

LIVE BEAUTIFULLY

Phoenix Renewal Centre & Spa Newsletter

New Skin Care Line Fights Premature Aging And Problem Skin Conditions - AQUAFOLIA, Four-time Award Winning Skincare Line Coming to Phoenix!

Phoenix is very pleased to introduce a new, innovative line of skin care that helps prevent aging and addresses skin-care issues for women in their 30's and 40's.

AQUAFOLIA, a Canadian cosmetic line, is making waves across the cosmetic industry. AQUAFOLIA works to prevent and treat skin care conditions, including acne and aging.

This product is ideal for women who want to prevent issues that relate to aging, but who also may be dealing with irritations, like acne.

AQUAFOLIA products use formulas that generate visible results and take into consideration the laws of skin absorption. While other products irritate the skin while they work, AQUAFOLIA treats problematic skin without further dehydration or irritation.

Discover why AQUAFOLIA products have received four "Innovation Awards", including Product of the Year in 2006 and 2008.

AQUAFOLIA Promotion

Fight against premature aging and problem skin conditions. Discover why AQUAFOLIA, a Canadian Cosmetic line, has won 4 innovation awards! Give your skin a healthy and youthful glow.

With purchase of 3 AQUAFOLIA products, receive an AQUAFOLIA facial treatment FREE! Receive 15% off all AQUAFOLIA products if purchased by February 28th, 2011.

Phone Phoenix Renewal Centre & Spa at **780.424.8885** or come by the spa to purchase.



Ask Susan, Spa Director at Phoenix Renewal Centre & Spa

Q Dear Susan: My hands become so dry in wintertime, I even suffer from little cracks that are very painful. How do I take care of my hands, and help them stay soft during the cold Edmonton winter?



A We all like to take care of our face, but we often neglect our hands. Start by using a good SPF 45 on the back of your hands every single day. Make sure you carry hand cream in your handbag to apply after you wash your hands or if your hands are exposed to cold weather. Phoenix carries a fabulous line from Tokyo Milk that comes with eight beautiful scents made from crushed and distilled essences.

During the winter, I also recommend a hand treatment at least once a month that includes a scrub to exfoliate and moisturize. This treatment will give you the "spa day" that you deserve! I also recommend using a hand cream treatment at night before you go to bed. For this, try using the Cellcosmet Cellular Hand Treatment that protects, moisturizes and revitalizes. It stimulates cellular skin activity and rebalances natural skin functions. This treatment cream is available at Phoenix and also fights against the effects of skin aging and helps prevent the development of pigmentation spots.

Here is my quick guide to taking care of your hands:

- Wear a high SPF sunscreen on the back of your hands every single day, even in winter and on cloudy days.
- Wear gloves every time you wash dishes or hand-wash clothing
- Use mild pH soap when washing your hands
- Put hand cream on your hands when you wash them, every time!
- Always wear gloves when you garden or do heavy work
- To protect your hands during the cold weather, ALWAYS wear gloves
- Get manicures frequently and add a hand treatment to give your hands an extra boost of moisture!

Book an appointment at Phoenix to help treat dry and cracked hands by phoning 780.424.8885. Or, drop by to pick up products to use at home.

Susan Wota-Purych is Spa Director at Phoenix Renewal Centre & Spa. Have a question for her? Email susan@phoenixrenewal.com.

A Cool Night Out

Let us introduce you to CoolSculpting, an innovative technology that painlessly removes unwanted fat in problem areas like love handles, tummies, arms and thighs.

CoolSculpting has been featured on "The Doctors", "Rachel Ray", "Good Morning America" and other mainstream media. Now Phoenix Renewal Centre & Spa is bringing CoolSculpting to Edmonton, and you can learn more during our "Cool Night Out".

Our Cool Night Out will include some cool drinks and good food as you learn all about this truly innovative procedure. Learn about how you can get rid of fat without any damage to your skin. No knife, no suction hoses, no needles and no lasers.

See before and after photos and let us answer all your questions!

A Cool Night Out

Tuesday, January 17th, 2012

5:30 – 8:00 pm

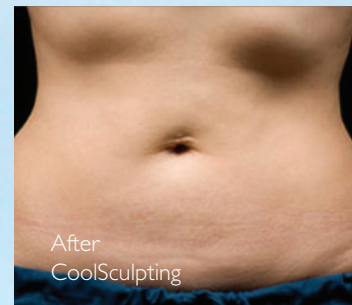
Lexus of Edmonton

11204-170 Street

Edmonton, Alberta

Limited availability.

RSVP by emailing susan@phoenixrenewal.com or call **780.424.8885**.



CoolSculpting Limited Time Offer! 15% Off First Treatment!

To coincide with our Cool Night Out, we are offering a promotion on CoolSculpting, for a limited time only.

- Free consultation
- Receive 15% off your first single treatment
- Free GliSODin slimming formula for one month (GliSODin is a professional nutricosmetic line dedicated to supplement your beauty regimen)

Photo Rejuvenation 101

How You Can Repair Sun Damage

Tina David, a laser technician from Phoenix Renewal Centre & Spa explains how to repair sun damage.

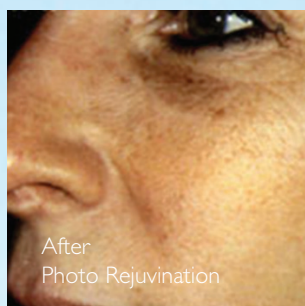
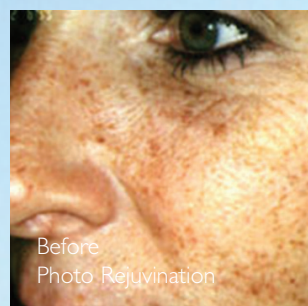
What is Sun Damage?

As most of us age, we begin to see small, but visible signs of sun damage appearing in our complexion. This may include dark spots, mild wrinkling, freckles, broken blood vessels, or a blotchy skin colour. Sun damage often occurs in our teens and 20's, but may not make itself present until later in life. This is particularly true for menopausal women, when hormone changes in the body force pigment, or melanin to the skin surface. This is when many women notice these problems.

How Do We Treat Sun Damage?

I help treat sun damage by using a procedure called Photo Rejuvenation. This procedure uses thermal energy to eliminate the pigmentation and redness in your skin. We use the light to force the pigment to the surface of the skin. The pigment darkens, forms a crust, then we can remove it by exfoliating the skin.

Photo rejuvenation can be used to treat vascular redness, pigmented brown spots, sun damage and collagen structure all at once.



What Are The Steps?

The first thing we offer clients is a consultation in which we use the VISIA Complexion Analysis. This analysis helps us determine your skin's health, both at the surface, and underneath your skin.

If you are a candidate for Photo Rejuvenation, we offer a series of light treatments, usually between 4 – 6. We also recommend our clients undergo some exfoliation treatments, to remove the pigment on the surface of the skin.

How Long Does It Take and What Is The Cost?

Photo Rejuvenation is probably the fastest and most effective way to treat sun damage. The whole process takes between 1 – 4 months. Most clients achieve remarkable results, so this treatment is very popular.

Regarding cost, we complete an in-depth skin consultation for our clients before we know how many treatments they will need. The consultation fee is \$25, but if the client proceeds with treatment, the initial consultation fee is put towards the treatment cost.



Why Use Phoenix Renewal Centre and Spa?

Considered one of Canada's leading medi-spas, Phoenix Renewal Centre and Spa offers clients an oasis for spa treatments. They offer both medical and traditional spa treatments to support their client's health and well-being.

Unique to Phoenix Renewal Centre and Spa is having a medical doctor on staff, Dr. Barry Lycka. Not only does he oversee the medical spa treatments provided at Phoenix, but he also provides hands-on training for its staff.

Not all spas are created equally! Did you know that the medical spa industry is not monitored in any way by a regulatory board or governing body? This means that each spa is responsible for setting their own safety and training standards. This can be a scary thought, especially when you consider it requires specialized training, skill and experience to perform treatments.

Give yourself peace of mind and do your homework when selecting a medical spa.

Questions to Ask When Choosing a Medical Spa

1) Who is affiliated with the spa?

- Is it a medical doctor? If you have any complications, can you consult with a doctor immediately?
- Ensure the supervising doctor is a medical physician certified with the College of Physicians and Surgeons of Alberta

2) Does the spa insist on a full consultation before providing a service?

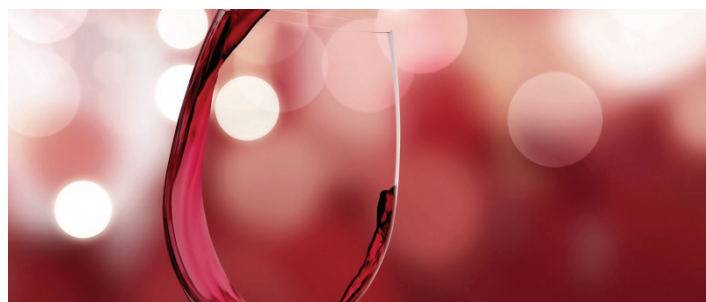
- Be very wary of any spa that will book you for an appointment without insisting you undergo a consultation. This is true for all types of services, including laser hair removal.
- Also be wary of spas that will quote you a treatment price over the phone. Until you can undergo a consultation, it is very difficult to know exactly how much a procedure will cost, and how many treatments you'll need.

3) Who will be performing your treatment?

- Does your technician have specific training? Ask to see their certifications.

4) Are they promising the world?

- Be wary of treatments that sound 'too good to be true'. Make sure they are helping you set realistic outcomes for your procedure.



For the Love of Wine: An Event in Support of the Kids Kottage Foundation

Need to make plans for Valentine's Day? Phoenix is a proud sponsor of this event that supports the Kids Kottage Foundation.

February 10th, 2012

7 pm – 10 pm

Delta Edmonton South Hotel

Enjoy hundreds of wines from the top producers in the world, along with a silent auction, live jazz, celebrity chefs, food pairings and chocolate buffet. Enjoy fabulous entertainment including Juno-nominated Sandro Dominelli and art from some of Edmonton's finest galleries.

For tickets, please contact Pam at Kids Kottage at **780.448.2545**, or purchase online at www.kidskottage.org.



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