

Helen's Haven
Skin Care Specialists

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Address Service Requested



Member since 1998

relax
refresh
renew

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Skin Care Specialists

I feel like I need a facial today. It's time to get pampered and relieve stress. How can I get my skin to glow? How do I prevent my skin from aging too quickly? What can I do for me today? I should get my wife a facial. Her skin really hurts. A massage would be nice. How about a skin peel as my skin feels dry. I need a break. Put me first. Can you help me? I like a facial today. It's time to get pampered and relieve some stress. How can I get my skin to glow? How do I prevent my skin from aging too quickly? What can I do for me today? I should get my wife a facial. Her skin really hurts. A massage would be nice. How about a skin peel as my skin feels dry. I need a break. Put me first. Can you help me?

refreshing updates from helen's haven skin care specialists

SPRING ISSUE 2005



Introducing: Full Body Massage

Helen's Haven is now offering full body massages. Our massage specialist, Kristel, has over 20 years of experience. Kristel is certified in a variety of techniques, including Swedish, Hot Stones, Lomi Lomi, Lymphatic Drainage and many others. The benefits of massage include:

- Relieves Stress
- Relaxes Muscles
- Increases Circulation
- Helps Insomnia
- Relieves Migraines
- Decreases Anxiety

Massages are offered Monday - Friday

1 hour - \$70.00

1.5 hours - \$100.00

Stone massage - 1 Hour - \$110.00

Stone massage - 1.5 hours - \$140.00

When scheduling a body massage we require a credit card to hold the reservation and 12 hour notice is required for any cancellation or a charge will be incurred.



HELEN'S HAVEN EXCLUSIVE OFFER!

Combine our Signature Facial
with a complete body massage

2 hrs. - \$135.00

Featured Service: Photo Rejuvenation - LiteLift™ LED Treatments



Light is defined by the length of its waves in nanometers. Certain frequencies of light significantly increase new tissue growth, stimulate collagen production, and reduce fine lines and wrinkles.

LED treatments use the same wavelengths (nanometers) as IPL's (Intense Pulse Light) and Lasers. However, the difference is the amount of joules (energy) used. IPL's and lasers both use more energy than the LED treatments thereby creating heat that harms the surface of the skin causing discomfort and downtime.

LED treatments are 100% safe and there is no downtime. The light therapy works in a similar fashion as photosynthesis in plants. Your skin takes the light energy and turns it into cell energy, stimulating fibroblast (collagen) production.

The benefits of LED treatment include:

- Tightens and firms the skin
- Reduces fine lines and wrinkles
- Increases collagen
- Reduces overall redness, flushing and dilated capillaries or Rosacea
- Promotes wound healing by over 50%

Recommended initial treatments:
1 treatment per week for 6 weeks.

Recommended maintenance treatments:
1 treatment every 2 - 3 months.

Cost:
\$125.00/treatment
Series of 6 treatments \$550.00

Each treatment takes an hour.

Featured Product: Intense Wrinkle Serum

Intense Wrinkle Serum seeks out the onset of wrinkles as they first appear as "micro" wounds in the dermis and treats them long before they become permanent imperfections. Intense Wrinkle Serum identifies stretch marks and mature wrinkles as wounds of time and targets them for repair; padding out the skin, contouring, tightening and lifting the skin.

This intensive formula combines Matrixyl®, L'Alpha Lipoic Acid, L' Ascorbic Acid, DMAE, and Marine peptides.



Studies Show Matrixyl® Dramatically Improves Wrinkles

Results of a four month French study presented at the 2002 World Congress of Dermatology, revealed an amino-peptide complex known as Matrixyl® produced dramatic changes in the appearance of aging facial skin.

Changes included:

- 50% decrease in wrinkle depth
- 68% decrease in wrinkle density
- 24% decrease in wrinkle volume.

These benefits were confirmed in a separate study that also showed positive changes in elastin and collagen. Another separate 12-week study also showed that non-prescription Matrixyl® offers significant benefits for reducing the appearance of fine lines and wrinkles, age spots, and increasing skin firmness.

\$125.00