

DECEMBER NEWSLETTER

from the office of Mark E. Richards, M.D.

SUN PROTECTION FACTOR

What you need to know about SPF and why it may be more important than you think!

Sun exposure can occur at any time during the day, even if it's cloudy! It's important to get into a routine of applying a broad spectrum SPF 30 minutes prior to sun exposure to ensure

*"THE SUN DAMAGE YOU RECEIVE TODAY
MAY NOT BE VISIBLE FOR UP TO SEVEN
YEARS!"*

you're protected during the first two hours of your day. Standing by your windows at home or driving during your morning commute you are exposed to harmful UVA and UVB rays. It's so easy to forget to apply your SPF, especially when you may be rushing out of the house in the morning but by incorporating a few of these items into your daily routine you're giving yourself the upper hand. For a

great moisturizer that has anti-aging benefits and at least an SPF 30, try Journee by Neocutis! This moisturizer kicks fine lines and wrinkles by utilizing a patented formula containing growth factors and vitamins to maximize your antioxidant absorption.

If you're committed to your current moisturizer, consider working in a foundation that has broad-spectrum benefits or even a great little item like Jane Iredale's Powder-Me-SPF Dry Sunscreen! It comes in translucent, golden and tanned to provide a perfect match for any look you're trying to achieve with the convenience of an attached sponge to apply it. I throw this in my purse and reapply throughout the day, even over my current foundation.

Let's make sure you're putting your best face forward today and for years to come by keeping sun damage at bay!

UNWRAP A NEW YOU WITH DECEMBER'S SPECIAL!

For the entire month all Vi Chemical Peels are 10% off! These peels are great for anyone suffering from acne, hyperpigmentation, sun damage and fine lines and wrinkles.

Call us to make your appointment today!

*Please join us for an amazing holiday event
supporting the Manna Food Center on
Thursday, December 6th from 9 am – 6 pm!*

For every canned good you provide, we will offer \$50 off of the cost of fillers, with
a maximum of two cans per syringe (unlimited syringes).*

Please note: this special is available by appointment only!

*We are also offering complimentary makeup consultations and applications with our
Jane Iredale Certified Makeup Specialist, featuring all of the new Holiday colors!*

**Radiesse and Belotero only*



*Nicole Healy, Licensed Skin Care Therapist
for the Office of
Mark E. Richards, M.D.*

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