

We care for you
and your skin by
incorporating proven
medical treatments in
a relaxed spa setting.

TALLMAN MEDICAL SPA

SPRING 2019

406.294.9660

www.tallmanmedicalsapa.com

Where medical technology meets luxury...

The Laser Edition!

Tallman Medical Spa is truly the place where *medical technology meets luxury*! We are proud to offer a wide array of lasers to treat maturity, pigment concerns, remove unwanted hair, sunspots, or tattoos, and contour your body by removing stubborn areas of fat. We work under the supervision of Board-Certified Dermatologist, Philip Tallman MD – so you know the health and care of your skin is our top priority.

At the Spa our staff have over 30 years of experience with the laser treatments we offer, ensuring our clients are provided the safest and most effective treatments available to address their concerns. As always, we offer complimentary consultations for our patients to support our mission:

"Our mission at Tallman Medical Spa is to maintain an atmosphere of professionalism, personal attention, and excellence in care. We focus on educating our clients in maintaining healthy skin and treating and preventing the signs of aging. We strive to do this through offering the most advanced technologies and through promoting the highest quality of skincare products, as well as providing the best therapeutic and aesthetic services available."

Call 406.294.9660 today to schedule your appointment!



Got 25 minutes to spare?

One of my favorite treatments in our Medical Spa is SculpSure. SculpSure is a non-invasive body contouring system for the reduction of stubborn fat. Often times we have trouble spots that are resistant to exercise and diet. This 25-minute procedure destroys up to 24 percent of treated fat cells without surgery. I have found that the SculpSure treatment is ideal for patients who diet and exercise and are at their optimal BMI but have a trouble area such as the abdomen or love handles. The results have been fantastic when a patient is on a "treat to complete" program. This program consists of coming into our office every six weeks for three to five treatments on the area of concern. Many patients start to see results as early as six weeks following treatment as the body begins to evacuate the destroyed fat cells. Optimal results are usually seen at 12 weeks.

There is no downtime with SculpSure so you can return to normal activities immediately.

Book your complimentary consultation with our office to see if SculpSure is the right treatment for you.

Jeani Link, LMT & Laser Technician since 2016



"I LOVE SHAVING MY LEGS EVERY DAY"... SAID NO ONE EVER!



The GentleLase system is a long-pulse high energy laser that emits a gentle beam of light that passes through the skin to the hair follicle where it is absorbed. The laser energy is transformed into heat, which destroys the hair follicle leaving the surrounding skin unaffected. The hair must be dark in color, and the skin must be its natural color with no tan. Treatment time varies due to the area being treated.

You will want to avoid the sun, electrolysis, tweezing and waxing the hair for four to six weeks prior to treatment. You can shave and trim to keep the hair short. Only 24 hours of growth is needed to treat. This procedure is not covered by insurance and a free consult is an option for pricing and other questions.

During my treatment I wore safety eye wear and the sensation was like a slight rubber band snap. A little discomfort was a wonderful trade off to not need to shave as

What areas can Laser Hair Removal be used on?



much and the hair that grows back in between treatments is very fine and a little sparse. After six treatments, four weeks apart, I have needed a few touch ups for a couple of stray hairs. We do touch ups at 60 percent off the original price. The GentleLase system also is effective for the treatment of small blue veins.

LaVonne McCamley, *Spa Assistant since 2014*

LASER TATTOO AND PIGMENTED LESION REMOVAL

Our Spectra Q-Switched Nd Yag laser is a clinically proven solution for a wide range of concerns including benign lentigo (brown spots), tattoos and acne. The Yag delivers effective power with multiple wavelengths to maximize treatment results with minimal social downtime.

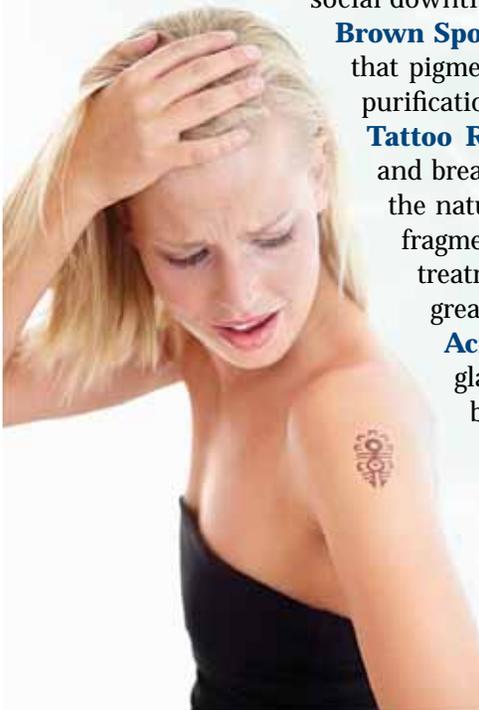
Brown Spots (Lentigo): Laser light is absorbed by the pigment and that pigment is broken up to be absorbed and eliminated through the body's natural purification process. It's possible to treat individual spots or whole areas.

Tattoo Removal: Using the laser light at varying wavelengths, lasers can fracture and break up the ink into microscopic pieces that the body can remove, harnessing the natural energy of light and the natural responses of the body to dispose of the fragmented ink particles. Although the results are not immediate and repeated treatments are necessary, the process is safe and permanent and usually yields great results.

Acne treatment: Simultaneously targets acne causing bacteria and sebaceous glands during the treatment, reducing sebum production and clearing of pores by more than 30 percent and reducing acne breakouts and pore size, redness, and inflammation.

These treatments are usually performed without anesthetic and are usually well tolerated. With any treatment using the Yag hydration is very important to aid the body in healing. Applying sunscreen of SPF 30 or greater every day is also a MUST due to an increased risk of pigmentary changes (Hyper or hypo-pigmentation).

Kim Harris, *Esthetician & Laser Technician since 2018*



MAINTAIN HEALTHY, BEAUTIFUL SKIN WITH FRAXEL RE:STORE

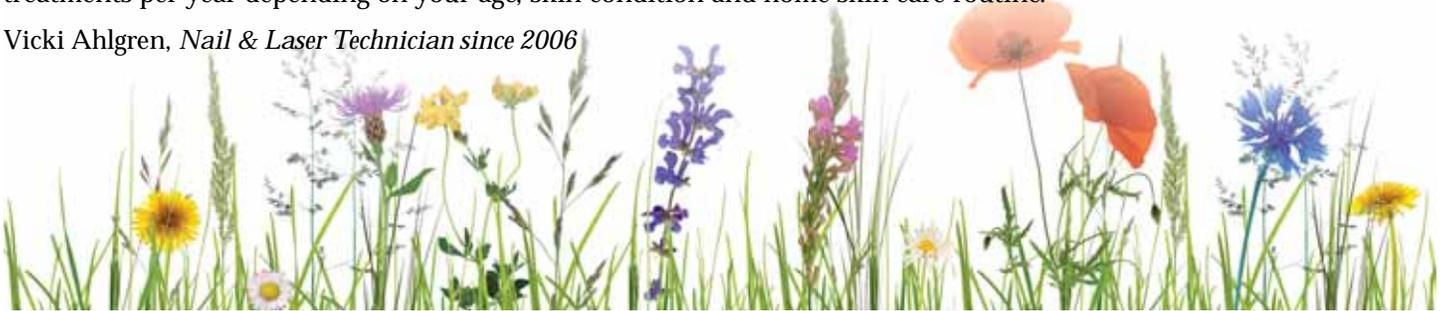


The Fraxel 1550 Re:Store laser system is considered one of the best available treatments for non-ablative fractional resurfacing of the face, neck, chest and hands. The Fraxel combats the signs of aging, improves texture, and gives a more even skin tone. The laser treats only a fraction of tissue at a time, leaving the surrounding tissue untouched, which promotes rapid healing while replacing the old and damaged cells with fresh, glowing, and healthy skin.



The Fraxel is my personal favorite treatment for myself and to perform on my clients. After treatment you will experience three to five days of swelling, then a sandpaper texture with dry flaky skin. If you have any pigment you may see a 'coffee ground' appearance that subsides within a few days. We call this timeframe a 'social downtime' where you are able to wear makeup and do everyday tasks. Seven to ten days after treatment your skin will feel smoother and look brighter, with a more even skin tone. Your skin will continue to show improvement over the following three to six months as the deeper layers of skin continue to create new collagen. We recommend one to two treatments per year depending on your age, skin condition and home skin care routine.

Vicki Ahlgren, *Nail & Laser Technician since 2006*



QUICK, CONVENIENT TREATMENT FOR VASCULAR LESIONS



Our V-Beam Perfecta is considered the industry's gold standard for treating redness with little or no bruising.

The V-Beam laser is a pulsed dye laser used to treat conditions such as rosacea, facial or nasal veins, small leg veins, birthmarks, port wine stains, redness in scars, or any other condition with blood/redness as the primary target. The light is absorbed by the blood vessels in your dermis. The destroyed vessels are then reabsorbed by the body during the natural healing process.

The V-Beam treatment is fast, visibly effective, and not terribly uncomfortable. I've treated broken capillaries around my nose (nasal telangiectasia), small leg veins (spider veins) and small cherry angiomas on my face. The typical treatment will cause the vein to darken—similar to a cat scratch—then it will disappear over the next few weeks just like a bruise would heal. There's

a bit of a sting when treating, but there is no lingering discomfort or downtime after treatment.

If you have areas of redness that concern you, you don't have to live with them. A 30-minute appointment may be all it takes to reduce or remove the redness and give you clear and glowing skin.

Michelle Qualls, *Practice Manager since 2008*



STAY CONNECTED . Sign up for our monthly email to receive skincare tips and promotions by sending your name and email address to info@tallmanmedicalspa.com.



Become a fan of Tallman Medical Spa on Facebook and become eligible for promotions and prizes that are exclusive to Facebook!



SPRING SPA SPECIALS

APRIL • April is National Rosacea Awareness Month. Receive **30% off** of your V-Beam Laser Package of three treatments purchased in the month of April.

MAY • Skin Cancer Awareness Month. Receive **15% off** of the purchase of any product with an SPF during May.

JUNE • **15% off** the purchase of any ColoreScience product, our line of high-integrity pure mineral makeup that also protects the skin from the damaging effects of the sun and environment



Specials are also listed at tallmanmedicalspa.com. Check back often — specials are subject to change!



2294 Grant Rd.
Billings, MT 59102

406.294.9660
www.tallmanmedicalspa.com

PRSR STD
US POSTAGE
P A I D
BILLINGS MT
PERMIT # 294

NEW AT THE SPA – CLARISONIC MIA PRIMA!

What is the Clarisonic Mia Prima? It is a facial cleansing brush that cleans six times better than manual cleansing, improves the appearance of your skin, stimulates collagen production, and allows for better penetration of your skincare products.

Solutions for:

- Pores
- Acne and blemishes
- Dullness and uneven texture

If you want to know more...

One mode, one button, one minute for fast and simple skin cleansing. **Mia Prima Sonic Facial Cleansing Brush** minimizes the appearance of pores and allows skincare products that follow to absorb better. The soft start helps skin adjust gently to sonic cleansing, gradually increasing power. Mia Prima works with any Clarisonic facial cleansing brush head, is easy to charge, and gently cleanses skin six times better than hands alone. You'll see visibly minimized pores, a more radiant

glow, and smoother, softer, more even skin. Patented, proven, and safe to use two times a day, it removes makeup, sunscreen, and pollutants hiding in pores.

Available today at the Spa, \$99

