

*Our mission is to care for you and your skin by incorporating proven medical treatments in a relaxed spa setting.*

TALLMAN MEDICAL SPA

FALL 2015

406.294.9660

www.tallmanmedicalspa.com

*Where medical technology meets luxury ...*



**Tallman Medical Spa** is celebrating 10 years of business — what a wonderful decade of memories!

We cannot believe that it has been 10 years since we opened our doors at the Spa! Since then, so many amazing people have passed through our doors and we are grateful to have served them all.

### *Also in this issue*

Introducing Jane Iredale Cosmetics

LaVonne's Picks

All About Consultations

An Ounce of Prevention

Pick the Right Peel

Back to School

Seasonal Spa Promotions



## FRIDAY, OCTOBER 2: BIG TEN CELEBRATION

**Please join us in celebrating our 10th Anniversary on October 2, from 8:30 am – 4:30 pm.**

Enjoy refreshments, complimentary mini-spa treatments and makeup applications, 15% off all product and service purchases, gifts with purchase, and enter to win our 10-Year Fabulous Fraxel Package valued at \$9,000!\*

As we celebrate this milestone, we would like to thank *you* for your friendship, loyalty, and support over the years. Stop in and celebrate THE BIG TEN with us!

*\*non-transferrable, no cash value*

# INTRODUCING JANE IREDALE COSMETICS

What makes Jane Iredale Makeup special?



They use the highest quality ingredients available to ensure satisfaction with performance, coverage, application and texture. Their minerals conform to the most current technology available that ensure broad spectrum sun protection.

Jane Iredale foundations enhance your skin's own radiance. Made without talc, FD&C dyes, synthetic preservatives, parabens, or synthetic fragrance, our natural, long-wearing, mineral foundations encourage your skin to breathe and bring your essential beauty to light.

Stop in for your complimentary color match!



## LAVONNE'S PICKS

### Let me introduce you to Jane Iredale's Amazing Base Loose Mineral Powder!

Some of the many wonderful features and benefits of this foundation are that it is made from micronized minerals, it is free of synthetic chemicals, oil free, and weightless. Also, it is water resistant for 40 minutes with an SPF 20 broad spectrum (UVA/UVB) sun protection from the active ingredients titanium dioxide and zinc oxide. Another wonderful ingredient in the foundation is Pomegranate Extract, a potent antioxidant that aids in minimizing UV damage. Algae extracts calm and soothe sensitive skin and help enhance moisture retention by encouraging rebuilding of the skin's lipid film barrier.



My new favorite lip balm is the Jane Iredale's Lip Drink which comes in three shades, Buff, Crush and Sheer. Titanium Dioxide gives it broad spectrum sunscreen with SPF 15 UVB/UVA. It also contains the antioxidants green tea extract, and vitamins E and C - making it feel more moist on the lips than a traditional lip balm.

## AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE

You laugh, you frown, you concentrate, but over time those expressions can leave their mark upon your face. Simple maintenance can help prevent those expressions from forming permanent creases that can make you appear angry or tired all the time.

You take care of your investments — your car, home, yard — all replaceable. However your skin is not replaceable, you only get one.

Your skin is like a shirt you wear every day for the rest of your life. We shouldn't feel vain

or guilty about maintaining our skin. We want optimal health. We are told to eat right, exercise, and get a good night's sleep.

A simple skincare regimen with quality products, and as little as three maintenance visits a year is not a luxury, it's a plan for self-care that will help you maintain youthful, healthy skin. Doing this regimen will also help your skin look better and help prevent skin cancers. When we look better, we usually feel better. You are worth it! 🌸



Dana Fink, PA-C





# What to Expect from your Complimentary Spa Consultation

We are often asked what our clients can expect from Tallman Medical Spa consultations.

Our complimentary consultation is the first step to achieving your optimal skincare goals. We gladly offer all of our clients a consultation with one of our highly trained skincare professionals.

During the appointment you will be asked about your current skincare regimen, your areas of concern, and what specific things you'd like to address. We then discuss your regimen, concerns and appropriate treatment options that we would recommend.

Treatment options may include medical grade skincare products, esthetic treatments including peels, microdermabrasion or micro-needling treatments, laser treatments for maturity and pigment issues, and Botox and dermal filler injections.



Special consideration is given to the amount of downtime you can expect for any given treatment. Of course everyone is different, and experiences may vary, but we are able to give you a good idea of the results you can achieve, and what you can expect during your healing process. We cover the costs of each treatment and work together with you to come up with a customized skincare and treatment plan that is suitable for your needs and your budget.

Call today to schedule your complimentary consultation—we look forward to working with you!



## FAREWELL FROM ELLIE



Well... with a very heavy heart I am going to say a quick farewell to all of you whom I have had the honor and privilege of serving over the past four and half years. As most of you know I have been attending school part time at MSU Billings and have reached a point where I have to move forward from here to finish a Dietetics degree in Bozeman at MSU. I wouldn't trade the friends, experiences, and the knowledge I have gained here at Dr. Tallman's office for the world, and I absolutely plan on keeping in touch. Thank you for everything.

Healthy regards to you all! Sincerely, *Ellie*




Cassandra Kelly

## PICKING THE RIGHT PEEL FOR YOU

With so many choices it can be hard for someone to know what peel is right for them. I always recommend starting with a consultation. From there we can find out your specific wants and needs and how much "downtime" works best for you.

Chemical peels performed here in the office vary from Salicylic Acid and Malic Acid, and can be applied individually or blended, such as a Salicylic Acid, Resorcinol, Lactic Acid and Retinol Solution blend. These popular peels are called refreshing or lunch time peel. They usually require one to seven days of healing time. The lightest peel leaves behind no evidence of a procedure, although you may get mild flaking. With a stronger peel, the skin can be red afterward and as the redness disappears, scaling may develop. The "peeling" of the skin usually lasts three to seven days.

Home care after one of our peels requires little work compared to those performed in a plastic surgeon's office. We recommend using gentle lotions and creams until the skin is healed, followed by daily use of sunscreen. With the lightest peel, it is okay to use a mineral makeup immediately, but with the others I recommend waiting until the next day. No follow up visits are required. However, three to six peels may be necessary to give you the desired results you seek. These peels can be repeated every two to six weeks. Call us for a complimentary consultation.

 **Fall "Brighten Up" Peel Promotion** — Purchase a Skinmedica Rejuvenize Peel and receive a FREE Skinmedica Lytera or Vitamin C & E Complex (a \$125 value!) Valid through 11/30/15, while supplies last.

## BACK TO SCHOOL WITH CLEAR SKIN

Back to school stress can trigger new acne breakouts. Luckily there are treatment options that can help, including products and topical or oral prescriptions. Stay ahead of your breakouts by visiting with our Tallman Dermatology providers to develop a treatment plan to keep your skin healthy and clear. Call **406.294.9515** to schedule your dermatology appointment.



Philip Tallman, MD Peter Bulley, PA-C Dana Fink PA-C

## SUN UNDONE SPA SPECIALS

- **September** — Fraxel Full Face & Neck for \$1000 (a \$500 Savings!)
- **October** — 15% off Eminence Organics Skincare
- **November** — 20% off Full Face Lutronic Spectra Yag Peels



## FALL JUVEDERM SPECIAL

Buy 2 Juvederm Voluma XC, get 1 Juvederm Ultra Plus for Free! (A \$625 Savings)

*Offer valid through November 30, 2015.*

Visit [www.tallmanmedicalspa.com/spa-specials](http://www.tallmanmedicalspa.com/spa-specials) for complete spa specials calendar!

*stay  
connected*



Don't forget to like us on Facebook! We

will be giving away some of our **"What's New"** products from Jane Iredale through the Fall.



Also, sign up for our monthly email and

receive exclusive skincare tips and promotions by sending your name and email address to **info@tallmanmedicalspa.com**



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PERMIT # 294

2294 Grant Rd.  
Billings, MT 59102  
406.294.9660  
[www.tallmanmedicalspa.com](http://www.tallmanmedicalspa.com)

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