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## November News

**November brings** rare opportunities, as we are not distracted by the frenzy of summer activities, nor are we yet into our full winter hibernation....or escape, for the lucky ones. The Holidays are looming, but are far enough away, so it's a great time for old movies, special dinners with friends, and everyone's favourite, personal pampering. Speaking to the latter, there are a few fresh notes of interest.....

**Thermage CPT season** is in full swing, especially with the new CPT Total Tip, which has a larger surface area, and can deliver more energy, resulting in added benefits of skin firming and rejuvenation. The treatment is a preferred preventative measure for anti-aging, especially for early sagging and loss of tightness. It has irreversible effects, which stay for years, to counteract the inevitable aging process. It is presently recommended as ideal maintenance, to be performed every few years. The results are subtle, but definite, and do not distort the natural lines, simply improve them.

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**Vivier skin care specials** for November include exfoliative masks and dark eye circle cream, and camouflage cover-up by glo-minerals. Perfect post-Halloween products....all at 20% reduction. Wrinkle reduction kits by Vivier are also on promotion this month, a selection of premium products, such as C & E, spf 30, daily moisturizer, foaming cleanser and toner, and the firming eye contour cream. They are great for gift-giving, for yourself....or your loved ones.

**The CoolSculpting specials** are over for now, though the results are just starting to roll in. The response has been phenomenal, so we are expecting slimmer, trimmer silhouettes very soon. The flexibility in treatment options and ultimate sculpting opportunities with the new, advanced hand-pieces is impressive to the well-healed aesthetic hounds, not to mention yours truly, so if you haven't jumped onboard yet, there is still time before the inevitable winter swimsuit scene.

**Restylane and Perlane** injection techniques continue to evolve. Newest, and most interesting on the roster, is the use of Restylane and Restylane FineLines around the eyes, to decrease the shadowy hollowness that comes with time. This treatment is easy and quick, and relieves the fatigued, overworked look, which we prefer to not wear. It takes years off our faces, and works well for most patients. Combined with revolumizing the upper cheek, the aging face can take on a fresher, more rested appearance, all in the matter of an hour. The benefits are immediate, and last for many months, if not years. These areas of the face are often left unaddressed, though plague many a patient, so if this rings a bell with you, best to come and discuss your options.

**On a personal note**, I believe I am finally ready to part with a select group of my artwork, displayed in the office and in my private collection. Many of you have specifically requested that I contact you, if and when that moment arrives.....well, it's here. If a particular piece is of interest to you, now would be the time to mention it. As you know, these are all original works, so there is no chance of a repeat performance. Private viewings of the full collection can be arranged as well, now that these pieces are available for acquisition. Pricing will be shared upon request.

**Having just attended** a weekend seminar entitled, "Daring to Live the Dream", I am impressed and proud to report that my clients fall into a very small minority, i.e., those

impressed and proud to report that my clients fall into a very small minority, i.e., those who do. I appreciate and I am reminded repeatedly of the luck I have in meeting and sharing in the growth of my patients. The aesthetic procedures are only a part of the journey, though central, it is the para-therapeutic aspect that is equally important. It is the latter which often leads to the unexpected changes, which only enhance the joy in the cosmetic improvements. Thank you for allowing me to be involved in this transition. It is an honour, which I regard with pride and dignity.

Here's hoping November blues don't appear on your doorstep. If they should hover, you know who to call to help send them sailing.

Cheers for now,

KJD-MD