

# The LOOK



Spring/Summer 2018  
Issue 1

of Fleming Island

*Reversing  
the Hands  
of Time with  
Renuvion®*





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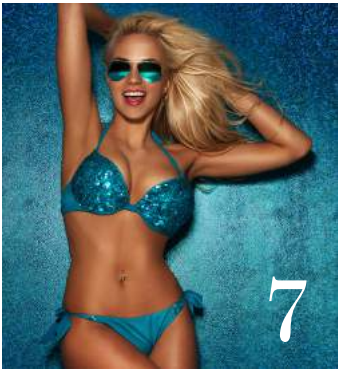
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of Fleming Island

Spring/Summer 2018

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## Letter From the Editor

Isn't it about time for Fleming Island to have its very own lifestyle magazine? Well, I for one think so! Being a busy professional, I find it nearly impossible to keep up with the goings on in our community and I am guessing many others feel that way too. Our community is growing fast, with many new businesses and events coming all the time. I hope that The Look will help us all stay better informed and help to highlight how amazing the Fleming Island community is.

The first issue of The Look was developed and paid for by Pura Vida Fleming Island and Fleming Island Plastic Surgery with financial support from some awesome local business owners. The first issue is slim in size so we could introduce it to the community and gain support. We hope to have many more in our community contribute to the creation of our next issue so that The Look can grow into a top read! Interested in becoming involved or advertising with us? Contact us at 904-644-8586 or email [julie@pvmedspa.com](mailto:julie@pvmedspa.com).

*Julie Davis*, Editor



# REVERSING the Hands of Time *with Renuvion®*

**D**o you ever look in the mirror and think, “who’s that old person looking back at me?” Haven’t we all wondered, “where did the time go?” Do you feel younger than you look and find it hard to reconcile the two? What if you could wake up tomorrow morning, look in the mirror, and see that younger person that slowly ebbed away over the years? What would you give to reverse the hands of time? Using the Renuvion® device, there are two different minimally invasive approaches allowing Dr. Wallace to turn back the clock for you. This device is truly a game changer!

## DERMAL ABLATION (SKIN RESURFACING) & SKIN TIGHTENING USING RENUVION®

Renuvion® is an innovative discovery by Bovie Medical Corporation that provides the most precise and safe tool being used to perform dermal (skin) ablation (resurfacing) and skin tightening. Simply put, the results are absolutely astounding! Regardless of skin type, or whether you have fine lines and wrinkles, deep wrinkles, sun damaged skin, or sagging skin, Dr. Wallace can turn back the clock. Above are before and after photos provided to give you an idea of the potential results.



\*photo credit to Dr. Zamora



## HOW DERMAL ABLATION WORKS:

Renuvion® turns helium gas into a plasma (the fourth state of matter) and channels it into a point so it can be used to ablate (resurface) the skin. Unlike traditional lasers used to resurface the

skin, Renuvion® uses helium which doesn’t require much energy to become a plasma. Less energy means less heat, and less heat means less thermal damage to surrounding tissues and the ability to control the depth of the



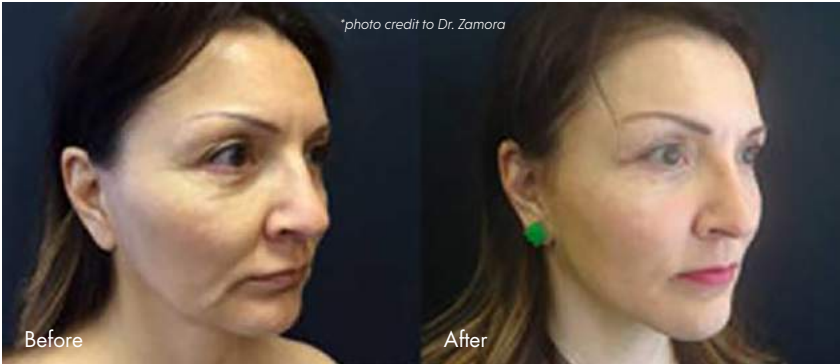
ablation. So, here’s the super “cool” part of how Renuvion® works. Helium is naturally a cold gas and because the device only turns a portion of the helium into a plasma, the rest of the helium is used as a cooling agent to immediately cool the area being ablated. This cooling effect further reduces thermal damage to surrounding tissues. This gives Dr. Wallace the ability to individually tailor the procedure to the patients’ desired results, which is unlike the old CO2 and Yag laser technologies. Additionally, unlike any other resurfacing laser on the market, Renuvion® also dramatically tightens the skin during the resurfacing procedure! With Renuvion®, you can say hello to youthful looking skin and goodbye to brown spots, age spots, wrinkles, fine lines, and saggy skin.

MINIMALLY INVASIVE FACE LIFT

Renuvion® is so precise that it can actually ablate skin on a cellular (micron) level, even when used underneath the skin. In fact, various types of surgeons have been using Renuvion® to perform delicate surgeries near vital organs with exacting precision and with virtually no heat damage on surrounding tissue. In truth, the technology isn’t really that new. Rather, the precision offered by the device created a “new use” in cosmetic surgery because it allows a surgeon to significantly tighten skin sub-dermally by performing a procedure called PlasmaTight™. As Dr. Wallace often says, “everyone wants a facelift” (meaning everyone wants to look younger) “but no one wants a facelift” (because they are fearful of the surgery). Well, fear no more!

The PlasmaTight™ procedure is nothing like the traditional facelift. The results are astonishing with patients looking up to 10 years younger, for only a fraction of the cost, risk, and downtime of a full facelift. This face lifting procedure is performed using Vaser® ultrasound energy, helium energy, and a proprietary technique to tighten the soft tissues below the skin, which dramatically

rejuvenates the upper and lower face. Unlike traditional lasers, Renuvion® energy can be administered under the skin (subcutaneously) because it uses energized helium to create a plasma energy field (75% less of the thermal load of a CO2 laser). When introduced under the skin, it causes immediate and often dramatic skin tightening. There is no significant scarring because only 3-5 very small incisions (only 5 millimeters in size) are needed. The entire procedure is done with local anesthetic and IV sedation and usually takes about an hour. Best yet, unlike a traditional facelift, the initial recovery can be as short as three days. If you want the best of both worlds, it is possible to get a staged procedure in which you undergo the dermal ablation procedure first and then PlasmaTight™ after the resurfacing of your skin has healed. This combination will significantly improve skin tone, texture and color on the surface in addition to significantly tightening your skin.



FAQs About Renuvion®

DOES IT WORK?

Yes! With Renuvion® you can get a dermal ablation procedure done on your face and neck in only one 60-90 minute session, using conscious sedation, with superior results to anything on the market, tailored just for you, and with a recovery period similar to that of the traditional lasers (2-4 weeks depending upon treatment depth). Even better, if you just don’t have that much recovery time to undergo the dermal ablation procedure, you can choose the non-ablative procedure which will dramatically tighten the skin and requires only 3-7 days of downtime! Renuvion®, when used underneath the skin or on top of the skin, does what lasers don’t; it significantly tightens the skin, getting rid

of wrinkles, fine lines, and sagging skin. It’s even safe enough to use under and above the eyes! Dr. Wallace is literally amazed at the results he sees with Renuvion®.

DOES IT HURT?

Not like you might think. A combination of topical numbing cream, a local anesthetic and IV sedation can be used so you will not have pain during the procedure. Afterwards, depending on whether you have chosen a dermal ablation or sub-dermal treatment, expect to be sore. One patient described his post-operative experience (after his sub-dermal procedure to tighten loose skin on his stomach) not as pain but rather as discomfort (“I feel like I had worked out a little too hard and did too many crunches”). Another patient reported having no pain at all and only minimal discomfort. For ablation procedures, you should expect to also be red and puffy for the next 10 days. You might want to plan to stay at home with no make-up and lots of moisturizer for the first 7-10 days. If you feel the air in your home is dry (like during winter), investing in a humidifier may help you feel more comfortable.

WHAT’S THE DOWNTIME?

It Depends. The downtime associated with the dermal ablation and tightening is between 7-14 days depending on the patient’s tolerance. If that downtime just doesn’t work for you, the PlasmaTight™ might be a better option for you. Usually, there are only 5 very small incisions and only IV sedation is needed. Therefore, the healing time is much shorter than other typical facelifts and you can expect to engage in normal activities within a few days. The results may not be as dramatic as the dermal ablation procedure (i.e. this will not correct age spots) but if you are worried about the healing time, this procedure might be better for you. Talk to Dr. Wallace to decide.

HOW MUCH DOES IT COST?

This just might be the best part! We understand that anytime a patient considers having cosmetic surgery, cost is a concern. Renuvion® beats the competition in this area as well! Because this procedure can be performed in the office or outpatient surgery center, the cost is considerably lower. The cost of the procedure will be decided at the time of your consultation since it will be tailored specifically to treat your concerns. Below is a guide to give you a basic idea of cost. Dr. Wallace offers no cost consultations.

PlasmaTight <sup>SM</sup>	\$6000 - \$8000
J-Ablate <sup>SM</sup>	\$4500 - \$6000
AbdominoPlasma <sup>SM</sup>	\$3000 - \$6000
PlasmaTight <sup>SM</sup> (other areas)	\$2000 and up

WHAT AREAS CAN BE TREATED?

More great news! It can be used almost anywhere! Renuvion® can be used most anywhere on the body that has loose or sagging skin. In the past, getting rid of sagging or loose skin was a tradeoff because patients were left with fairly large scars. In recent years, some devices have come to market claiming skin tightening, but the results are much less impressive than with Renuvion®. Renuvion® provides such significant tightening that it can be used for patients with major weight loss, sagging backside of arms, for moms with sagging skin on the tummy, sagging skin above the knees, and really just about anywhere.

In fact, Dr. Wallace can even perform a minimally invasive tummy tuck for some patients using Renuvion®. This is a huge breakthrough! The AbdominoPlasma™ tummy tuck alternative is for patients with reasonable muscle tone and mild to moderate excess fat, whose main complaint is excess, inelastic skin of the abdomen.

The procedure includes Vaser™ liposuction for fat reduction and then delivery of the plasma form of Helium below the skin using the Renuvion® device resulting in immediate and dramatic skin tightening. With this combination, we have seen up to 60% reduction in patients’ pannus formation, which is the overhanging skin of the lower abdomen. Using Renuvion®, either alone or in combination with Vaser® liposuction, can be particularly effective following significant weight loss.

Until Renuvion®, the only treatment for excess skin was surgical removal in the form of a tummy tuck. With Renuvion® skin tightening the size of the incisions are typically 5millimeters each, in discrete locations, resultantly, there is significantly less scarring, shorter recovery, and less risk than the traditional tummy tuck. ■

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\*Photo credit to Sonata Plastic Surgery, Colorado and Dr. Zamora, Colorado.





# VASER®

## Assisted Liposuction

Almost everyone has heard of liposuction by now, maybe you have even had it done, but do you know how much it has changed since becoming popular in the 1980s? In the late 1990s, ultrasound assisted liposuction was invented, changing the face of liposuction forever. After many years of studying the pros and cons of traditional versus ultrasound assisted lipo, Dr. Wallace now only performs liposuction using VASER® ultrasound technology.

### OUT WITH THE OLD:

To fully understand the marvel of this ultrasound assisted liposuction technology, you have to first understand how traditional liposuction works. In traditional liposuction, a cannula is inserted under the skin and shoved roughly back and forth and sideways to break up the fat so that it can be sucked up. By doing this, blood vessels and nerves are also broken up, causing "collateral damage." In fact, if you were to look at the collection canister containing the substances collected by a conventional liposuction device, you would also be able to see a lot of blood and tissue. This process inevitably leads to a lot of bruising, swelling, and a long recovery time which can't be avoided.

### IN WITH THE NEW:

VASER® is an ultrasound assisted liposuction technology developed by Solta Medical that allows doctors to help their patients achieve the perfect body shape by removing excess fat. With the VASER® technology, Dr. Wallace chooses a more advanced and gentle method, using high frequency ultrasound waves to target

### Fleming Island's New Favorite

Have you been to Crazy Beans Coffee Shop yet? If not, you're missing out! *The Look* is proud to support this woman owned local Coffee Shop offering ethically sourced coffee from around the world. Hungry? You can also enjoy a large variety of sweet treats made by other small, locally owned pastry shops and bakeries. Crazy Beans makes some of the best and long-time favorite lattes and fraps, as well as new ones they have hand crafted and created.

Have some time to kill? Looking for a meeting place? Need to get out of your home office for a while? Crazy Beans offers a warm and welcoming atmosphere with charging stations throughout. Kick back and enjoy a cup of specialty coffee and an artisan pastry or a hearty breakfast sandwiches. Their gourmet sandwiches are large and the fresh salads are perfect for a quick break from the office or an afternoon snack with friends and family. If you're in a hurry, you can even order online and receive curbside pickup!

*Whatever the reason you visit Crazy Beans, you are sure to receive a very warm welcome from their team and usually from the owner Alicia Webber too.*

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unwanted fat cells and emulsify them, creating a fatty liquid that is easily suctioned out of the body without all the “collateral damage.” First, a medicated saline solution is inserted into the fatty layer under the skin which expands it, making the fat easier to access. This solution also helps prepare the fat cells to be disrupted by the ultrasound. Then the VASER® cannula is inserted and the high frequency ultrasound waves are emitted, liquefying the fat. This disruption is tissue-selective, meaning everything other than the fat remains protected and unharmed! This process results in less bruising and pain following the procedure.

THE PROCESS:

Dr. Wallace can perform VASER® assisted liposuction on many different areas of the body, but he typically chooses to use this type of liposuction in areas where the fat is dense or with men who are looking for more muscle definition. The whole process generally takes about 30 minutes per area and is done under general anesthesia. Most patients require a week to recover, returning to normal activities within 2-3 weeks. Maintaining a healthy weight will insure that you won’t need a touch up procedure. ■

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# BMI MATTERS

UNDERSTANDING BMI

BMI, or Body Mass Index, is a rough calculation of how much body fat you have. It is not a perfect indicator of how healthy you are or even how “fat” you may be. Remember every person is shaped differently and muscle mass is actually heavier than fat. The BMI accurately provides you and your healthcare professional a good idea about your health as it relates to an ideal weight.

To calculate your BMI, use this equation:

$$\frac{\text{weight (lb)}}{[\text{height(in)}]^2} \times 703 = \text{BMI}$$

A normal or healthy BMI is between 18.5 and 24.9. If your BMI is below this range you may be underweight, and if your BMI is above this range you may be overweight. Typically, people with a BMI over 30 are considered obese. Where do you stand?

WHY BMI MATTERS

If you are planning to undergo any type of surgical procedure, including cosmetic procedures, your BMI will be calculated to determine weight associated anesthesia risk. If your BMI is too high or too low, your surgery may be rescheduled. Being at your optimal weight before cosmetic surgery is not only safer but it often results in being far more satisfied with your surgical results.

Thinking about cosmetic surgery? Be sure to ask Dr. Wallace what your BMI should be and get to work to achieve that goal. Need help losing weight - we recommend having a consultation with Renee Loyola, Health and Wellness Coach at Pura Vida Body, Fleming Island. ■

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MALE SKIN CARE

# Calling all Men

After a long sunny summer or a dry winter you may want to take some time out of your busy life and give a little extra TLC to your face and skin. And no, that doesn't mean just the ladies. Women aren't the only ones that have to deal with damaged and troubled skin. So why is it that when we think of facials we automatically imagine women with a white mask and cucumber eyes?

Even though society tends to put more emphasis on skin care for women, it is equally important for men to care for themselves! At Pura Vida Fleming Island men and women can get medically based facial care tailored to their specific desires and needs. Our licensed aestheticians are experienced in treating many different skin types and can offer a unique, customized treatment plan to improve the quality of your skin and reverse the effects of dry skin, oily skin, sun damage, rosacea, and large pores. Each treatment plan will be different depending on your skin type and your overall desires and goals.





Rosacea: Before & After

Most skin care treatments are all noninvasive and require minimal to no down time with results you can immediately see and feel! Your aesthetician will first clean your skin to remove any dirt or build up, then extract congested pores and apply different types of serums. Many men find the HydraFacial to be their favorite treatment. HydraFacial's vortex technology and multifaceted treatment serums deep cleans, exfoliates, removes sebum, and hydrates your skin with hyaluronic acid and peptides. Learn more about HydraFacial.

<https://puravidaflemingisland.com/Procedures/Spa-Treatment/Facials-Fleming-Island-FL>

To keep your skin healthy and youthful looking, you should consider having a customized facial once a month. So, men, isn't it about time you started taking care of your skin? ■

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Salt Therapy Session

MENTION PROMOCODE:  
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# What is MICRONEEDLING

Do you ever notice that about a week after receiving a facial, your skin starts to lose its glow and seems to revert backward? If so, you might be a good candidate for the microneedling procedure. Microneedling is a minimally invasive treatment using a special tool with several micro needles in the tip which penetrate the superficial layer of the skin. These tiny, controlled injuries cause your body to produce new collagen and elastin. You will notice an improvement in your skin's texture, tone and firmness. Your pore size and acne scars will also decrease significantly. Microneedling is safe for all skin types and colors.

## ■ HOW IS IT DONE?

Don't worry, it's not painful! Before the procedure a topical numbing cream is applied. This allows you to be comfortable during the treatment. Using a special tool, your aesthetician will move the needles across your entire face while infusing your skin with a growth factor serum.


## ■ HOW MANY TREATMENTS ARE NEEDED?

Each person is different and it depends on the severity of the issue you are correcting but most people require a series of at least 3 microneedling treatments. People with severe acne scarring will require more treatments. People who take care of their skin after treatment may go 3 to 6 months before needing another treatment. We recommend that you take advantage of Visia Skin Analysis so you know how many treatments your skin will require and how it is responding between treatments.

## ■ IS THERE ANY DOWNTIME OR AFTER CARE?





There is no downtime for this treatment. Your skin will be bright pink after and you may even develop tiny scabs that are usually not noticeable to the human eye. These will go away in a few days. You shouldn't wear make-up after this is done. You can resume wearing make-up in 24 hours.


Your provider may recommend that you use a growth factor serum after the treatment. This is usually applied every night until the serum is gone. Your provider will give you a customized after care plan based on the issue you are treating.




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# Did You Know?

*Did you know that the Skin is the Largest Organ of Our Body?*

Yes, it's really true! Our skin, by medical definition, is an organ of our body. It's also the largest organ at about 20 square feet in size! What's more amazing is our skin is our body's first and most important line of defense against bacteria, toxins, and other dangerous invaders. Think of it as a waterproof coat of armor! With that being said, I am still amazed how many people today don't take good care of their skin until they notice the signs of aging.



## AMANDA'S STORY

I have worked in aesthetics for 10 years, although my love for skin care started long before that. My first introduction to skin care was at the Clinique counter where I received my first skincare lesson at just 11 years old. The lesson was mostly about how to properly cleanse my skin. Even at the tender age of 11, I was sent home with my first skin care regimen. In my early teens, my grandmother took me to Estee Lauder where I learned about serums and sunscreens. Then, in my early 20's, while traveling for work, I visited an upscale spa in NYC and boy was I excited since I had never been to a "real" spa before. The aesthetician who provided my facial was very well educated and told me all about my skin. I left that day with glowing skin and received compliments for days despite not wearing a stitch of make-up (well except for the necessary lip gloss). I'm older now and I am so thankful that I had people guide me with my skin right from the start. This is also why I enjoy helping other people learn how to properly care for their skin. After all, it will be with us for a lifetime so we may as well love the skin we're in!

## AMANDA'S ARSENAL

Working at Pura Vida Body & Mind Spa affords me the luxury of providing Visia® Skin Analysis during all my skin care consults. Gone are the days, where I have to work tirelessly to convince people that they have large pores, brown spots, red tones, or wrinkles! That's because Visia® Skin Analysis gives a clear picture what's going on with your skin both on the top (the epidermis) and beneath the surface (in the subdermal layers). These precise results help me understand exactly what treatments your skin needs to become healthier, which can range from facials, to HydraFacial, chemical peels, laser skin rejuvenation, microneedling and skin resurfacing. This also helps me customize a highly effective, at-home skincare regimen for you. For younger people, the Visia® can also help treat acne before it even becomes a problem. The Visia® photographic images show existing bacteria beneath the skin that is not visible with the naked eye and even before it becomes acne! Basically, Visia® is amazing!

*Visia® Skin Analysis is quick and painless and only takes a couple of minutes to perform. If you haven't had it done, I encourage you to visit a Spa that offers this innovative technology so that you receive the very best skincare from your aesthetic provider.*

**Amanda Isaacs, Medical Aesthetician and Spa Manager** ■





# Have you Heard of RED LIGHT THERAPY?

LED Light Therapy is quickly becoming all the rage. Although this treatment has existed for a long time, it has recently grown in popularity due to the number of light therapy devices being developed.

So, just what does light therapy do? The human body uses light rays for various things such as metabolizing Vitamin D. When red light is applied to the skin (usually the face), it delivers energy to the cells helping to repair collagen within the dermis (the underneath layer of skin). As we age, cellular function and activity declines, so by giving the cells this light energy, the cells become more active and are rejuvenated. This natural stimulation increases collagen production which in turn causes fine lines and wrinkles to become less noticeable.

In addition to the light energy, there is heat given off by the red light. The thermal energy improves and enhances blood circulation. With better circulation, nutrients and growth factors are delivered more readily to the dermal layers of the skin. Because the cells are more active and functioning better, any underlying inflammation is reduced. It's even super helpful at reducing the appearance of bruises more quickly.

Red light LED therapy is safe for all skin types and people of all ages. Even better, there is no downtime despite being a very effective tool to rejuvenating and repairing the skin. But, don't be fooled. Not all RED light therapy devices are created equal! At Pura Vida Body & Mind, we chose one of the best and most effective LED delivery systems on the market – the Perfectio Plus. The Perfectio Plus has a combination of powerful infra-red LEDs that supply a deeper and more effective treatment than many other devices on the market. To learn more about this device, you can visit their website at <https://www.zerogravityskin.com/product/perfectio-plus-by-zero-gravity/>



At Pura Vida, you can receive Red Light Therapy as an enhancement to your HydraFacial or other facial treatments or even as a stand-alone treatment. Be sure to ask your aesthetician for more information about how it can improve your skin and enhance your current treatment regimen.

Kathi Day, Spa Ambassador ■

# Most Popular Pooch Contest Winner

**Samson “Sammy” Ramirez**

**NICKNAMES:** Samuel L Jackson, Fish, Meatball

**FAVORITE THINGS TO DO:** Sleep, swim in the pool, nap, lounge by the pool, take siestas, go boating, roll in the grass, collect large sticks

**INTERESTING FACTS:** Samson does a spot on imitation of a Dyson Rollerball vacuum in the kitchen after dinner. He has precision hearing that is perfectly tuned to recognize the sound of a cheese wrapper opening from a mile away. His snoring perfectly imitates a 1973 Harley Davidson and he can even snore himself awake. He loves to play, play, and play some more. He enjoys long walks so long as the weather is a balmy 67 degrees.

**CURRENT PHYSIQUE:** round, brown, low to the ground- weighing in at a mere 75 lbs since his cardio training is paying off.

**DISLIKES:** trash bags

**LIFE MOTTO:** play more, sleep more, eat more



Most Popular Pooch Contest Winner:  
Samson “Sammy” Ramirez



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FEET FEEL LIKE  
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A Podiatrist is a "Doctor of Podiatric Medicine (DPM)."The podiatrist specializes in the treatment of foot and ankle problems. Most podiatrists have a four-year undergraduate degree prior to entering podiatric medical school. During the four years of medical training after college, special emphasis is placed on the medical and surgical identification and treatment of foot, ankle and leg problems. Podiatrists have one to three years of residency training in foot and ankle surgery following their four years of specialized medical training. The majority of patients seen by the podiatrist are referred to the specialist specifically trained in the treatment of foot and ankle disorders. In addition to their surgical training, podiatrists have extensive training in the non-surgical treatment of foot and ankle problems.

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  - Bunions
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Where Does Your Skin Fit In?  
*Take the Quiz*

If you've ever tried to match foundation or concealer to your skin, you know how hard it can be. The Fitzpatrick Skin Scale, which is a scientific skin type classification, can help. Skin typing not only helps you choose the right shade of makeup, it also tells you how susceptible to sunburn, sun damage and skin cancer you are. Whatever makeup you choose, always make sure it has the necessary sunscreen protection for your risk level and be sure to always wear sunscreen under your makeup too. When it comes to sunscreen, more is better!

The following Questions Relate  
to Your Genetic Disposition:

- 1

**YOUR EYE COLOR IS:**

  - Light blue, light gray or light green = **0**
  - Blue, gray or green = **1**
  - Hazel or light brown = **2**
  - Dark brown = **3**
  - Brownish black = **4**

- 2

**YOUR NATURAL HAIR COLOR IS:**

  - Red or light blonde = **0**
  - Blonde = **1**
  - Dark blonde or light brown = **2**
  - Dark brown = **3**
  - Black = **4**

- 3

**YOUR NATURAL SKIN COLOR (BEFORE SUN EXPOSURE) IS:**

  - Ivory white = **0**
  - Fair or pale = **1**
  - Fair to beige, with golden undertone = **2**
  - Olive or light brown = **3**
  - Dark brown or black = **4**

- 4

**HOW MANY FRECKLES DO YOU HAVE ON UNEXPOSED AREAS OF YOUR SKIN?**

  - Many = **0**
  - Several = **1**
  - A few = **2**
  - Very few = **3**
  - None = **4**

 **TOTAL SCORE FOR GENETIC DISPOSITION:** \_\_\_\_\_



**SKIN TYPE: I**  
**Skin Color:** White or very pale  
**Hair Color:** Blonde  
**Eye Color:** Blue, Grey, Green  
**Description:** Always burns, never tans



**SKIN TYPE: II**  
**Skin Color:** Pale white with beige tint  
**Hair Color:** Chestnut or Dark Blonde  
**Eye Color:** Blue  
**Description:** Always burns, sometimes tans



**SKIN TYPE: III**  
**Skin Color:** Beige to light brown  
**Hair Color:** Dark Brown  
**Eye Color:** Dark Brown  
**Description:** Sometimes burns, always tans



**SKIN TYPE: IV**  
**Skin Color:** Light to moderate brown  
**Hair Color:** Black  
**Eye Color:** Brown  
**Description:** Rarely burns, always tans



**SKIN TYPE: V**  
**Skin Color:** Medium to dark brown  
**Hair Color:** Black  
**Eye Color:** Brownish black  
**Description:** Rarely burns, tans more than average



**SKIN TYPE: VI**  
**Skin Color:** Dark brown to black  
**Hair Color:** Black  
**Eye Color:** Black  
**Description:** Never burns



CELEBRITY FITZPATRICK SKIN TYPES



I

EMMA STONE



II

GWYNETH PALTROW



III

MEGAN FOX



IV

FREIDA PINTO



V

BEYONCE



VI

LUPITA NYONG'O

The Following Questions Relate to How Your Skin is Affected by Sun Exposure:

- 5 HOW DOES YOUR SKIN RESPOND TO THE SUN?
  - Always burns, blisters and peels = 0
  - Often burns, blisters and peels = 1
  - Burns moderately = 2
  - Burns rarely, if at all = 3
  - Never burns = 4
- 6 DOES YOUR SKIN TAN?
  - Never -- I always burn = 0
  - Seldom = 1
  - Sometimes = 2
  - Often = 3
  - Always = 4
- 7 HOW DEEPLY DO YOU TAN?
  - Not at all or very little = 0
  - Lightly = 1
  - Moderately = 2
  - Deeply = 3
  - My skin is naturally dark = 4
- 8 HOW SENSITIVE IS YOUR FACE TO THE SUN?
  - Very sensitive = 0
  - Sensitive = 1
  - Normal = 2
  - Resistant = 3
  - Very resistant/Never had a problem = 4

TOTAL SCORE FOR REACTION TO SUN EXPOSURE: \_\_\_\_\_

ADD UP YOUR GENETIC DISPOSITION AND SUN EXPOSURE TOTALS TO FIND YOUR FITZPATRICK SKIN TYPE.

TOTAL:

\_\_\_\_\_

KNOWING YOUR FITZPATRICK SKIN TYPE HELPS YOU UNDERSTAND HOW TO CARE FOR YOUR SKIN. SEE BELOW.

- I TYPE 1 (0-6 POINTS) IVORY: You always burn and never tan in the sun. You are extremely susceptible to skin damage as well as cancers like basal cell carcinoma and squamous cell carcinoma. You are also at very high risk for melanoma, the deadliest type of skin cancer. Generally follow The Skin Cancer Foundation's prevention tips but use a sunscreen with a SPF of 30+ and clothing with a UPF rating of 30 or higher. Seek the shade whenever you are out in the sun. Check your skin head-to-toe each month, paying careful attention to any suspicious growths, and make sure you have an annual professional skin checkup. Your skin is pale, porcelain, or ivory toned and often has a reddish undertone and freckles. Your eyes are most likely blue, gray or green with either blond or red hair.
- II TYPE II (7-12 POINTS) BEIGE: You almost always burn and rarely tan in the sun. You are highly susceptible to skin damage as well as cancers like basal cell carcinoma and squamous cell carcinoma. You are also at high risk for melanoma, the deadliest type of skin cancer. Generally follow The Skin Cancer Foundation's prevention tips but also consider using a sunscreen with a SPF of 30+ and clothing with a UPF rating of 30 or higher. Seek the shade whenever you are out in the sun. Check your skin head-to-toe each month, paying careful attention to any suspicious growths, and make sure you have an annual professional skin checkup. Your skin is fair or cream colored often coupled with beige undertones. Your eye and hair color can vary from light to dark. You may or may not have freckles.
- III TYPE III (13-18 POINTS) LIGHT BROWN: You sometimes burn and sometimes tan in the sun. You are susceptible to skin damage as well as cancers like basal cell carcinoma and squamous cell carcinoma. You are also at risk for melanoma, the deadliest type of skin cancer. Be sure to apply a sunscreen with an SPF of at least 15 every day, wear sun-protective clothing, and seek the shade between 10 AM and 4 PM, when the sun is strongest. Check your skin head-to-toe each month, paying careful attention to any suspicious growths, and make sure you have an annual professional skin checkup. Your skin may be described as having a golden tone.
- IV TYPE IV (19-24 POINTS) MEDIUM BROWN: You tend to tan easily and are less likely to burn. But you are still at risk; use sunscreen with an SPF of 15+ outside and seek the shade between 10 AM and 4 PM. Follow all other Prevention Tips from The Skin Cancer Foundation as well. Check your skin head-to-toe each month, paying careful attention to any suspicious growths, and make sure you have an annual professional skin checkup. You skin will have a caramel tone, your hair will be dark, and your eyes can range from hazel to ebony.
- V TYPE V (25-30 POINTS) DARK BROWN: You tan easily and rarely burn, but you are still at risk. Use sunscreen with an SPF of 15+ and seek the shade between 10 AM and 4 PM. Acral lentiginous, a less common form of melanoma that often becomes dangerous because it is detected later than other melanomas, is the dominant form of the disease among darker-skinned people. These melanomas tend to appear on parts of the body not often exposed to the sun, and often remain undetected until after the cancer has spread. Check your skin head-to-toe each month, paying careful attention to any suspicious growths, and make sure you have an annual professional skin checkup. Keep an eye out for any suspicious growths, especially on the palms, soles of the feet and mucous membranes. Your skin will have a radiant bronze to a rich brown appearance. Eyes and hair will be dark.
- VI TYPE VI (31+ POINTS) VERY DARK BROWN/BLACK: Although you do not burn, you are still at risk for skin cancers, and should wear sunscreen with an SPF of 15+ and seek the shade between 10 AM and 4 PM. Acral lentiginous, a less common form of melanoma that often becomes dangerous because it is detected later than other melanomas, is the dominant form of the disease among darker-skinned people. These melanomas tend to appear on parts of the body not often exposed to the sun, and often remain undetected until after the cancer has spread. Check your skin head-to-toe each month, paying careful attention to any suspicious growths, and make sure you have an annual professional skin checkup. Keep an eye out for any suspicious growths, especially on the palms, soles of the feet and mucous membranes. Your skin tone will range from a deep mahogany to espresso. Both your eyes and your hair will be dark.



# A Facial FOR YOUR BODY...OMG!

BY JULIE DAVIS

When I opened Pura Vida Body & Mind Spa, I knew I wanted to offer the most popular and effective skin care treatments but what I didn't know was how AMAZING the body scrubs would actually be. If you haven't had one yet, believe me, you are really missing out!

After having my very first body scrub, I can tell you it is, by far, my new new favorite spa treatment. Erika performed the Renew Body Scrub & Massage which was total bliss! She began with a relaxing dry brushing of my skin then scrubbed me from head to toe with a Grapefruit Sugar Scrub that smelled delish. She used hot, damp towels to remove the sugar particles, dry brushed my skin again and then applied Pura Vitale Vitamin E Body oil. That was heaven enough right there but then she finished my experience with an amazing massage. Not only was I incredibly relaxed, but my skin has never felt softer or smoother, especially my legs that seem to always be dry and itchy.

So, for sure, scrubs and massages are good for your mind, but they are also very good for your skin and your overall health. Accelerating the skin turnover process with good exfoliation stimulates collagen production which contributes to a more youthful and elastic (less crepey) skin texture. Many of us are religious about exfoliating our faces but fail when it comes to the rest of our bodies. Since our skin is the largest organ of the body, why not extend this principle to the rest of you? Consider it a "facial for your body" since it provides your body with the same benefits as a facial.

## WHAT CAN I EXPECT DURING A BODY SCRUB?

Your body will be massaged with an abrasive product (we offer various types and smells, taking away the dull top layer. The exfoliating scrub used at Pura Vida is typically based in sugar, salt, oatmeal, or other natural products. You can also have your exfoliants scented with essential oils that have aroma therapeutic effects like eucalyptus and lavender for relaxation.

When you arrive at the spa for your appointment, you will be offered a variety of scrubs if you haven't already chosen one. You will then undergo these 4 steps:

- 1 **STRIP DOWN:** Don't worry, you will have full privacy, can still wear your underwear or use our disposable undergarments, and your provider will cover you as much as possible during the scrub.
- 2 **GET EXFOLIATED:** Your body will be exfoliated by sections starting with dry brushing then with the scrub products.
- 3 **GET RINSED:** There will be some exfoliants left on your body, so your aesthetician will rinse your body off using warm damp towels. You won't get soaked so don't worry.
- 4 **GET MOISTURIZED:** After the exfoliation, your body will be moisturized with lotion or oil or, if you have a massage following the scrub, it will be done with moisturizing creams and/or oils. This will prolong the beautiful effects of the full body scrub.

## WHAT ARE THE BENEFITS OF THE FULL BODY SCRUB?

Body scrubs come with many benefits. Here are just a few of the great effects they have on your skin and health:

- Increased blood flow
- Glowing and smooth body complexion to match your face
- Aids the appearance of self-tanners by helping bronzing products stay on longer.
- Helps your lotion and other skin treatments be more effective. Just like a facial will help beauty products better penetrate the skin, so does a body scrub help the rest of your skin benefit from topical skin nutrition. ■

*So, what are you waiting for? Treat yourself to this awesome pampering and relaxing skin care treatment asap. You won't be sorry.*

# The POWER OF POWDER



Everyone now knows the importance of sunscreen but who has the patience to carry around a bottle of it everywhere you go? Even if you had traditional sunscreen with you all day, no woman likes smearing that milky white cream or spray over her makeup every few hours while outdoors. Besides, you're asking for an acne breakout by clogging pores and not allowing your skin to breathe. Beyond the inconvenience of it all, our purses are heavy enough without having to fit a travel size bottle of sunscreen in it.

Great news! We all want to protect our skin from damage, sun spots, and premature aging and now there is a far better way to do that. ColoreScience® is the perfect solution. The compact, mineral powder, brush-on sunscreen is lightweight and can easily fit in any purse,

diaper bag, golf bag or tennis bag. All you have to do is uncap the brush and apply it using small circular strokes on your face. It dispenses automatically with no mess and no hassle! ColoreScience® contains titanium dioxide and zinc oxide and has an SPF of 50 which means you get maximum protection from both UVA and UVB rays. And that's not even the best part! Because it's a brush-on mineral powder, it's healthy for your skin and it can be applied over your makeup without messing it up! Babies and toddlers love it too. No stinky eyes and no sunscreen attacks by Mom. Simply put, this is the most efficient, convenient and effective sunscreen for everyday use.

*To pick one up for yourself you can stop by Fleming Island Plastic Surgery or Pura Vida Body & Mind Spa or buy online at [www.pvmedspa.com](http://www.pvmedspa.com). ■*

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# Simple yet Revolutionary

THE KELLER FUNNEL



If you've been considering breast augmentation but the thought of a doctor pushing and shoving implants through small holes in your breasts terrifies you, trust me, you're not alone. However, as technology and medicine continue to develop at a rapid rate, surgeries are becoming safer, quicker, less painful, and consequently, less scary. When it comes to breast augmentations, there are few surgeons more experienced and cutting-edge than Dr. Wallace. In fact, while some physicians are just beginning to use the Keller Funnel, Dr. Wallace has been using for years.

**THE MAGIC:** The Keller Funnel is a relatively simple invention that magically improves the process of breast augmentation. Picture a cake icing bag which is shaped like a funnel. That's much like how a Keller Funnel looks and even how it functions. The Keller Funnel is a cone shaped bag that is individually packaged to keep it sterile and becomes slippery on the inside when hydrated. The implant is placed in the funnel through the larger opening and the smaller side is slipped into the incisions made in the breasts. As the surgeon squeezes the funnel, the implant is moved through the small opening at the other end releasing the implant into the breast pocket.





THE PROCESS:

The Keller Funnel pouch is cut at one end and placed in a sterile saline solution. Once it is hydrated, the inside of the pouch becomes slippery so that the implants can slide through it easily. There are two ways to load the implant into the funnel. In the no-touch process, the implant is placed in the funnel directly from the package. The implant touches nothing other than the original package and the sterile funnel. In the minimal touch process, the surgeon places the implant into the funnel using his gloved hands to ensure that it is facing the right direction with the right orientation. Also for textured implants, the doctor typically adjusts the orientation of the implant after it has been inserted. Once the implant is loaded into the funnel, the smaller side of the pouch is placed into the incisions made under the breasts, and the implants are squeezed through. The difference in the size of the incisions necessary to squeeze the implants through is absolutely remarkable!

THE BENEFITS:

Keller Funnel provides ease and efficiency for surgeons which means less time under anesthesia. Using a funnel and not having to squeeze and shove the implants with the surgeon's hands also makes it much less likely for the implants to become damaged. But the number one benefit of the Keller Funnel is the fact that it allows for such a sterile procedure. By using the minimal and no-touch techniques, the implants go from the sterile package, to the sterile funnel, to the inside of the patient's breast, with no contact to the patient's skin, which is a likely place for the implants to pick up bacteria. It's as easy as that! Finally, the use of the Keller Funnel means smaller incisions and smaller scars. ■

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**BODY TRANSFORMATION COACHING:** During Total Transformation journey, Renee will guide, encourage, support, and stretch you out of your comfort zone so that you can step into full alignment with the powerful person you know you truly are. She will help you get unstuck in any area where you feel you are hiding, making excuses, playing small, or not living up to your true potential. *Lose weight and gain energy and learn how to maintain both over time!*

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- 1 Body Sculpt session per month during maintenance phase (3 sessions)
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- Starter package of Essential Oils
- Starter pack of organic supplements
- Up to 4 Salt Spa sessions per month

3 MONTH PROGRAM - \$2280  
(or \$760 / Month)

- Weekly Health and Life Coaching sessions
- 3 Micronutrient Sculpting sessions per month (9 Total)
- 1 Pure Joy Massage OR choice of Detox Body Scrub
- Starter package of Essential Oils
- Starter pack of healthy organic supplements
- Up to 4 Salt Spa sessions per month

12 MONTH PROGRAM - \$8400  
(or \$700 / Month)

- Weekly Health and Life Coaching sessions
- 4 Micronutrient Sculpting sessions per month (12 sessions)
- 1 Body Sculpt Session per month during maintenance phase (9 sessions)
- 1 Pure Joy Massage OR choice of Detox Body Scrub
- Starter package of Essential Oils
- Starter pack of organic supplements
- Up to 4 Salt Spa sessions per month



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# LIPOSUCTION OR TUMMY TUCK

## ► *What's the Difference?*

If you're like thousands of people in America, you've been exercising, dieting, and trying everything in the book to get slim and trim. Yet despite your efforts, you may still have some stubborn fat and maybe even some sagging skin. If this is true, it is time to see Dr. Wallace for help with those finishing touches!

While Dr. Wallace has several options to correct stubborn fat and sagging skin, none of these options are a substitution for exercise or weight loss program. Additionally, abdominoplasty and lipo are only

	MINI TUMMY TUCKS	EXTENDED TUMMY TUCKS	LIPOSUCTION
Permanent results	Yes	Yes	Yes
Number of treatments	1	1	1
General or local anesthesia	General	General	General
Areas treated	Lower abdomen	Full abdomen, abdominal wall	Many areas throughout the body
Surgical Procedure	Incision made low on abdomen, liposuction used to suck out excess fat, skin tightened and pulled together.	Incision made low on abdomen from hip bone to hip bone and near navel, liposuction used, excess tissue trimmed and tightened, bellybutton repositioned	Small incision made in area to be treated, just large enough to fit thin tube. Tube used to vacuum fat
Scarring	Short scar low on abdomen: usually hidden completely under clothing and fades with time	Longer scar, also hidden under clothing. Also scarring near bellybutton. Fades with time	Small incision scars often hidden and fades completely with time
Surgery Time	1 1/2 hours	2 hours	30 minutes per body part
Recovery Time	Rest for 48 hours. No exercise for at least 4-6 weeks	Rest for 48 hours. No exercise for at least 4-6 weeks	Rest for 48 hours. 1 week for bruising and swelling to dissipate
Cost	\$6,000 - \$10,000	\$7,000-\$12,500	\$2,500-\$9,000

recommended for patients with healthy weights and who are in good physical condition. While the results of both can be permanent, your results will be compromised if you gain the weight back or have another child. So, if you're unsure about being able to maintain your weight or you might want to have additional children, it's probably best to postpone these procedures.

So which procedure is right for you? The answer is quite simple. Liposuction only removes fat and doesn't do anything to fix skin laxity. So, if you have excess or loose skin you'll probably want to have a tummy tuck. Liposuction also doesn't do anything to tighten the muscles in the abdominal wall either, which can get loose and separate after significant weight gain or pregnancy. Generally speaking, liposuction is good for getting rid of the little bit of stubborn fat that never seems to want to leave you, while tummy tucks are used for more extensive treatments. Of course, each patient has a different body type and different cosmetic goals, so it's always best to consult with your doctor before making any definite plans. ■

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# Top 5 Tips For Choosing a Plastic Surgeon



BY JULIE DAVIS

Are you considering a cosmetic procedure for the first time? With so many different doctors, locations, and prices to choose from, finding the right doctor can be overwhelming and quite confusing. Sure, Google is a great place to start, but we never want you to choose your surgeon based upon location and price alone. So how can you know which plastic surgeon is the best for you? Following these 5 simple tips will help you choose.

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## 1 BOARD CERTIFICATION - DON'T BE FOOLED:

Surprisingly, surgeons are not required to be specifically trained in the procedures they offer. So technically, an oral surgeon could advertise and perform low cost breast augmentations, even though he's never been trained in plastic surgery. Crazy, right? Well, believe me, it happens.

For this reason, the first step in choosing a plastic surgeon is to make sure that they are board-certified in Plastic Surgery by the American Board of Plastic Surgery, which is the only approved plastic surgery board certification in America. If doctors have this certification, you can be sure that they have been specifically trained in plastic surgery. A great way to check if your doctor is certified and actually keeping up with his education is to check his credentials online at American Board of Plastic Surgery. You can also look to see if the surgeon is an active member of the American Society of Plastic Surgeons, ASPS, or the American Society of Aesthetic Plastic Surgery, ASAPS. Dr. Wallace has been a member of ASPS since 2009, a member of ASAPS since 2014, and is double certified in both general and plastic surgery!

Also, be careful not to confuse the American Board of Cosmetic Surgery with ASPS or ASAPS. Although ABCS is a growing organization and there is nothing wrong with being ABCS certified, this particular Board does not require equal training as the more notable and widely accepted ASPS Board Certification. For example, this is an exact quote from the American Board of Cosmetic Surgery: "For candidates from surgical specialties in General surgery, Obstetrics and Gynecology, Oral and Maxillofacial surgery, Otolaryngology. . . , it is requirement to complete a one-year general cosmetic surgery fellowship."

## 2 SAFETY FIRST:

Another reason to choose an ASPS member physician is that ASPS requires its members to perform surgeries in accredited, state-licensed surgical facilities only. At Fleming Island Plastic Surgery, surgeries are performed by Dr. Wallace in AAAHC and AHCA certified outpatient surgery centers. These centers have much lower infection and complication rates as compared to hospital operating rooms.

## 3 GOOGLE: Make sure to Google anything and everything you can about your doctor before choosing him.

Look at all review sites and see what others have said. Some great sites to research are RealSelf, State of Florida Licensing Board, Facebook, Vitals, HealthGrades, Google and Yelp. If there are more than a very few negative news or reviews, this should be an immediate red flag. Sometimes, by just Googling a surgeon's name, you are able to find pending lawsuits. Try a search like this "plastic surgery lawsuit Jacksonville." Unfortunately, most malpractice lawsuits are settled before going to court and such settlements are usually confidential. So, even if your search comes up clean, you should still ask your doctor about any current or previous lawsuits. A surgeon with nothing to hide should not be offended but rather impressed with your question and should willingly answer it.

## 4 A PICTURE IS WORTH A THOUSAND WORDS:

The next step to take is to check the before/after pictures of the surgeries the doctor of your choice has performed. Make sure to look for things such as symmetry, lumps, inconsistent angles, and whether or not the modifications look natural. It takes time, often more than a year, for scars to really fade so don't focus so much on the scarring. Many doctors take the "after" photos only a few months after surgery so the scars will appear more prominent until they have more time to heal. Another point to keep an eye out for is body position, camera angle and lighting. It's easy to manipulate the way something looks with some basic photography skills. The patients should face the same direction with the same body position with no change in camera angles or lighting. And absolutely make sure the before and after pictures appear to be the same person. Look for moles, freckles or any other identifying marks to confirm this. Also, plastic surgery before and after photos should never be "touched-up".

## 5 COSMETASSURE:

While complications following cosmetic surgery by Board Certified Plastic Surgeons are rare, as with all surgeries, there is still a risk of complication. To add insult to injury, if a complication does occur, your insurance company may not cover your bills. CosmetAssure is an insurance company specifically created for elective surgeries and is only offered to patients of highly qualified and thoroughly vetted Plastic Surgeons. Because Dr. Wallace wants you to have peace of mind, he provides CosmetAssure at no additional charge. Even if an unlikely complication occurred, CosmetAssure would pay you directly to cover the unexpected costs. ■



# CoolSculpt™ OR SculpSure™

## How Do You Choose?

Want a thinner more sculpted physique? Many of us do, but some of us don't want to undergo surgery to get those results. We understand completely and that's why Dr. Wallace of Fleming Island Plastic Surgery decided to add SculpSure™ to the list of non-surgical, body contouring options he offers. SculpSure™ is a non-invasive, non-surgical technique that eliminates unwanted and stubborn fat in various areas of the body. With SculpSure™, there are no incisions, no scars, no surgical risks, and there is **absolutely no downtime**.

### How SculpSure™ Works:

SculpSure™ is the only FDA-approved thermolipolysis procedure that uses a laser to selectively heat and damage fat cells. The laser raises the temperature of fat cells to about 45°C (or 113°F) while keeping the skin's surface cool. This deep heating damages the fat cells beneath the skin. The body then recognizes that these cells have been damaged and begins a natural process that slowly rids itself of the fat cells, leaving behind a thinner, sculpted body.

### How CoolSculpting™ Works:

CoolSculpt™ uses an opposite technology called cryolipolysis, which kills fat by freezing it. Patients who have enough pinchable fat will have the fat vacuumed into the device which freezes the fat cells. Similar to SculpSure™, the frozen fat cells are eliminated by the body's natural processes.

### What You Don't Hear on TV Commercials:

While the end results with either treatment may be similar, there are some very important differences that patients should be aware of when deciding which treatment is right for them. First, the freezing part of the CoolSculpting procedure is reportedly quite painful, or

at least, very uncomfortable. Second, you must have enough pinchable fat so it can be vacuumed into the device. Most importantly, with CoolSculpting™ there is one significant risk involved. Although reportedly rare, some people (more commonly men) develop paradoxical adipose hyperplasia (PAH) following CoolSculpting™. PAH is a medical phenomenon that has only been observed in patients who have undergone cryolipolysis. PAH actually causes fat cells to grow bigger instead of eliminating them! So instead of getting slimmer, patients who experience this unwanted side effect end up with large, often hard, masses of fat in the areas that were frozen. Even worse, the only way to correct this is to undergo a surgical procedure. Because SculpSure™ uses heat and not cold, the risk of PAH does not exist with SculpSure™. Due to the reported pain involved with fat freezing and the severe but rare potential PAH side effect, Dr. Wallace does not do CoolSculpting™ but Instead, he offers SculpSure™.

### What to Expect During Your SculpSure™ Treatment:

Because SculpSure™ uses proprietary Contact Cooling™ (technology that cools the skin as it heats up the fat below), patients remain comfortable during the procedure. Most patients experience a warm and

tingling sensation followed by a cooling sensation during the treatment. Very few patients report that SculpSure is painful. There is absolutely no downtime either. You can resume normal activities immediately after the procedure. Following the treatment and as the body is ridding itself of the fat, you may experience some minor swelling and a little soreness for a couple of days.

### When to Expect Results:

SculpSure™ results can be seen around 6 weeks but because we rely on the body to find the damaged fat cells and eliminate them naturally, maximum results are seen at 12 weeks following your last treatment. Usually two treatment sessions are required and sometimes three. Treatments must be performed 4-6 weeks apart in order to achieve the desired results. So, if you're planning on slimming up for a special occasion, make sure to plan in advance! Want to learn more? Visit our website at <https://flemingislandplasticsurgery.com/Procedures/Body/SculpSure-Fleming-Island-FL> ■





# Micronutrient BODY SCULPTING



**Nutrient Body Sculpt's doctor-endorsed, proprietary solution is a vegan, natural, premium product that is the perfect complement to your health or beauty regimen. A Nutrient Body Sculpt session can:**

- Tighten and tone the body
- Improve your body contour
- Lift thighs, buttocks and breasts
- Minimize fine lines and improve skin texture
- Relieve stress
- Relax the body

*Many of our clients see benefits after just one or two sessions and immediately start feeling more toned and relaxed.*

## WHY YOU NEED MICRONUTRIENTS

If you suffer from a micronutrient deficiency, you may have a number of symptoms, including dry, dull looking skin, issues with digestion, chronic conditions such as osteoporosis and more. Getting the right amount of micronutrients in your diet is essential to your health and wellness. To make sure you get plenty of micronutrients, you need to eat a diverse diet. Some foods you should include in your meal plan are yellow and green fruits and vegetables, chicken, lean meat, nuts, olives, whole grains, milk and eggs.

Macronutrients are made up of unsaturated fats, carbohydrates and proteins. Micronutrients include minerals and vitamins that are necessary for healthy development and growth. While only a small amount of micronutrients are necessary for the body to remain healthy, a vast majority of people are deficient. Deficiencies in micronutrients over time can have devastating consequences for your health, or in the very least, take years to recoup or correct.

While there are thousands of companies focused on health, beauty and weight loss, there are no direct competitors to Nutrient Body Sculpt. That's why we chose it! The product differentiates itself by having a proprietary solution delivered on the skin (transdermally) rather than taking an oral supplement. New research shows that absorption of micronutrients and minerals through the skin may best address deficiencies.

According to Dr. Kedar Prasad, PhD, "the amount of micronutrients your body produces naturally declines with age and exposure to disease, so dietary and vitamin supplementation is essential as you get older." If your body isn't absorbing micronutrients properly (via the digestive system) all the supplements in the world won't do any good.

Nutrient Body Sculpt is an optimal way to nourish your body with what it needs to fight off disease, free radicals, and inflammation.

## WHAT TO EXPECT DURING YOUR SESSION

A Nutrient Body Sculpt session lasts about an hour and is an invigorating step that leads to improved health and overall well-being. Measurements are taken before and after a session which will reveal a decrease in overall circumference of specific areas of the body, such as abdomen, buttocks, chest, hips, thighs, arms and chin.

Our sculpting method uses custom latex-free bandages that are stretched tightly across targeted areas of your body. Our bandages are saturated with our exclusive, high-grade micronutrient and mineral solution, ensuring maximum hydration on the skin and transdermal absorption. The liquid mixture is then absorbed transdermally (through the skin) with balanced amounts of iron, copper and manganese so there is no risk of iron interacting with vitamin C. More importantly, trace minerals in the wrap boost enzyme reactions and improve collagen production and skin cell regeneration,

Most importantly, unlike other wrapping systems, Nutrient Body Sculpt hydrates rather dehydrates the body. Dehydration is a short-term slimming solution associated with sweat/water loss products which can compromise the heart and even cause rebound water retention (increase of inches). You won't be dehydrated after body sculpting. ■

***Pura Vida Body & Mind Spa is the only certified Nutrient Body Sculpt provider and training center in Central & North Florida!***

***Call us today to schedule your body sculpt session or to learn more about becoming a provider! 904.644.8586***



# SALT THERAPY



## ABOUT SALT THERAPY

Salt therapy has been around since the beginning of time and has been used throughout history in all sorts of ways—as a common cooking ingredient, on snowy and icy roads, as a preservative, and even as currency in centuries past. Salt is one of the essential ingredients that constitute life. Salt has also been utilized in various therapeutic, healing and medicinal ways including saline solutions, nebulizers, skin scrubs, salt baths, Nettie pots, etc.... mostly known as “wet” salt therapy. In our modern society, thanks to technological innovations, another aspect of salt therapy has emerged where the main health benefit comes from the salt’s quality to absorb moisture. It is called Dry Salt Therapy and is also known as Halotherapy. Today, Halotherapy is being provided throughout Europe, Australia, United Kingdom, Canada, the United States and other areas as a natural alternative and complimentary way of improving general wellness, respiratory issues, skin conditions, detoxification, athletic performance and more.

## HOW DOES SALT THERAPY WORK?

Dry pure grade sodium chloride is heated and then it is grinded and crushed into very tiny microparticles in a

machine called a halogenerator. These dry micro-particles of salt are then dispersed into the salt room during a typical session. As you relax in the salt room the micro-particles are inhaled as well as land on the skin. The particles penetrate deep into the lungs, bronchi, bronchioles and alveoli as well as into the deeper layers of the skin. Furthermore, the anti-bacterial and anti-inflammatory properties of the dry sodium chloride help in treating infections and certain skin conditions such as psoriasis, dermatitis, and eczema. Although salt therapy is new to the U.S., it is frequently used in many countries of Eastern Europe. Today, modern technology allows us to bring the benefits of a salt mine to you. ***Salt therapy is a non-invasive, drug-free, chemical-free, all-natural solution.***

## WHY DOES SALT THERAPY WORK?

Salt therapy has three main characteristics: Dry salt is super absorbent, it is anti-inflammatory and it is anti-bacterial. Because the microscopic salt particles get deep into the respiratory system as well as into the skin, the dry salt absorbs all the excess mucous, allergens and foreign elements in the respiratory system, opens constricted airways and kills the spreading of bacteria and viruses.



WHO BENEFITS FROM HALOTHERAPY TREATMENTS?

Salt therapy benefits people of all ages and is great for overall wellness, respiratory and skin. Salt therapy has provided benefits for those with the following conditions:

- Allergies
- Emphysema
- Asthma
- Psoriasis
- Bronchitis
- Pneumonia
- Bronchial Infections
- Rhinitis
- Chronic ear, nose, throat illnesses
- Sinus Infections
- Cold/Flu
- Sinusitis
- Cystic Fibrosis
- Smoker’s Cough
- Dermatitis
- Snoring
- Ear Infections
- Stress and Fatigue
- Eczema
- Wheezing

HOW SAFE IS A SALT THERAPY?

Salt Therapy is completely safe. It is a 100% natural, drug free, non-invasive wellness ritual with no side effects or potential health hazards. If an individual has any questions or concerns regarding any current medical or other condition, please consult with your health care professional.

IN WHICH CASES SHOULD SALT THERAPY BE AVOIDED?

Halotherapy is not recommended for individuals with the following conditions:

- Existence or suspicion of cancer
- Any kind of infectious disease
- Acute respiratory disease
- COPD with 3rd stage of chronic lung insufficiency
- Coughing of blood/bleeding
- Infections accompanied by fever
- High blood pressure/hypertension in IIB stage
- Any form or stage of tuberculosis
- Chronic kidney disease

WHAT ABOUT THE CONCERN THAT SALT IS BAD FOR YOU?

Some people are concerned about the intake of salt because of issues relating to diet, high blood pressure and hypertension. This type of salt intake is connected to the digestive track. Dry salt therapy is different as it is associated to respiratory system. When inhaled, the amount of micro salt particles entering your respiratory system is extremely low. Instead of being bad for you, pure, dry salt actually kills bacteria, reduces inflammation and expands airways.

ARE THERE ANY SIDE EFFECTS?

Infrequently. Some people might experience a mild tickle in the throat or an increase in cough due to an excess mucus buildup. This is an indication the therapy is working. Other effects might be a slight skin irritation for those with hypersensitive skin.

WHAT TYPE OF SALT IS USED?

Not all salts are created equal. Only pure, medical-grade 99.99% sodium chloride is used in our halogenerator which are the machines that crush and grind the salt into microscopic particles and disperses into the salt room. All of the clinical studies and research for halotherapy involve only using this pure grade sodium chloride. This salt comes from the earth and seas but goes through a process eliminating and removing all debris, contaminants and is not processed with any additives or caking agents like table salt.

Other types of salts are often used as a décor element such as Himalayan salt, but only 99.99% pure grade sodium chloride is used in the halotherapy equipment.

IS THERE RESEARCH AND EVIDENCE THAT SALT THERAPY WORKS?

Salt therapy has been researched and studied throughout the world and more studies are starting to be done here in the United States. Please go to <http://salttherapyassociation.org/research-education/research-articles/> for more details.

WHAT SHOULD I EXPECT AND EXPERIENCE IN THE SALT ROOM?

Salt therapy rooms are generally relaxation rooms that provide a very tranquil experience. Our Salt Spa has zero gravity recliners so you can sit back, relax and just breathe. During the session you will be surrounded by a very fine aerosol of dry salt particles that are barely visible to the eye. The lights will dim and you can choose to listen to relaxing music, read a book or magazine, meditate, or simply rest. The temperature and humidity in the rooms are controlled to provide an optimal experience. Cell phones, tablets and electronics are usually not permitted since being exposed to the salt could be corrosive. You will want to wear comfortable clothing (salt air is not harmful nor will it leave a noticeable residue). At the end of the session you may have a slight taste on your lips. Some salt therapy facilities offer various activities and classes in the salt room such as yoga, guided mediation, and other activities.

HOW MANY SESSIONS DOES IT TAKE?

Like many wellness and health regimens, people respond differently. Many people will notice a positive effect in just in one session, however, a series of sessions is recommended for optimal results. Some people come 2-3 times a week for a 3-4 week ritual during allergy and cold seasons, while others come 2 times a week for 6-8 weeks for more chronic conditions. Those who come for general wellness, stress relief and relaxation simply come as often as they like. For many conditions, after a series of sessions, symptoms subside and relief can last for several months before another session is needed. It can also be used as a preventative measure to strengthen the immune system against colds, cough, allergies, and sinusitis. ■

*Disclaimer: While there are many clinical and scientific studies conducted on dry salt therapy (halotherapy) throughout the world, the FDA has not evaluated the statements made throughout this material, content, website, etc. Dry salt therapy is not intended to diagnose, treat, cure or prevent any disease.*

# Donating Hope TO VICTIMS OF VIOLENCE



**Reconstructing Dreams** was founded from a desire to help restore the lives, confidence, and self-esteem of women who have been victimized by physical and sexual violence. Through our network of plastic, cosmetic, and reconstructive surgeons and our other healthcare providers, we are able to remove the physical reminders of abuse.



**Contact us to learn more about how you can donate or volunteer.**

**(904) 250-0076**  
[jdavis@reconstructingdreams.org](mailto:jdavis@reconstructingdreams.org)  
[reconstructingdreams.org](http://reconstructingdreams.org)



# Vagina Secrets

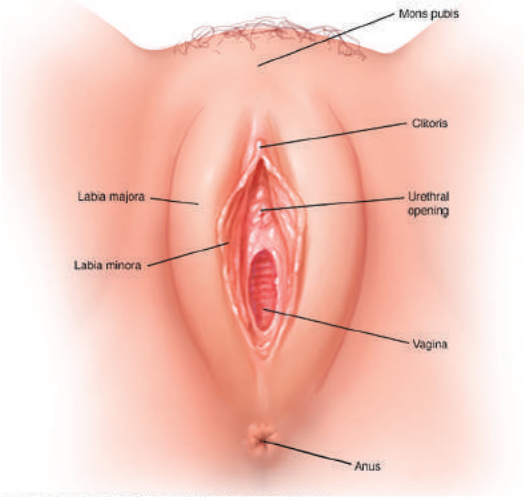
We all have something about our bodies that make us feel less confident. Many of us find a way to cope with our little imperfections. Some use self-deprecating humor and laugh it off while others choose to remedy the condition with treatment. But what happens when it's a private area that you are insecure about? That's a little harder to face which often leaves women feeling alone, less confident and even embarrassed, affecting many areas in life and relationships.

First things first. Every woman needs to know that not all VaJayJays are created equal. Just like our facial features, the shape and anatomical features vary from woman to woman. Also, many things outside of your control can cause your lady parts to change over time. Having children, hormones, menopause, aging skin, and even genetics are responsible for how your lady parts look and feel.

So, are you unhappy with “your girl”? Want to restore its youthful appearance and feel? Well, you’re definitely not alone! Labiaplasty is one of the fastest growing cosmetic surgeries, increasing by 39% last year alone. The labiaplasty procedure is performed for various reasons: to reshape to reduce the clitoral hood, to plump up the labia majora (the outer vaginal lip), or to reduce the labia minora (the inner vaginal lip). The most common reason for undergoing labiaplasty is to reduce the labia minora. For some people, the labia minora actually hangs out past the labia majora. While normal and quite common, this can lead to a lot of discomfort and even pain when exercising or during intercourse, really interfering with your life. Some patients have even reported their labia hanging out

of their swimsuits, and of course, no one wants to be told they have a camel toe.

Fortunately, labiaplasty can fix one or all of these reported issues. While labiaplasty can sound intimidating because we're working on a very delicate part of your body, pain medication is only needed for a few days. There is often little to no visible scarring and no negative changes effecting arousal or orgasms! Take a week to rest and heal, refrain from using tampons, douching and having intercourse for about a month and then you can welcome your new look. Put on those yoga pants and swimsuits and go back to enjoying the activities you have been avoiding! To learn more, visit <https://flemingislandplasticsurgery.com/Procedures/Body/Labiaplasty-Fleming-Island-FL> ■



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