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**Ongoing Specials**

- TNS Tuesday**  
Receive a 30% discount on all TNS SkinMedica products the first Tuesday of every month.
- Transformation Thursday**  
Receive a \$15 discount on each Obagi product the last Thursday of every month.
- Wrinkle Free Friday**  
Receive 25% off your BOTOX® Cosmetic procedure every Friday. Spots are filling up quickly - call to schedule your appointment today.

**Services**

- Laser Skin Rejuvenation
- Laser Hair Removal
- Laser Vein Therapy
- Limelight

**Say goodbye to leg veins with laser therapy**

Unsightly leg veins are a common but often ignored problem, especially among women.

In the United States, nearly half of the adult population suffers from spider veins, small blue or red vessels within the skin, or varicose veins, dilated and ropy blue vessels under the skin.

If you suffer from swollen, achy or dilated veins in your legs, you may be relieved to hear that laser therapy has revolutionized the treatment of this condition.



**What causes leg veins?**

Veins return the blood to the heart. If they stop functioning the way they are supposed to blood can flow backwards and pool in the vein, causing it to stretch. This condition is known as venous insufficiency. The symptoms include mild leg heaviness or aching, dilated or unsightly veins, troublesome swelling or edema or possibly infections or ulcerations.

The incidence of venous insufficiency increases with age, obesity, a history of blood clots, and serious leg trauma. Other risk factors include a family history of venous disease, prolonged standing, and childbirth. Chronic venous insufficiency may be twice as common in women.

**How can laser treatments help?**

Until recently, the removal of varicose veins required the actual stripping of the vein – a surgical procedure that required a hospital stay and lengthy recovery process. Thankfully, lasers have revolutionized the treatment of vein disease. Lasers have the unique ability to selectively target blood vessels without affecting the surrounding tissue.

**How does it work?**

When the laser is pulsed, the light energy passes through the skin causing minimal disturbance. The light energy is absorbed by the blood vessel and it coagulates. Once coagulated, the vessel is reabsorbed by the body and the blood flow is redirected.

At Cosmetic Solutions, our lasers treat smaller veins in just 2-4 treatments, depending on the size and number of veins needing treatments. Larger veins usually require another kind of laser

Skin Tightening

treatment or surgery. These are usually performed by a vein specialist. We are happy to arrange for a consultation, if we feel you are a good candidate for more extensive treatment.

Botox Cosmetic

Radiesse Dermal Filler

Restylane Dermal Filler

Juvederm Injectable Gel

**Are there any side effects of laser vein treatments?**

Many patients report few, if any, side effects. Those most commonly noticed are slight reddening and local swelling of the skin, which usually subsides in less than 24 hours. Some patients may experience slight bruising and in rare instances, blistering may occur. At Cosmetic Solutions, we use the Cutera CoolGlide laser, which cools the skin before and after the laser energy is delivered.

To learn more about the Science of Beauty behind laser vein therapy, [contact us](#) today.

Aesthetic Facials

**Love your legs in 2010**

Chemical Peels

Save big on your legs this winter with this incredible special from Cosmetic Solutions.

Jane Iredale Makeup

Get a leg up on unsightly leg veins in 2010 by taking advantage of our vein special. Receive a \$50 discount off a single treatment or a \$100 discount off a package of three treatments.

Obagi Skin Care

Offer expires March 31, 2010.

Skin Medica

[Contact us](#) for more information.



**Think spring, think hair removal**

The winter months are the perfect time to get ready for spring break and summer with laser hair removal treatments. Schedule your appointment before March, and receive a 20% discount on ANY hair removal package.

Offer expires March 31, 2010. [Contact us](#) for more information.

**Don't miss out on these special  
Cosmetic Solutions events**

**Jan. 10 - Iowa Bridal Planner Expo & Fashion Show**

Visit the Cosmetic Solutions booth at the Iowa Bridal Planner Expo & Fashion Show on Jan. 10 between 1 p.m. and 4 p.m. to learn more about the Science of Beauty and to register for a chance to win a relaxation package for two. The package includes an aesthetic facial and a purifying back treatment.

Where: US Cellular Center, 370 1st Ave NE, Cedar Rapids, Booth 112.

### Jan. 26 - "Glow in the Snow" Seminar

Say goodbye to winter blues at our January event. Learn more about our full line of services and the Science of Beauty during our "Glow in the Snow" seminar. Our experienced staff will share with you information about our products and services, and answer any questions you may have.

Our SkinMedica rep will also be present during the event to offer special pricing options and share more information about the medical-grade skin care line.



**When:** Tues, Jan. 26 at 5:30 p.m.

**Where:** 855 A Avenue, NE, Cedar Rapids

**Specials:** Receive a \$60 discount off a single laser vein treatment or a \$130 off a package of 3. (Offer valid that night only)

There will be several other door prizes throughout the night. Drinks and hors d'oeuvres will be served. Bring a friend!

### New Products

New to Cosmetic Solutions in 2010, is the [Skin Medica Rejuvenize Peel](#). This chemical peel is the strongest peel Skin Medica has to offer.

With this treatment you can expect a significant improvement in pigmentation, acne and melasma (pregnancy mask). You can also expect to see a noticeable change in skin texture and tone, as well as fine lines and wrinkles.

The actual procedure is the same as other peels we offer. Most peel treatments take 15-30 minutes at the office. The peel is left on overnight and is washed off the following morning. You can expect to start peeling within 24-48 hours. Peeling can last up to 7-10 days.

With the Rejuvenize Peel, we recommend you purchase a Post-Procedure kit for the peeling process as this is a more intense peel compared to other Skin Medica peels. The Post-Procedure kit includes a sensitive skin cleanser, restorative ointment, TNS Ceramide treatment cream and an Environmental Defense SPF 30+ lotion.



During your consultation, we can determine whether or not you are a candidate for a series of peels, and we will go into more detail about using your Post-Procedure kit following your peel.

This peel is safe for all skin types, so [contact us](#) and schedule your appointment today!

*Haley Peterson, Licensed Medical Esthetician  
4 years with Cosmetic Solutions*

**Receive a \$50  
discount on the  
new Skin Medica  
Rejuvenize Peel.**

Thank you for subscribing to the Cosmetic Solutions Science of Beauty newsletter. For our newsletter subscribers only: Receive a \$50 discount on the new Skin Medica Rejuvenize Peel. Cannot be combined with any other offers.

Offer Expires: Jan. 31, 2010

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of BEAUTY

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