

ENZA SKIN CARE ESSENTIALS PUBLICATION

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Deb Markham  
PARAMEDICAL AESTHETICIAN

## Message from Deb:

*Greetings!* The team at Enza is thrilled with the positive reaction to our new Enza Medispa and the new look of Enza Essentials skin care products.

Our mission is to provide you with options for comprehensive skin renewal in a comfortable and relaxing setting.

We understand the world of cosmetic enhancement can be confusing at times. We're here to help you unscramble the process of choosing, not only the right procedure, but also guide you in a plan to achieve and maintain the best possible results.

If you haven't had an opportunity to visit our new Enza Medispa, the holiday season would be perfect for stopping by to select some *Enza stocking stuffers* for friends and family. Or, make an appointment and treat yourself to some pre-holiday skin renewal. Enza Medispa is for you, offering products and services that are effective, safe and of highest quality and always with your privacy and comfort in mind.

In this issue of *Enza Essentials*, we will focus on the eyes. Expressive attractive eyes have always been our desire. Unfortunately, the skin around the eyes is delicate and vulnerable. There are plenty of options available to fill the fine lines, lift the droopy lids and banish the bags! From simple skin care treatments to surgical solutions, let us help you select the best plan of treatment for truly beautiful eyes.

The Holiday Season is almost here and we hope to make your shopping a bit less stressful. *Enza Medispa* offers Gift Certificates for all products and aesthetic treatments, including our special holiday offer, *Sugar Plum Spice - Body Trio*. Let the holidays begin!

Wishing all of you a Joyous and Happy Season!

Deb Markham  
Paramedical Aesthetician

RUCKER MD, PLASTIC SURGERY CLINIC

## THE EYES HAVE IT

Eyes are expressive and a giveaway to our well being. Our eyes possess the tell-tale signs of a person who is lacking sleep, has shed some tears, has been up all night, or is under stress. Does this sound like you?

The area around the eyes reflects the first signs of aging. This is the thinnest skin we have. The collagen and elastin fibers are less numerous around the eye, resulting in a loss of elasticity at a much earlier age than other facial areas. With every expression we make, our eyes take a beating, from laugh lines to frown lines.

The best way to keep skin around the eyes healthy is treatment with beneficial skin care products and sun protection.

Eye creams should be light and moisturizing, to be used on normal to dry skin tones. Eye gels are sometimes better for oily skin conditions. Enza Essentials offers you the best in eye treatments: **EYEBRIGHT INTENSIVE EYE CREAM** and **MICROSOME EYE GEL**.

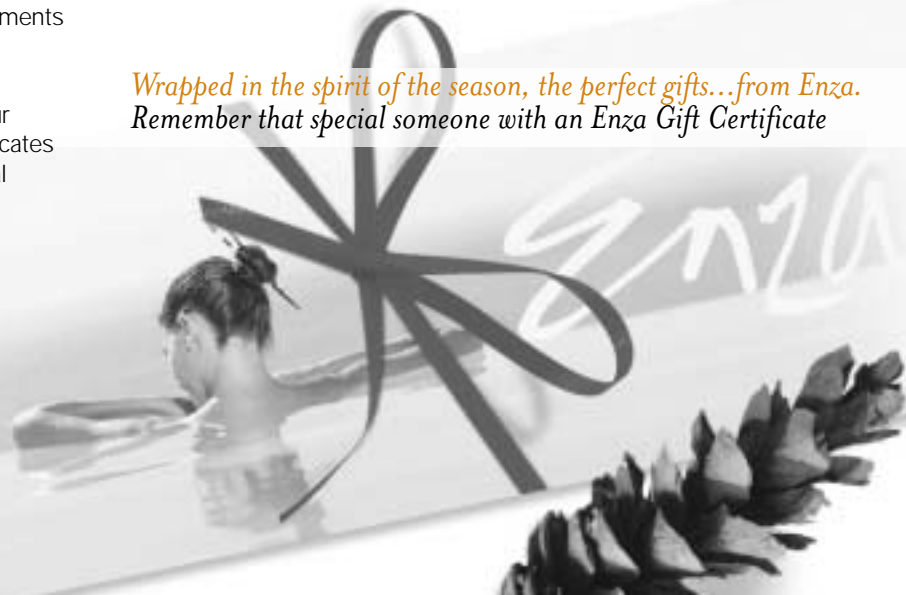
The three most common problems in the eye area: fine lines, puffiness and dark circles

**Fine Lines** - mostly caused from dehydration, stress, pollution and aging, while we may not be able to do much about genetic aging. We can help prevent and treat environmental aging (caused by pollutants, smoking and sun exposure). Tremendous advances have been made in developing products that treat fine lines and wrinkles. Key ingredients include, vitamins A, C and E; along with bio-peptide proteins and alpha-hydroxy serums. These ingredients have been proven to repair tissue and increase collagen production.

**Puffy Eyes** - generally occur when fluid gets trapped under the delicate eye area, however it can also be a sign of allergies or sinus problems. Some key anti-inflammatory ingredients that help reduce puffiness include: cucumber, green tea and chamomile. Apply *Enza Essentials Microsome Eye Gel* daily. These ingredients diminish puffiness through an astringent effect.

» continued next page

*Wrapped in the spirit of the season, the perfect gifts...from Enza. Remember that special someone with an Enza Gift Certificate*



# Jane Iredale – the skin care makeup

**Jane Iredale Mineral Makeup is rich and magical!** It enhances natural beauty with great colors and healthy ingredients. It is oil-free, has no sensitizers, offers supreme coverage and can give UVA/UVB protection of SPF 20. It's all you need for a skin that looks flawless, radiant and healthy all day long.

Jane Iredale, president and founder of Iredale Mineral Cosmetics, introduced her comprehensive line of mineral cosmetics in 1994. She has worked with world-renowned plastic surgeons and dermatologists to develop the makeup known to physicians and aestheticians as "The Skin Care Makeup" and used in more than 30 countries by celebrities, makeup artists and medical professionals. Mineral makeup has greatly impacted the way makeup is perceived.

## KEY INGREDIENTS

**MICRONIZED MINERALS** - True mineral makeup contains an assortment of finely milled minerals providing luminous coverage, sun protection and anti-inflammatory properties that help keep the skin calm and protected. Inert minerals and natural color pigments eliminate the need for chemical dyes and preservatives while providing remarkable protection from the sun. Micronized minerals allow the skin to breathe and function normally. These minerals also have a water resistant rating.

**ANTI-AGING INGREDIENTS** - Vitamins C and K, hyaluronic acid and co-enzyme Q10 are added to the minerals to enhance the skin-soothing benefits. Ingredients are delivered into the skin through a time-release action. The result is a measurable improvement in the appearance, feel and health of the skin.

"Makeup is now part of the solution, not part of the problem," says Iredale.

## PURE MINERAL MAKEUP SHOULD...

- List minerals at the top of the ingredient format
- Be long wearing
- Cover imperfections without making the skin look coated
- Feel weightless on the skin
- Remain creaseless, even along smile lines and in the crease of the eyelids
- Appear luminous and feel silky
- Be nonirritating to even sensitive skin
- Be free of chemical preservatives, fragrances and artificial dyes (skin inc, 11/05 and dayspa, 10/05)

The important thing to remember about mineral makeup is that it is versatile. It can be as simple or as intricate as you wish. Blend base colors together, use blush on eyes or lipsticks as blush. Your options are unlimited. ...**this is what makeup should be.**

Enza Medispa is a proud distributor of Jane Iredale Cosmetics. Call Enza Medispa today and ask for your *Skin Care Makeover*. As a special offer, receive a complimentary eye shadow brush with your purchase of Jane Iredale's pure pressed eye shadow.



“Each one of us has a fire in our heart for something. It's our goal in life to find it and to keep it lit.”

— *Mary Lou Retton* {American Olympic Gymnast}

## News Tip Almonds For Eyes

Healthy eyes begin with "E". Just like the rest of the body, your eyes also need certain nutrients to function properly and stay strong. The antioxidants found in vitamin E protect the body against free radicals, which can cause cell damage and contribute to chronic eye disease. Almonds are one of the main dietary sources of vitamin E and magnesium. They have been shown to reduce cholesterol, are high in protein and fiber and taste good, so start crunching. — *New Beauty 2005*

## The eyes have it (continued from page1)

**Dark Circles** are most often hereditary.

As we age, the skin under the eyes becomes thinner, the vessels become more visible. These dark areas can be enhanced by the lack of sleep, sun exposure, cigarette smoking, and air pollutants. *Enza Essentials Eyebright Intensive Eye Cream* contains botanicals and bio-peptides that help to brighten dull and dark circles and give the eye area a smoother, firmer appearance.

We encourage you to take great measures to live a healthy life style, drink plenty of water and get sufficient rest. **Healthy skin begins from within.** ❁



*Gift Certificates!* just a phone call away

Joseph W. Rucker Jr., MD, FACS  
SPECIALIZING IN PLASTIC SURGERY



## EYELID SURGERY (BLEPHAROPLASTY) ESSENTIALS

Sometimes, even after a great night's sleep, it can be hard to feel alive and vibrant when you see those tired, drooping eyes looking back at you from the mirror. The loose skin over your eyes and fat bags under your eyes make you look more tired and older than you feel. If this sounds familiar, you're not alone. The good news is there's a cosmetic surgery procedure that can help. Blepharoplasty, or eyelid surgery, is the third most popular cosmetic procedure (after liposuction and breast augmentation).

**Why consider eyelid surgery?** As we age, the skin around our eyes loses its elasticity. You may develop loose folds of skin on the upper eyelids and deep creases on the lower lids. At the same time, your muscles in this area may slacken so that any fat bulges forward producing a baggy appearance. It is important to note that one can develop baggy eyes in one's twenties before your skin changes. This would be a trait inherited from your family.

**Your consultation.** During your initial consultation we would discuss your particular condition, expectations, and the probable outcome from the procedure selected. You often will be given several options for conservative treatment including chemical peels or laser treatments. If however, the physical findings are excessive skin and an actual bulging of the tissues then a blepharoplasty is probably the treatment of choice.

**What about insurance?** Eyelid problems are common, even in younger people. Correcting eyelid problems that interfere with your vision may be covered by your insurance. However, when eyelid surgery is performed for cosmetic reasons, it may not be covered by your health insurance, in part or in whole.

**The procedure.** Blepharoplasty is usually performed in our office surgical suite. It is generally performed under a local anesthetic with mild I.V. sedation. We place the incisions in the crease above each eye to correct problems of the upper eyelids. Then a thin crescent of excess skin is removed. The incisions are closed with very fine sutures. To remove the fatty deposits beneath the eyes, the incisions are placed just under the eyelash. The procedure can take one to two hours, depending on the extent of the surgery.

**What about recovery?** The eye area is bruised and swollen for about two weeks. Most people can be socially presentable within 8 to 10 days. The eyes are usually never swollen shut and pain is rated a 3 on a scale of 1 to 10. The scars around the eyes are very forgiving and no cover makeup is needed to conceal them after the normal healing process has passed. \*

*Call today to schedule an appointment with Dr. Rucker to discuss how you can have more vibrant eyes.  
800.456.8222, toll free, or 715.833.2116*

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Our consultants can recommend the skin renewal options that are right for you.

## Massage added to Enza Medispa services

We are pleased to announce that the new year will bring massage services to the Enza Medispa. Feel the cares of the day disappear under firm but gentle hands. Allow the quiet to soothe your soul, while your muscles receive some welcome attention.

We will begin scheduling appointments  
February 2006



“Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think

— Dale Carnegie

# PRODUCT SHOWCASE

We've got visions of sugar plums...

Sugar Plum Spice Bath Trio:

Shower Wash \* Body Scrub \* Body Crème

## SUGAR PLUM SPICE SHOWER WASH

This exceptional formula provides the skin with the suggestion of sweet plum combined with a subtle hint of spice in a creamy bath and shower wash. Natural sugar cane, shea and mango butter leave the skin clean and incredibly smooth.

## SUGAR PLUM SPICE BODY SCRUB

Sweet sugar plum meets delicious spice nuances. Skin rejuvenating sugar cane and shea butter come together in this ultra moisturizing body scrub.

## SUGAR PLUM SPICE BODY CRÈME

This ultra-rich body softening cream is formulated with natural moisturizers, botanical oils and the essence of sugar plum and spice. Light-reflecting mica leaves skin with a warm, subtle glow. Apply from shoulder to shin after a shower or bath. Use often for unbelievably silky, soft and supple skin.

All wrapped up for holiday gift giving



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