



ENZA SKIN CARE ESSENTIALS PUBLICATION

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Message from Deb:



Deb Markham
PARAMEDICAL AESTHETICIAN

There is nothing like springtime to delight the senses and remind us of Mother Nature's gifts of renewal. Which is why this is the perfect opportunity to refresh our basic skills for taking care of our skin.

According to Webster's New World dictionary, basic is defined as a fundamental; fundamental is defined as essential and essential is defined as absolutely necessary. That's exactly how we at Enza describe good skin care, essential!

With each Essentials newsletter we strive to bring you information that can help you enhance your skin's special radiance through good skin care techniques and quality Enza Essentials skin care products—the basics.

The line up for this issue of Essentials includes the basics on skin care for acneic skin and treatments for acne scarring. For your convenience, I have included a list of Enza Essentials products specially formulated to help with the care and treatment of acne prone skin conditions. Don't miss our Product Showcase with its introductory offer on the new SHEA BUTTER TRIO, perfect for skin that's summertime smooth.

Finally, learn a few tips for indulging your senses; sight, sound, smell, taste, and touch.

Deb Markham, *Paramedical Aesthetician*
RUCKER MD, PLASTIC SURGERY CLINIC

Life After Acne

Hurtful expressions, social rejection and self-loathing are all part of the acne cycle that begins in youth, often rages into adulthood and can return later in life. Acne is a medical mystery with multiple opinions and very few facts. What we do know is that 20% of the population – that's two out of every ten clients who visit a spa, have blemish problems that require and benefit from skincare services.

Acne is largely genetic. Most forms are caused by dead cell matter and sebum (excess oil) clumping together to create a sticky substance that clogs up the pores. This is an ideal environment for the survival of bacteria. These organisms contribute to papules, pustules and cysts.

The only thing that is clearly understood about acne is that it is most often misunderstood.

There are so many things that are believed to cause breakouts, with stress being at the very top of the list. People have busy lifestyles. They run off to the gym, sweat, clog up their pores and then believe they have acne.

Certain common cosmetic ingredients can stimulate an acne condition. Avoid products that contain ingredients such as d- and c-colored dyes and isopropyl myristate, which cause irritation. These oily ingredients are commonly found in non-mineral based powders, blushes, eye shadows and lipsticks, often to help them apply more smoothly and give them a slick, sheer feel. If your skin is acne-prone, it is important to avoid these ingredients in skin care products.

There is no cure for acne, but we have learned to control the condition with proper skin care products and services. More natural approaches for treating acne that are slowly being recognized by the scientific community involve ingredients like vitamins A and C, camphor, sulfur, tea tree oil, green tea and lavender. Salicylic, glycolic and enzyme peels are proving effective in removing dead skin cell congestion and microdermabrasion is being used successfully as an additional treatment to help unclog pores and allow congested follicles to clear.

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“The future belongs to those who believe in the beauty of their dreams.”

— Eleanor Roosevelt

The first step in instituting any acne program is education. A complimentary skin care consultation at Enza Medispa will help you develop a skin care plan for your skin type and lifestyle. Our skin care professionals can recommend appropriate cleansers, toners, masks and moisturizers so you can avoid using soap and astringents that contain alcohol and strip the skin. In addition, exfoliating products will help prevent buildup by removing dead skin cells. Combined with anti-microbial agents to reduce the activity of bacteria, you will see rapid improvement of acne conditions.

Should your skin condition, acne or acne scarring require more in-depth treatments or services, an appointment can be scheduled with Dr. Joseph Rucker, cosmetic and plastic surgeon and founder of the Enza Medispa.

Controlling acne is just like maintaining your weight. Whether there are active breakouts or the skin is completely calm, acne requires constant care. We at Enza Medispa are ready to help.

Don't forget, an important tip for all skin types: Eat a well-balanced diet, drink plenty of water and develop healthful personal hygiene habits.



“Great effort springs naturally from a great attitude”
– Pat Riley, US basketball coach

Enza Essentials Oil-Free System for acneic & problematic skin conditions.

Cleansing and Balancing Ingredients: Salicylic Acid, Glycolic Acid, Papain, Camphor, Witch Hazel, Tea Tree, Cucumber and Sage.

Deep Purifying Cleanser

Clarifying Astringent

Cucumber Cleanser

Citrus Rinse

Oil-Blotting Hydrating Lotion

Multivitamin Aloe Conditioner

Oatmeal Buffing Crème

Fine Facial Beads

Vegetable Mud Masque

Glycolic Serum

Overnite Oxy-Complex

Camphor Treatment Stick

Call (800) 456.8222 or (715) 832.1774 for your free skin care consultation.

Visit www.enza.com to learn more about Enza Essentials skin care products and Enza Medispa services and for convenient on-line ordering.

Soothing your Senses. Restoring Calm to a Hectic Day

To help you relax between spa visits, here are a few suggestions for indulging all five senses at home.

SIGHT – Slice up citrus fruit, cucumbers or flower petals and add them to bath water to refresh the eyes while relaxing the body. Try adding powdered milk or sesame oil to pamper the skin.

SOUND – Music quickly melts stress away. Soft musical selections from artist like Enya, Lorena McKenna, or even environmental sounds like water rippling, waves or wind chase tension away. (Ask for Enza Essentials new CD, *Soothing Solutions*, available at Enza MediSpa.)


SMELL – Create a location in your home that can be your *oasis of calm*. Use candles or diffused oils with calming scents like lavender and sandalwood.

TASTE – Brew yourself a warm cup of chamomile tea to relax. Remember to drink lots of water and cut up fresh fruits for tasty nibbling during the course of your day.

TOUCH – When we talk about getting back to the basics, the most fundamental aspect of a skin care treatment is human touch. As human beings we are culturally and spiritually starved for it. Touch can help relieve pain, stress and fatigue. Light touch promotes increased circulation and a sense of well being. Give yourself a daily 10-minute massage of the hands, feet, and temples to relieve stress.

A perfect gift from Enza...anytime. Remember that special someone with an Enza Gift Certificate.





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

TREATMENT OF ACNE FACIAL SCARRING

Acne scars not only the skin, but damages a person's confidence and sense of well-being as well. First we treat the acne and bring it under control; then we determine a treatment plan for the scarring left by the acne.

The skin is the largest organ of the body containing glands, blood vessels and acting as a barrier between our inner selves and the contaminants circulating in our environment. Acne is an inflammatory condition which can progressively damage this skin layer. Following the inflammatory phase, acne scarring can develop when new protein/skin develops within the healing acne lesion resulting in the disfigurement of the skin surface. Acne scars can look like small holes as if from an ice pick or crater like scars.

The treatment of acne facial scarring can be influenced by the:

- patient's age, overall health, medical history
- severity of the scarring
- type of scar
- presence of any active acne
- realistic expectations of the outcome of acne scarring improvement

In 1985, we initiated our treatment of acne facial scarring using dermabrasion, which is a light sanding of the skin in order to smooth the surface. At that time, we also employed the chemical peel technique, treating approximately 1000 patients over the next 5 years. In 1990 we incorporated laser technology into our practice adding the ability for microscopic refinement and better control.

We subsequently developed a program which effectively treats all types of acne scars and skin types. This program takes an individualized approach relative to the severity, size and depth of the scars. In those patients with minimal scarring, mild topical dermabrasion or microlaser peels may be an option. For those patients with deeper ice pick and scalloped scars, we often use a technique called radioplanning which employs a microscopically controlled smoothing of the skin surface by finely directed heat ablation. These ice pick scars may also be amenable to small micrografts that fill in the deep depressions left by the pitted scar.

Following the above techniques, we usually conclude our treatment program with a laser surgical refinement to give the over all finished result. These procedures are done under a local IV sedation anesthetic on an outpatient basis in our office surgical suite. The goal of our treatment program is to attain a resurfacing result that displays minimal skin irregularities and scarring from a conversational distance. ✨

To arrange for an appointment with Dr. Rucker call 715.833.2116 or 800.456.8222. Dr. Rucker has offices in Eau Claire and Lake Elmo, MN. He also sees patients in River Falls.

- ✨ Laser treatments
- ✨ Hair reduction
- ✨ Medical microdermabrasion
- ✨ Massage therapy
- ✨ Botox treatments
- ✨ Dermal fillers
- ✨ Chemical peels
- ✨ Clinical facials

715.832.1774 | 800.456.8222

or go to www.enza.com

Call us for your **free** skin care consultation. We can recommend the skin renewal options that are right for you.



Menu of Massage Services

- Mini-Massage/Upper Body
- Full Body Massage
- Deep Tissue Massage
- Lymphatic Drainage Massage
- Hot Stone Therapy Massage
- Reflexology

Massage appointments
Monday 9am to 4pm
& Wednesday 10am to 6pm

Enza Medispa is a proud distributor of *Jane Iredale Cosmetics*. Call Enza Medispa today and ask for your *Skin Care Makeover*.

PRODUCT SHOWCASE

SHEA BUTTER TRIO — BODY CARE

SHEA BODY BUTTER

This body lotion incorporates the finest ingredients to renew your delicate skin. The benefits of shea butter are healing, protecting and moisturizing. You will experience increased hydration levels to calm irritated skin. Botanicals, peptides and Hawaiian red marine algae provide skin firmness, skin thickness and also repair damaged skin. Can also be applied to lips for extra hydration

SHEA BUTTER BODY GEL

Soften and hydrate with Lemon, Lavender and Vanilla scented body gel. Mild foaming bubbles gently cleanse your delicate skin. Shea Butter, Red Marine Algae, Peptides, Ginkgo Biloba Root Extract, Aloe Vera Leaf Juice, Vitamin E, Chamomile Extract and Dead Sea Salts provide reviving and toning properties in this skin loving gelee.

SHEA BUTTER BODY POLISH

This multi functional formula is very effective for parched, rough, and weathered skin by removing dead skin on the surface and moisturizing the newly revealed surface. Applying body polish while bathing or showering gives an incredible new feel to the skin. With regular use this gentle body polish will maintain a smooth and healthy skin texture.

\$18ea Buy the Trio and save!
\$42.00 for all three.
special ending July 30, 2006



to order call
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