

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

TALLMAN MEDICAL SPA

FALL 2016

406.294.9660

www.tallmanmedicalspa.com

Where medical technology meets luxury...

The SculpSure Difference

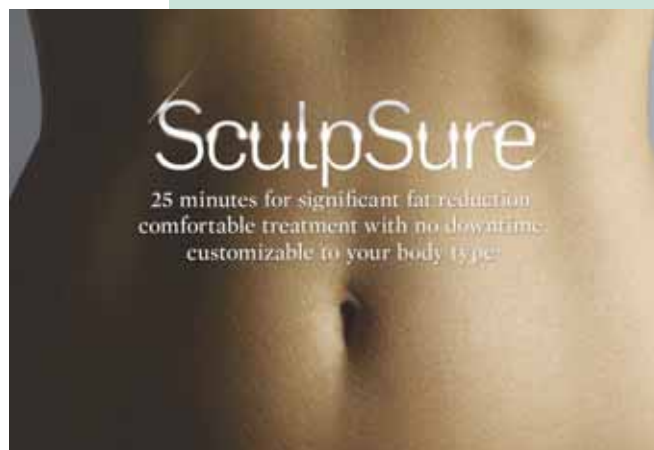
Even with diet and exercise, most people have areas of stubborn fat that seem impossible to eliminate. Several non-surgical body contouring techniques have been introduced during the past five years, but the two most common treatments are freezing (CoolSculpting) and laser (SculpSure).

SculpSure is the latest technology, approved by the FDA in October of 2015, and is rapidly gaining popularity worldwide as the new gold standard in non-invasive body contouring.

What sets SculpSure apart from other treatments?

- **Treatment time** — SculpSure only takes 25 minutes per treatment with up to four applicators, whereas CoolSculpting takes about one hour per applicator site.
- **Treatment comfort** — SculpSure patients report little to no discomfort as the applicators lay flat on the treatment area. Directed laser reduces the fat cells using heat, while a cooling pad keeps the skin comfortable. During CoolSculpting many patients report pain as the skin and fat layer have to be suctioned into a handpiece between two metal plates while the area is slowly frozen.
- **Natural results** — SculpSure has applicators that lay flat and disperse heat deep and laterally to blend the reduced area with the surrounding tissue. Because CoolSculpting literally “suctions” the area, it has a problem called “shelving.” This is where you can see an unnatural ridge where the applicator was positioned.
- **Recovery** — CoolSculpting patients often report discomfort, bruising and/or a numbing/tingling sensation in the treatment area for weeks after treatment. SculpSure patients have not reported any of these effects after their treatment.
- **Effectiveness** — Both SculpSure and CoolSculpting have been proven to reduce the fat layer. In clinical trials, SculpSure has been shown to reduce the fat layer slightly more than CoolSculpting. (24% vs 22%)

SculpSure can help patients of all types achieve the results they are looking for, with a more comfortable and effective treatment that fits into their busy lifestyles. **Call 294.9660 for your consultation today!**



Also in this issue

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FAQs

New Eminence

Collagen 101

Seasonal Spa
Recipe

Back to School
With Clear Skin

Specials





JEANI'S PICKS

SkinMedica Vitamin C + E Complex — The best factor for anti-aging is of course **sun protection** but we also want to use an **antioxidant**. SkinMedica makes a fantastic product called Vitamin C+ E Complex.

Ascorbic acid is one of the best antioxidants for your skin. It is shown to increase the production of collagen while scavenging free radicals. Epidermal vitamin C can be depleted by sunlight and environmental pollution. Vitamin C+ E has been shown to deliver rejuvenating effects on skin wrinkles, texture, and evenness of tone. This product can be applied to face, neck, and chest each morning.

Colorescience Even-up - Clinical Pigment Perfector — Another product that is amazing is our Colorescience Even-up. This product will **brighten, correct, and protect**. The formula instantly evens the skin tone and provides SPF 50. It also has a skin brightening UV complex which addresses the underlying causes of skin discoloration. This product can be applied to a moisturized face as the first step in your makeup application. If you want to help even out skin tone and texture, and protect your skin....these products are amazing!



BOTOX® AND FILLER FAQs FROM DANA

Botox is the most popular cosmetic procedure in the United States, followed closely by dermal fillers. Because of the growing interest in these treatments, I've compiled a list of common questions we hear in the office.



- 1 • **What is the difference between Botox and Fillers?** Botox relaxes the muscles that create unattractive wrinkles while leaving natural and attractive facial expression intact. Fillers are selectively injected into the skin with a fine needle to fill in wrinkles or add volume to facial features like lips, cheeks, chin and other areas that show signs of loss or aging.
- 2 • **Is there anything I should do before a Botox treatment?** No! Just bring your wrinkles and if you want to work out that day- do it before your appointment.
- 3 • **Is there anything that should be done before fillers?** Two weeks before treatment avoid blood thinning medications or supplements. There are foods and supplements you can take to help avoid bruising. (We have a list.) It is also a good idea to avoid alcohol for 24 hours prior to treatment since it can thin your blood, increasing your risk for bruising.
- 4 • **Will I still look like myself?** Yes! Friends and family may comment that you look more refreshed or relaxed, but treatments will not alter your appearance. You will look like yourself, just better!
- 5 • **What if I do not want any-one to know I was here or had anything done?** Your treatment regimen is confidential. We are absolutely committed to ensuring your privacy. We comply with HIPAA to ensure your medical records and treatment history are confidential.
- 6 • **Does it hurt?** No, Botox does not hurt. Most patients report very little discomfort. They describe it like a mosquito bite. With fillers the discomfort is minimal. It depends on the area being treated. A topical numbing agent can be applied prior to your treatment. Dermal fillers also have lidocaine in them.
- 7 • **Can I have Botox and fillers done before a big event like a wedding or class reunion?** Botox allows for immediate return to normal activities since bruising and swelling are minimal or non-existent. Botox kicks in within four or five days. Fillers occasionally result in some "down-time" depending on the area treated. There can be some minor swelling and/or bruising. Filler results are immediate. We suggest an appointment at least two weeks prior to an upcoming event.

We would be glad to answer any other questions you have. Please give us a call at 294.9660. 🌸



WHAT'S NEW 🍂

EMINENCE REPAIR AND PROTECT COLLECTION

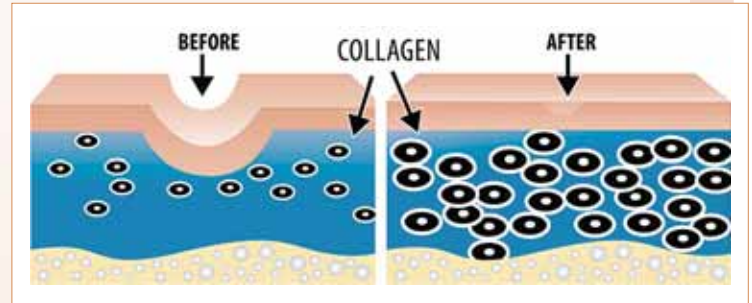
Cleanse, soothe, repair & protect. This collection of products will defend your skin against the harshness of the seasons with the powerful benefits of Rosehip and Lemongrass. **The Starter Set includes:** Stone Crop Gel Wash, Rosehip & Lemongrass Soothing Hydrator, Rosehip & Lemongrass Repair Balm, and Tropical Vanilla Day Cream SPF32. \$74.



COLLAGEN STIMULATION 101

Chances are you've heard of it, as well as the many treatments on the market that claim to rebuild it. But what exactly is collagen? Collagen is one of the most abundant proteins in the body and it makes up a large part of our skin, hair and nails. As we age, we lose collagen, which leads to fine lines and wrinkles.

The good news is that there are skincare products and treatments that can help stimulate the production of collagen to reduce the appearance of fine lines and wrinkles. Because each patient is unique, we don't recommend a specific therapy for everyone. After an individual consultation with our spa staff, we may recommend one or several of the following options:



- Topical retinoids, such as prescription Retin-A (tretinoin), are the gold standard skincare ingredient in triggering new collagen formation, along with its over-the-counter cousin retinol, found in SkinMedica's Retinol Complex.
- Topical growth factors, for example SkinMedica's TNS Essential Serum and Eye Repair, are known to stimulate stem cells in the skin and stimulate fibroblasts to produce more collagen.
- Micro-needling devices, such as the at-home MTS Roller or the in-office Rejuvapen, treat the skin with surgical grade micro-needles causing a slight injury that stimulates collagen growth.
- Radiofrequency treatments, such as Pelleve and PelleFirm are non-invasive treatment options that use heat energy to trigger new collagen production. These FDA-approved treatments improve fine lines and wrinkles on the face, neck, and décolletage with minimal downtime.

- Laser treatments, such as our Photofacials or Fraxel Re:Store treatments, use light and heat to treat the underlying dermis, stimulating collagen growth and prompting it to kick into self-repair mode, resulting in stronger, smoother skin.
- Dermal fillers, such as Radiesse or Restylane, immediately provide the volume and lift needed to diminish the signs of aging, but also act as a scaffold under the skin, providing structure and stimulating your own natural collagen to grow.

Targeting collagen production doesn't happen overnight, with most products and treatments yielding the optimal result three to six months after completing the treatment. To learn which options are best suited to you, please call 294.9660 for your complimentary consultation.

BACK TO SCHOOL WITH CLEAR SKIN



Philip Tallman, MD



Peter Bulley, PAC



Dana Fink, PAC

Back to school stress can trigger new acne breakouts. Luckily there are many treatment options that can help, including topical or oral prescriptions. Stay ahead of your breakouts by visiting with one of 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. 🍂

PUMPKIN-APPLE BREAKFAST SMOOTHIE

Fall is on its way, which means it's time to indulge in everything pumpkin! Among other health benefits, pumpkin is a great source of vitamins A and C, which boost collagen production, smooth out the skin, and prevent the signs of aging. This healthy smoothie will help promote firmer, softer skin.

- 1/3 cup old-fashioned oats
- 1/4 cup canned pumpkin
- 3/4 cup Greek yogurt
- 1/2 sliced and frozen banana
- 1/2 cup milk, any kind
- 1/8 tsp pumpkin pie spice
- 1 quartered apple
- 6 ice cubes

Place oats in blender and blend for about 30 seconds until finely ground. Add remaining ingredients, blend until smooth and enjoy!



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[Learn More](#)



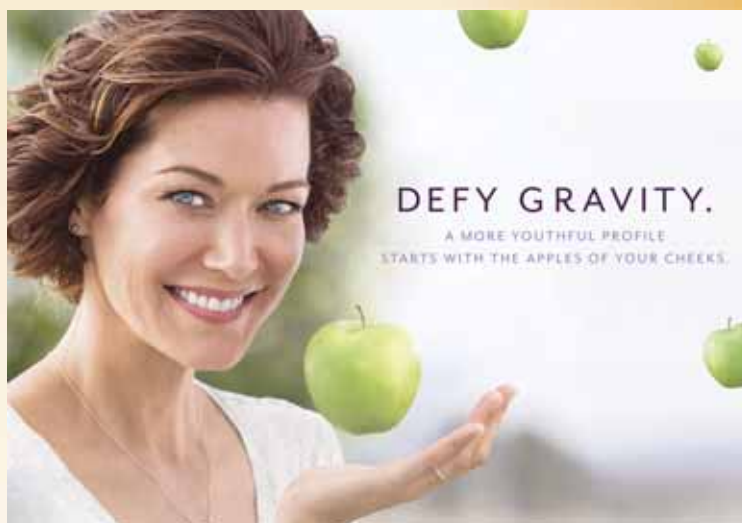
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Monthly Spa Specials

SEPTEMBER • Yes, you can reverse sun damage and restore your skin to its original, beautiful glow! Fraxel Face and Neck for \$1000 (a \$400 savings).

OCTOBER • Tighten and firm this month with Pelleve and PelleFirm, our non-invasive, pain-free treatments for the tightening of the skin on the face and body. Buy 3 areas and get 1 free during the month of October (a \$340 savings).

NOVEMBER • Undo your sun damage and remove those unwanted pigmented lesions with our non-ablative Spectra Q-Switched Nd:Yag laser. Receive 20% off the purchase of a full face Yag Peel during November.



FALL FILLER SPECIAL

Looking for a smoother contour and more youthful appearance? Buy two syringes of Voluma or Juvederm Ultra Plus and get another FREE Juvederm Ultra Plus syringe (a \$625 savings).

Offer valid through November 30, 2016.

Stay connected. Sign up for our monthly email to receive skin care tips and promotions by sending your name and email address to info@tallmanmedicalspa.com