



- In This Issue**
- [Sun Protection](#)
- [Upcoming Events](#)
- [Staff Favorites](#)
- [May Hair Removal Special](#)

### Ongoing Specials

**TNS Tuesday**  
Receive a 30% discount off TNS SkinMedica products the first Tuesday of the month.

**Transformation Thursday**  
Receive a \$15 discount on any Obagi product the last Thursday of every month.

**Wrinkle Free Friday**  
Receive 25% off your BOTOX® Cosmetic procedure. Spots fill up quickly - [contact us](#) to schedule your appointment today.

## Protect your skin from the sun for healthy and radiant skin

Although it's great to feel the warmth of the sun after so many months of winter, it's important to remember the damage sun can cause to your skin.

The sun gives off ultraviolet radiation, exposing you to UVB and UVA rays. Although our skin tries to protect us with melanin, a lifetime of sun exposure can lead to dry, wrinkled and leathery skin as well as irregular pigmentation, also known as sunspots or age spots.

The sun's most serious threat is that it can result in malignant transformation of the DNA in the skin cells resulting in skin cancer.

Stay healthy, and keep your skin looking firm and radiant by following these tips.

### Prevention

Staying out of the sun is the best way to avoid sun damage. When you do go outside, protect yourself from the sun's harmful rays. It may make a difference in your future appearance and health. Here are some tips:

1. Decrease sun exposure, especially between 10 a.m. - 4 p.m.
2. Wear protective clothing. Often mothers will go to lengths to protect their children, but not themselves.
3. Wear sunscreen. Daily use is important in keeping the skin looking young and healthy
4. Consider taking either oral or topical antioxidants. They may produce some protection against sunburn. Vitamin C, A, E and green tea polyphenols are some examples.
5. Avoid tanning beds. Most use UVA, and there are negative consequences to long term UVA exposure.

## Sunscreens

SPF (sun protection factor) measures the ability of a cream or clothing item to prevent sunburn. It measures the time of sun exposure to develop sunburn with protection, divided by the time to produce sunburn if unprotected. For example: If unprotected, a person develops a sunburn in 20 min. If they use SPF of 10, it extends the time until sunburn to 200 min.

Sunscreens protect our skin by reflecting or absorbing UV radiation. Physical sunscreens reflect UV radiation, while chemical sunscreens absorb radiation.

Most sunscreens protect mostly against UVB radiation, but not UVA. The ideal SPF would protect against both UVA and UVB by using a combination of agents.

Keep these things in mind when you are applying sunscreen:

1. Apply sunscreen 15-30 minutes before exposure
2. Use SPF 15 or higher – especially if you will be outside for a long time or you have a sensitivity to the sun.
3. Sunscreen must be applied thick or it is less effective
4. Reapply every 20 minutes; traditionally most people would only re-apply in 2-3 hours.

For more information about how to protect yourself from the sun's harmful rays, contact us today.

## Upcoming Events

### **SkinMedica Event, May 5, 9 a.m. to 7 p.m.**

If you're looking for ways to make your skin look younger, attend our SkinMedica® event on May 5 and take advantage of great deals on this breakthrough skin care line. Specials include a 30% discount on all TNS products and a "Buy1, Get 1 free" Illuminize or Vitalize peel.

### **Jane Iredale Day, May 7**

The Jane Iredale makeup line is a highly sophisticated blend of minerals and pigments that will give your skin a healthy glow and leave it feeling silky smooth. Visit Cosmetic Solutions on May 7, to learn more about this makeup line from our Jane Iredale rep and receive 20% off all Jane Iredale makeup products.

Cosmetic Solutions events are held at [855 A Ave. NE in Cedar Rapids.](#)

## Staff Favorites

**Johanna Abernathy, M.D.,**  
3 years with Cosmetic Solutions

"My favorite procedure is the Titan, because it helps with skin laxity and wrinkles.

The Titan is a broadband infrared light device that heats the collagen in the dermis. The collagen fibers actually tighten and undergo contraction. It also stimulates neocollagen or the production of new collagen. It gives a fresher look to the skin without any downtime. Our technique makes it a very relaxing procedure; most can feel and see the difference immediately."



## Take advantage of huge savings with our May hair removal special

Remove unwanted body hair and save \$500 in doing so.

Purchase a bikini hair removal package at Cosmetic Solutions and get an underarm hair removal package (valued at \$500) for free.

At Cosmetic Solutions, we use the [Cutera CoolGlide Laser](#). The cooled hand piece makes the procedures more comfortable.

For more information or to schedule your consultation today, [contact us](#) at 368-5566.

**\$15 off  
SkinMedica  
or Obagi  
sunscreen**

Thank you for subscribing to the Cosmetic Solutions Science of Beauty newsletter. Print off this coupon and stop by Cosmetic Solutions to receive \$15 off any SkinMedica or Obagi sunscreen.

Offer Expires: May 29, 2009

# the SCIENCE of BEAUTY

## [Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to [jrundquist@mindfirecomm.com](mailto:jrundquist@mindfirecomm.com) by  
[info@cosmeticsolutionslaser.com](mailto:info@cosmeticsolutionslaser.com).

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Cosmetic Solutions | 855 A Avenue NE | Cedar Rapids | IA | 52402

Email Marketing by

