

Give Your Skin (and your gas tank) a Break!
Enjoy a “Stay-cation” This Summer

August 5, 2008 – (Campbell, CA) Rising gas prices, falling exchange rates, annoying airline fees and the disappearance of available vacation time have had many Bay Area residents feeling pinched this Summer. Age Defy Dermatology & Wellness, the Bay Area’s premier cosmetic dermatology medical center, is helping by celebrating the *stay-cation* – an in-town getaway that relaxes and rejuvenates without draining the tank or breaking the bank!

Stay close to home but still feel like you got away

You don’t need to wait for a vacation to pamper yourself. Take an in-town vacation, or *stay-cation*, and give your skin and body a much-deserved break. Whether you have a full day, half day or even just a couple of hours, you can still have a restful, relaxing, rejuvenating experience – with results that last!

Indulge with soothing treatments that combine clinical results with deep relaxation. Age Defy’s “Eastern Influence” package allows you to escape to the Far East without leaving the South Bay! Experience the deep relaxation of Shiatsu massage and a soothing Ayurvedic Facial, infusing natural aromatic oils and plant essences into key energy points. The “Head to Toe” package helps you energize with a tension-releasing Hot Stone Massage paired with a 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

Part sanctuary and part medical center, our beautifully appointed new MediSpa is a calm oasis in a hectic world. While our services are designed to provide a relaxing getaway, they are also results driven. It’s a unique combination of anti-aging results and a memorable experience that can be enjoyed over and over again! Patients feel rejuvenated from the inside out, embodying Age Defy’s philosophy of *Look and Live Well*.

Services include:

- Massage Therapy & Reflexology
- Facials & Peels
- SilkPeel exfoliation treatment
- Acupuncture

- Botox[®], Wrinkle Fillers (Juvéderm[™], Restylane[®], Radiesse[®], Sculptra[®])
- Thermage[®] non-surgical skin tightening
- Portrait[®] Skin Regeneration – NEW
- Acne treatments
- Body treatments

- Cosmetic Surgery

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, Qi Gong 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 Seminar to learn more about body contouring, skin tightening, wellness and treatments to restore your skin's tone and texture:

Tuesday, August 19th
@ 6:30 pm

RSVP to 877-AGE-DEFY or seminar@agedefy.com.

Medical Director Dr. Rick Noodleman will also talk about the new Portrait® Skin Regeneration treatment, for resurfacing results in one treatment with minimal downtime!

Call 877-AGE-DEFY to schedule an appointment. To learn more about Age Defy Dermatology & Wellness, visit www.agedefy.com.