[5 Things to consider when choosing a laser center](#)

[Treat excessive sweating with Botox](#)

[Staff Favorites](#)

[June Specials](#)

## Ongoing Specials

### TNS Tuesday

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

### Transformation Thursday

Receive a \$15 discount on each of the Obagi products you purchase the last Thursday of every month.

### Wrinkle Free Friday

Receive 25% off your BOTOX® Cosmetic procedure. Spots fill up quickly - [contact us](#) to schedule your appointment today.

## 5 Things to consider when choosing a Cosmetic Laser Center

With the increasing popularity of cosmetic laser centers, it can be difficult to choose the center that will provide the best laser treatments for the results you desire.

There are many things to consider when choosing a cosmetic laser center:

1. Look into the center history. One of the first things to consider is how long the practice has been in business. Seek out centers that have been in business at least a few years, because they have patients who have been pleased enough with their results to keep returning for services and products. Cosmetic Solutions was established in 2006 and is a member of the Better Business Bureau.
2. Do your research. The internet can be a great resource to get information on laser centers, not only from their own web sites, but from postings on other sites that monitor complaints. There are many sites that allow you to read reviews from past patients on many of the centers you are considering. Also, ask friends and family if they have sought services at a cosmetic laser center. They may be the best source of all.
3. Investigate staffing. Ask who supervises the center. Is there a medical director thoroughly trained in performing laser procedures who oversees care plans and procedures performed by staff members? What education and credentialing do staff members have? Look for a laser center with mostly medical personnel, such as physicians, nurses, and medical estheticians. These professionals have been specially trained on anatomy and physiology of the skin and how it reacts to laser and light sources. Staff should regularly attend continuing education classes on services and products performed and sold within the center.  
At Cosmetic Solutions you can rest assured that Dr. Abernathy is active in the clinic every day and provides input

to all patient treatment plans. Our staff is well qualified and experienced.

4. Schedule a consultation at one or more laser centers. Many centers offer complimentary consultations, so you have nothing to lose. This way you can see firsthand how the center operates. Is the office warm, clean and inviting? Is the staff professional, friendly, and focused on your needs? Do you feel comfortable? Is the consultation done by a medical professional who takes your complete medical history? Do they listen to YOU about what your skin care issues are prior to developing a plan? Do they have a portfolio with "Before & After" photos of treatments they have performed and are proud to share with you?
5. Look into the center's product lines. Staff should have enough experience to help determine which products will help deliver and maintain results obtained from laser treatments. Do they carry a professional makeup line and offer complimentary makeovers? A good makeup can dramatically enhance appearance with or without laser treatments. You may also want to find out what types of lasers the center uses and then research the laser companies for effectiveness and safety of their equipment. Cosmetic Solutions carries Obagi and Skin Medica (two medical grade skin care products) the Jane Iredale makeup line and Latisse, a prescription eyelash treatment. Our staff is extremely knowledgeable and experienced on each of the product lines that we offer.

When it comes to something as important as your skin, be an informed consumer. Do your research about the center you want to work with. That way, you can be sure that you will be in the best hands possible.

For more information about Cosmetic Solutions, contact us today.

## **Treat excessive sweating with Botox™**

With temperatures rising, many people are starting to take advantage of favorite summer activities - barbeques, pool parties and picnics in the sun. But for the group of people who suffer from excessive sweating, also known as hyperhidrosis, summer can be the dreaded "sweat season."

The good news is that hyperhidrosis can be successfully treated for many, and for some patients, Botox™ may be the answer.

### **Diagnosis**

Severe primary hyperhidrosis can be a debilitating and socially

embarrassing condition. It is diagnosed when there is visible and excessive sweating of the underarms for at least 6 months without an apparent cause, and has at least 2 of the following characteristics:

- Sweating equally under both arms
- Interferes with daily living
- Occurs at least once a week
- Begins before 25 years of age
- Family history of the same
- Sweating stops during sleep.

Secondary hyperhidrosis is usually the result of a medical condition, and patients seeking treatment should be evaluated by a physician to see if the problem is primary or secondary.

### **Treatment Options**

Severe primary hyperhidrosis may be treated with a number of therapies, depending on the areas affected and the severity of the condition. Usually, first line treatments consist of prescription topical agents, such as aluminum chloride hexahydrate products. A second line treatment is Botulinum toxin type A (Botox™), approved by the FDA in 2004 for this condition. Botox™ has been shown to be a safe and effective alternative treatment for patients who have less than adequate results to other treatments. Botox™ works by blocking release of chemicals that stimulate sweat production in the glands.

### **What you can expect**

Treatment for primary hyperhidrosis with Botox™ requires one visit and multiple injections with a very small needle in each underarm. Although discomfort is rare, a topical anesthetic can be applied prior to treatment to minimize possible discomfort. Results can be observed within a week of treatment and can last up to one year. However, in some cases patients may see recurrence of sweating in 3 to 6 months. Men may require more Botox™ than women.

Common reactions from Botox™ treatments are swelling, redness, tenderness, bleeding and bruising. Serious side effects are rare.

Botox™ treatment is contraindicated in pregnant and nursing mothers. It is also not given to patients with known neurological diseases or allergies to Botox™.

Please call us at 319-368-5566 for more information, or to schedule a consultation.

## **Staff Favorites**

**Sheila Scheib, RN, BSN, MBA,**  
3 years with Cosmetic Solutions



"Sunscreen, sunscreen, and more sunscreen! I love the sun and the outdoors, but I am totally convinced that I need to wear sunscreen daily to prevent damage and premature aging to my skin. Sunscreen prevents sun burn, photodamaged skin (brown "age" spots, wrinkles), actinic keratosis and reduces the risk of skin cancer. Two of the products that I wouldn't go without are Skin Medica's TNS Ultimate Daily Moisturizer (SPF 20) and Environmental Defense Sunscreen SPF 30.

I use the SPF 20 under my make-up as it is light but still protective against UVA/UVB rays; we all are exposed to the sun just in our normal daily activities. The SPF 30 is ultra protective, moisturizing, oil and fragrance free - I used this product recently while at my daughter's wedding in Florida and loved it!"

## Save big on skin tightening therapy and wrinkle removers

Plan your visit to Cosmetic Solutions in June and take advantage of great savings.

### **Skin Tightening Therapy**

Receive a 20% discount off 2-D Titan and Laser Genesis packages.

The Titan and Laser Genesis are a comfortable, non-ablative form of laser rejuvenation skin therapy that gently heats the dermis to stimulate and increase the production of collagen and elastin fiber growth.

### **Wrinkle Removers**

Purchase 1 Radiesse Syringe and receive the 2nd Syringe FREE. Must be used at same treatment session. Cannot be combined with any other offer.

Radiesse dermal fillers stimulate the body to produce new collagen that fills in new wrinkles and provides facial volume for a natural look that lasts a year or more.

**\$15 off any  
Jane Iredale  
foundation**

Thank you for subscribing to the Cosmetic Solutions Science of Beauty newsletter. Print off this coupon and stop by Cosmetic Solutions to receive \$15 off any Jane Iredale foundation.

Offer Expires: June 30, 2009

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Cosmetic Solutions | 855 A Avenue NE | Cedar Rapids | IA | 52402

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