



L-R Beverly Thompson, Medical Coordinator and
Jenny Veinotte, Lead Clinical Esthetician

Beauty Secrets Revealed

By **Melanie Furlong** Photos **Bruce Jollimore**

The beauty regimens of Hollywood stars are by no means secret. But until now, finding out where to get the Thermage treatments Linda Evangelista, Gwyneth Paltrow and Demi Moore have been raving about for years has felt shrouded in mystery.

Vitality Medi-Spa is one of the few medispas that offers Thermage. Anyone who's interested in having this particular anti-aging treatment is recommended to book a private, complimentary consultation with their staff physician, Dr. Van Aardt, the president of the National Association of Cosmetic Medicine.

"This treatment is not widely advertised due to its specific specialization and

uniqueness," says lead esthetician Jenny Veinotte. "Receiving a complimentary consultation ensures Thermage is the proper treatment selection to address and correct the patient's concerns."

Thermage treatments are ideal for both men and women age 30-65. Male treatments are on the rise, and with the intense competition in the job market today, some men are looking for alternatives toward a younger appearance.

The younger the patient, the more they will maintain their beautiful youthful skin. The more mature patient will not only see smoothing and lifting results, but will notice skin rejuvenation until collagen production peaks at roughly

six months. Thermage is often used as an alternative to invasive eye or neck lift surgeries. From face and neck to tummy and legs, Thermage provides drastic skin tightening and has been called total skin rejuvenation.

Before undergoing treatment, patients are advised to prepare their skin so it is as healthy as possible. "Healthy skin will respond best to any type of in-house procedure," says Veinotte. "I recommend an at-home skin regimen consult with your clinical esthetician first so they can suggest proper ingredients for your skin's needs."

Performed using a radio-frequency energy applied to the surface of the skin through a very scientific tip, Thermage



is the process of volumetrically heating the layers of skin that reach down to the dermis and surrounding tissue. Depending on the area of body, a treatment can take from one to two hours. Contraindications are very minimal for this non-invasive procedure.

"Patients can expect some subtle changes the day of the treatment and continued improvement in skin quality, including smoothing, lifting and accentuating, which peaks at six months," says Veinotte.

Recent studies have shown even greater results when Thermage treatments are delivered once a year. "Some patients see results immediately along the jawline

or cheek where there's vectoring," says Veinotte.

Following a Thermage treatment, one of the most effective skin care ingredients is vitamin C serum, as found in VivierPharma's Vitamin C&E Serum, which is a stable form of L-ascorbic acid.

As Thermage creates fresh new collagen cells in your skin, the vitamin C is pivotal in preserving, maintaining and nourishing to create long-lasting results. An SPF is always recommended for healthy looking skin.

Vitality Medi-Spa prides itself on exceptional customer relations and the ability to service all your hair salon,

spa and cosmetic medical needs. They provide a unique experience by offering full salon services, including Redken cutting and hair colour technology, day spa services such as manicures, pedicures, facial treatments and cosmetic medical services.

To find out more about Thermage, book your complimentary consultation at Vitality Medi-Spa! ■

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