

# Helen's Haven Skin Care Specialists

4614 Kilauea Avenue, Ste. 202  
Honolulu, Hawaii 96816

**Address Service Requested**



**GREAT SPECIALS INSIDE!**

Visit our website at [www.helenshaven.com](http://www.helenshaven.com)  
for more information on keeping your skin  
healthy and beautiful.

## Helen's Haven Skin Care Specialists

*refreshing updates*

*relax*

*refresh*

*renew*

FALL  
ISSUE

808 739 0400  
[www.helenshaven.com](http://www.helenshaven.com)

# SKIN 101

## Hydrators VS. Moisturizers

Hydrators are water based products that can be used on any skin. A Hydrator's function is adding moisture content to the skin. The skin may be too oily, but lack water due to stripping agents like alcohol. Wind or sunburn may be an issue, along with heating and air conditioning units in the office and home. Strong diuretic pills and excessive sweating (saunas) cause deep dehydration, noticeable in the skin tissue around the eyes. Hydrating products do little to alleviate this extreme dehydration as the water content has to be replaced internally. However, surface dehydration can be helped with a product

that adds or binds water to the skin's surface for the length of time the product is worn.

Moisturizers are products that are more emollient and do a better job of protecting the surface of the skin. Moisturizers protect the skin from outside elements and can have sunscreen in them. A dry skin might need to use a hydrator and moisturizer while an oily skin may simply need a hydrator and/or an oil free sunscreen.

Check [www.helenshaven.com](http://www.helenshaven.com) for more information on products offered.

## NEW Paradise Skin Products

### Retinol Plus (\$67.00)



Retinol Plus has a unique blend of extra strength Retinol and Alpha Hydroxy Acids that will help turn back time. These therapeutic ingredients will help repair collagen and elastin while renewing the skin's tissue.

### Vitamin C & E (\$115.00)



The combinations of ingredients in this product provide a strong antioxidant protection against the sun's rays. The Vitamin C & E, wine extract and totanol make this exclusive product a more advanced collagen and elastin fortifier and a natural lightener to reduce discoloration. Your skin will appear firmer, smoother with an overall improvement in clarity.

### Marine EGF Serum (\$80.00)

As we age the number of growth-factor receptors in our skin decreases. The Marine EGF Serum stimulates the growth-factor receptors. This aids in communication between the layers of the skin. The benefits include plumping fine lines and wrinkles, healing and repairing damaged skin and soften scar tissue when used daily.

For more information on all of our skin care products visit [www.helenshaven.com](http://www.helenshaven.com).

Just a reminder you get 10% off home care products with your Helen's Haven VIP/Loyalty card.

WHAT'S NEW

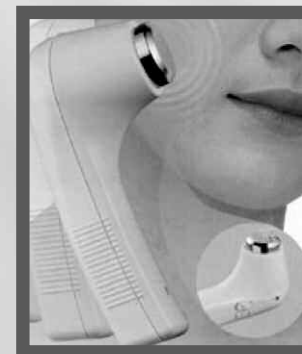
## The Benefits of Ultrasound

Ultrasound technology is well accepted and used in physical therapy and geriatric circles by treating musculoskeletal ailments.

Additionally, it has reached widespread acceptance as a method for stimulating wound repair in patients with poorly healing skin wounds. Research with ultrasound has demonstrated its ability to stimulate fibroblast activity, increase local circulation and increase the wound rate repair. By creating micron-sized bubbles of blood, lymphatic and tissue fluids, ultrasound induced cavitation may influence cellular membrane permeability and cellular calcium uptake. Increased intracellular calcium can act as a signal inducing fibroblast cells into wound repair and a collagen production response.

Additionally, ultrasound is capable of delivering products through the skin through a process known as phonophoresis. Research has also concluded using ultrasound over your skin care products increases the efficacy of that product by 11 times. Imagine 11 times the result using your own products at home!

See our coupon below and we will do an ultrasound treatment using our new Paradise Skin Products with your next facial.



# SKIN 101

### OCTOBER SPECIAL

**ULTRASOUND SPECIALS**  
**ONE FREE** ultrasound treatment with your next facial.  
**AND/OR**  
 Purchase a Ultrasonic Beauty Stimulator for **ONLY \$66**  
 Reg. \$100



Offer good from October 1-31, 2004 only.  
 One coupon per person.  
 Not valid with any other coupons or offers.

### NOVEMBER SPECIAL

**Save \$15**  
 on an extra service of your choice with your next facial!



Offer good from November 1-30, 2004 only.  
 One coupon per person.  
 Not valid with any other coupons or offers.

### DECEMBER SPECIAL

Look for our December Special in your holiday greeting card coming soon!



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