



TALLMAN MEDICAL SPA
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Sun-Protective Clothing

Clothes can protect your skin against the sun's harmful ultraviolet (UV) rays. But not all clothing is created equal. The tightness of the weave, the weight, type of fiber, color and amount of skin covered all affect the amount of protection they provide.

UPF stands for Ultraviolet Protection Factor and indicates how much of the sun's UV radiation is absorbed. A fabric with a rating of 50 will allow only 1/50th of the sun's UV rays to pass through. This means the fabric will reduce your skin's UV radiation exposure significantly, because only 2 percent of the UV rays will get through.

SPF stands for Sun Protection Factor and is the rating you're familiar with for sunscreens and other sun-protective products. It measures the amount of time it takes for sun-exposed skin to redden, while UPF measures the amount of UV radiation that penetrates a fabric and reaches the skin.

As a rule, light-colored, lightweight and loosely-woven fabrics do not offer much protection from the sun. In general, clothing made of tightly-woven fabric best protects skin from the sun. The color of the fabric also plays a role. Darker-colored fabrics are more effective than lighter at blocking out the harmful rays. The easiest way to test if a fabric can protect your skin is to hold it up to the light. If you can see through it, then UV radiation can penetrate it – and your skin. What the clothing is made of matters. Fabrics such as unbleached cotton contain special pigments called lignins that act as UV

absorbers. High-luster polyesters and even thin, satiny silk can be highly protective because they reflect radiation.

Even if the piece of clothing has a good UPF, what you do while wearing it can make a difference. If the fabric gets stretched, it will lose some of its protective ability, because the fabric becomes thinner and more transparent to light. And once it gets wet, it can lose up to 50 percent of its UPF.

Although most people know that skin cancer is caused by too much sun over many years, one-in-seven children born today will develop this common disease during his or her lifetime. While most skin cancers are non life-threatening, they can cause extensive disfigurement if left untreated. During the summer, limiting the length of time spent outdoors between 11am and 4pm, wearing wide-brimmed hats and clothing to shade the skin and applying an SPF 15 or higher, broad-spectrum sunscreen will go a long way in helping to prevent skin cancer.



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SKIN FACTS

- Skin cancer is the most common of all cancers, accounting for more than 40 percent of all cases.
- More than one fifth of Americans will develop skin cancer at some point in their life.
- Try to avoid the sun between the hours of 10 a.m. and 4 p.m. when the sun's rays are the strongest.
- 80% of all sun damage occurs before age 18.

During the month of April, bring this coupon in and receive

\$5 OFF

your purchase of Anthelios.

TALLMAN MEDICAL SPA

With every pedicure appointment, bring this coupon in and receive a

FREE GIFT

with purchase (*while supplies last*).

TALLMAN MEDICAL SPA

UPCOMING EVENTS/WEB INFO

Our online store is up and running! You can now purchase spa products online and they will be shipped same day. Visit tallmanmedicalspsa.com and click on online store.

Don't forget about our **2008 FALL NIGHT OF BEAUTY** coming up in September. See spa for details.

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Fake It - Don't Bake It

While we all need sunshine to survive, in order to receive the healthy glow of a tan you essentially need to stay in the sun far past our Vitamin D requirement. Excessive sun exposure ages your body more quickly, damages the outer skin layer and can ultimately lead to skin cancer. Luckily for those sun gods and goddesses out there, technology has come to the rescue; with the advancement of a more natural looking tan from sunless tanning products, the potential exists for that realistic tan without the harmful effects from excessive exposure from the sun or from tanning beds.

It is true that most sun lamps and tanning beds emit mainly UVA radiation, and that these so-called "tanning rays" are less likely to cause a sunburn than UVB radiation from sunlight. According to the American Academy of Dermatology, UVA rays have a suspected link to melanoma, and like UVB rays, they also may be linked to immune system damage and premature skin aging.

The great advancement in sunless tanning came to us in the form of a chemical called, dihydroxyacetone (DHA). It is the active ingredient in all spray tanning products on the market today. DHA is essentially a sugar molecule that reacts to amino acids on the surface of the skin. It is completely non-toxic and not absorbed into the body. DHA does not instantly color your skin. The process is actually an interaction response that causes the skin to gradually darken over the next day or so, with maximum color reached usually within twelve hours.

Before applying a spray tanning product it is ideal to prep the skin. Gently exfoliate the skin you plan to tan, particularly the more exposed areas. Take a shower and clean the skin right before the application to remove all products that could inhibit the chemicals from absorbing into the skin and to achieve your best results. It is also recommended to avoid showering for at least 8 hours following your tanning session.

Keep in mind that sunless tans are not a true tan and will not offer any natural sun protection like an authentic tan would. Keep your DHA tan well moisturized for maximum performance and ALWAYS apply sunscreen when outside. Tallman Medical Spa has recently added Mystic Tan spray tanning to our list of services. Please see a spa employee for details.



Anthelios

Determining which sunscreen to choose can be a difficult task. However, the importance of wearing good sun protection can't be stressed enough. You don't need to be sunbathing to be exposed to the sun. UVA, or aging rays, penetrate the deepest into the dermis (layer protected by the epidermis) and cause damage.

UVB, the burning rays, penetrate the epidermis causing sunburns. Windows and clouds can block out UVB rays but not UVA. Therefore, you are exposed to the sun's harmful rays even if you are in your car or it is a cloudy day. Both UVA and UVB sun rays are thought to cause skin cancer.

Tallman Medical Spa carries a sunscreen called Anthelios which is recommended by over 25,000 dermatologists worldwide, including Dr. Tallman. Anthelios is hypoallergenic, non-comedogenic, and formulated with highly concentrated ingredients including Mexoryl SX-approved by the FDA-which offers high protection against UVA rays, the #1 cause of skin aging. Anthelios is a very light, oil and fragrance-free formula so it can be used as a daily moisturizer as well. Even though it has an SPF of just 15, it still protects you against 93% of the sun's rays. It comes in two formulas: water & sweat proof and regular.

Some things to remember about protecting yourself from the sun:

- Use a daily product with UVA protection and at least an SPF of 15 EVERY DAY, even during the winter, on cloudy days, and when indoors.
- Be extremely careful to protect your skin from hyperpigmentation induced by UVA rays if you have had chemical peels or laser treatments, are taking oral contraceptives, or are pregnant.
- Consult your dermatologist immediately if you notice any change in color or shape of a mole, which can be an early sign of skin cancer.
- Be generous when applying sunscreen. Most people don't use enough! Apply it at least 15 minutes prior to sun exposure.
- Don't forget about the hands, décolleté, neck, and ears. Skin aging of the hands and neck often reveals one's true age.
- Remember, SPF only measures protection against UVB rays and not UVA! Look for ingredients such as Mexoryl SX that offer high UVA protection.

Pedicures

With spring and summer approaching, sandals and flip flops are becoming a part of everyone's wardrobe. Now is the time to get those feet in "tip-top shape" with a relaxing Spa Pedicure at Tallman Medical Spa.



We are proud to be introducing several new pedicures to choose from. Along with the traditional Spa Pedicure we currently offer, we now have: an indulgent Chocolate Pedicure, a refreshing Peppermint Pedicure, a fun and sunny Tropical Nectar Pedicure, and a soothing Citrus Honey pedicure.

Lie back and enjoy our signature pedicure treatment in a zero-gravity chair and let our nail-care specialist renew your feet. All pedicures begin with a warm and soothing foot soak followed by callous and cuticle care. Your feet will look and feel soft, smooth, and energized after nail shaping and skin smoothing techniques. You will also indulge your feet in the therapeutic benefits of paraffin. Submerge your feet in a warm paraffin bath to relax your muscles, relieve your aching joints, and increase circulation and hydration. This is followed by a relaxing foot and lower leg massage. You will also enjoy a warm aromatherapy neck roll and/or eye pillow to relieve tension while we finish with a glossy polish of your choice.

Our nail technician brings years of experience in delivering beauty and elegance to your hands and feet. Every Tallman Medical Spa treatment utilizes the "clean touch" system where all metal implements are sterilized to medical standards.

Call the spa staff today to schedule an appointment to try out one of our new and fun spa pedicures.

Laser Hair Reduction

If you have unwanted body hair, Tallman Medical Spa has the answer! Our hair removal laser will reduce hair almost anywhere on the body. Most people require at least 4 to 5 treatments, as the process is only effective when the hair follicle is in its active growth phase.

For the laser to be effective the hair must be a darker color and the skin must not be tanned or dark. This treatment does not work on blonde or gray hair. The laser will not permanently remove hair but it will drastically reduce the amount of hair that you see and feel.

This laser is a great alternative to waxing and shaving as well as being a more permanent solution to your unwanted hair. Please stop in for a FREE consultation and pricing for your series of hair removal treatments.

Kinerase Pro+Therapy

Kinerase is a gentle, yet effective skin care regimen scientifically shown to improve the appearance of skin aging. The power behind Kinerase is kinetin – a plant-based technology that helps visibly improve the appearance of aging and sun-damaged skin. Kinetin is a powerful antioxidant that actually prevents plant leaves from drying out and withering.

The Kinerase Pro+Therapy line is available only through a physician's office. It takes the restorative power of kinetin and combines it with zeatin – a proprietary plant-based technology. Both Kinetin and zeatin have a significant impact of the visible signs of skin aging. Zeatin is most effective in improving the

appearance of skin roughness and blotchiness, where Kinetin is most effective in improving the appearance of fine lines and the skin's ability to retain moisture.

Studies have shown that zeatin improves the appearance of fine lines and wrinkles, skin roughness and hyperpigmentation. Zeatin and kinetin, when used together as part of the Kinerase skin care regimen, have a scientifically significant impact of the appearance of the more severe signs of skin aging.

The advanced treatment options of Pro+Therapy are designed to break through topical cosmetic achievement and bring your results to a new level.