

**Give Your Skin a Break!**  
**Take an In-Town Vacation This Summer**

June 11, 2008 – (Campbell, CA) Rising gas prices, falling exchange rates, annoying airline fees and the disappearance of available vacation time may have Bay Area residents feeling pinched this Summer. Age Defy Dermatology & Wellness wants to help by providing an “in town” getaway that won’t drain the tank or break the bank!

**Stay close to home but still feel like you got away**

Why wait for a vacation to pamper yourself? Take an in-town vacation and give your skin and body a much-deserved break. Indulge with soothing treatments that are medically directed and designed for results. May we suggest:

- “Eastern Influence” – Escape to the Far East without leaving the South Bay! This 2.5 hour package includes an 80-minute Shiatsu massage and a soothing Ayurvedic Facial, infusing natural aromatic oils and plant essences into key energy points.
- “Head to Toe” – Your 3 hour package includes a tension-releasing, 80-minute Hot Stone Massage paired with a 15-minute scalp massage for relaxation and balance; these are followed by an Acupuncture Facial Rejuvenation Treatment to reduce the appearance of fine lines and improve skin’s tone and vitality.

**A myriad of services for the treatment you deserve**

More than just a Medi-Spa, Age Defy helps our patients *Look and Live Well*. Services include:

- Massage Therapy & Reflexology
- Facials & Peels
- SilkPeel exfoliation treatment
  
- Acupuncture
- Botox, Wrinkle Fillers (Juvederm, Restylane, Radiesse, Sculptra)
- Thermage tightening
- Acne treatments
- Cosmetic Surgery

Medi-Spa packages (including full- and half-day packages) ensure a true ‘getaway’ experience – our beautiful Meditation Lounge and Medi-Spa are also available for unique bridal parties and special events!

**OPTIONAL EDITS:**

**Reclaim Your Swimsuit**

Look your best in Summer clothes and dare to be “bikini confident”! Age Defy’s “summer-friendly” services are designed to tighten and smooth your body and give you healthier, younger looking skin – with little or no downtime. Summer temperatures can mean breakouts, redness and sun damage – schedule a complimentary consultation to learn about the best regimen for your skin’s unique needs and what Reverscel skin care products you should be using this time of year.

### **Don’t Neglect the Mind, Body, Spirit Connection**

Stress can take its toll on your skin and overall well-being. Age Defy Dermatology & Wellness is committed to helping our patients not only look their best, but feel their best, too, through healthy aging and wellness programs that include stress reduction, fitness and nutritional counseling, yoga and meditation, Healing Touch therapy and more.

“Summer can be a stressful time, especially for women,” says Arlene Noodleman, M.D., M.P.H. “We deal with childcare issues, planning family activities around work demands, seasonal allergies and health concerns. I advise my patients to make time to care for themselves. Research has shown the negative effect that stressful thoughts and emotions can have on your health, vitality and your skin. When you’ve addressed the wellness connection, you are in a position to be a more engaged parent and sharpen your focus in the workplace. – and look and feel your best.”

### **Learn More**

Attend a complimentary Summer-Friendly Seminar and learn more about body contouring, skin tightening, wellness and treatments to restore your skin’s tone and texture:

Tuesday, June 24<sup>th</sup>

@ 6:30 pm

RSVP to 877-AGE-DEFY or [seminar@agedefy.com](mailto:seminar@agedefy.com).

Call 877-AGE-DEFY to schedule an appointment. To learn more about Age Defy Dermatology & Wellness, visit [www.agedefy.com](http://www.agedefy.com).