

Body Beautiful Laser Medi-Spa wants to know...

... “ARE YOU CAMERA READY?”

by Marcia Hale, Makeup Specialist & Laser Technician

Say “CHEESE”! Ever taken a not-so-good picture? If you are like most people, you have already looked in the mirror or have seen a picture of yourself and are well aware of those features that you wish you could tweak. It’s a fact that the majority of human faces are asymmetrical. That’s why modeling jobs are saved for those select few who have been able to mask their mask! Try this test, cover half of your face with a sheet of paper while looking in the mirror. Then move it to the other side. You may find that one eye is slightly higher, one eyebrow is higher, fuller, or longer. Your eyelids are also usually not even the same shape. And your lips are probably more full on one side and/or slightly angled upwards or downwards on the other. When you laugh, the muscles in your face are stronger on one side and more toned ...what does this mean for us normal people? Nothing-except that your theory of having a “good-side” to be photographed is true. These days though, you do not have to be a super model or professional makeup artist just to get a balanced look. Even if you eventually figured out the algebraic

equation for correcting this dilemma, it probably won’t last very long. Makeup has come a long way, but it has the staying power of a giggle!

UNLESS, you make your make up PERMANENT. That’s right, transform your lips. Redefine your eyebrows and make them match. Or maybe they are just sparse, you can now fill it in to look fuller. Gone are the days of overdosing on mascara. That clumpy effect is not attractive and really distracting. That is one of the easiest things to fix. It’s a procedure called “Eyelash Enhancement”. A thin line (the same color or darker than your own lashes) in your lash line to make them appear more full-naturally. You could opt to make

that eyeliner a little thicker to make your appearance more polished. It can be



difficult to apply eyeliner perfectly every day, when you can barely see and need glasses. Let’s “face” it, who knows where that makeup will travel to throughout the day. Traveling makeup happens most often with eyeliner and lipstick. So in case you are not a professional model with access to an endless supply of beauty glop, let’s defeat the odds of being sparse and asymmetrical. So when a photographer says, “say cheese!” You can feel confident that you look flawless at any angle.



Are you frustrated by the constant need to shave?
Do you get embarrassed by hair showing in places it shouldn't?
Do you care about a friend or that special guy who doesn't know what to do with excess body hair?
Read on for a safe, comfortable, affordable way to take care of that for good!

The HEALTHY, BEAUTIFUL BODY PROBLEM: Constant Hair Removal

Long gone are the days where an abundance of hair is helpful to our survival in the wild. In today's modern times, it is actually more of a hindrance. The constant "temporary" removal of it chips away at our time, money on products, beauty, and comfort level. Some efforts at hair removal are more effective and longer lasting than others, but nothing, that's right NOTHING, is more effective with permanent results than moving the actual hair CELL. This can be achieved anywhere on your body with IPL Laser Treatments. Typically, any area that you want treated will need at least three to five treatments. This is because the hair cell is in one of three stages of growth. What you can see on the surface is "active". Then there is the follicle that is done growing and is falling out. The third stage is when the cell is "dormant". When

the cell is stimulated by your hormones it will begin to grow the next "batch" of active hair. Sometimes, a person might need that fourth or fifth treatment to clean up an area where the cells were "between" phases. Another thing to remember about hair growth is that because our hormones stimulate growth, they also determine where it is distributed. That's why, ladies, one day we might wake up wondering how our lip or chin started growing so much hair? Unfortunately, as we age, our hormone levels shift, and while we may lose a bit of estrogen, we still have testosterone left to dictate where the cell will be distributed and stimulated. But when the laser treats that area, the hormone has no cell to stimulate!

Problem solved. ...

Laser Hair Removal: The Science Behind the Technology

Laser hair removal is the latest technology used all around the world today for permanent hair reduction. It is a safe and effective procedure to remove unwanted hair. Here at Body Beautiful, we use a diode laser with two of the best technologies. Radio frequency (RF) and also intense pulse light (IPL). A laser produces a beam of highly concentrated light. The light emitted by the diode laser is well absorbed by the

pigment located in hair follicles. During the procedure, the laser pulses for a fraction of a second, long enough to heat up the root of the hair and impede the follicles ability to re-grow. This process also treats numerous hair follicles simultaneously. Therefore, a diode laser is appropriate for treating even the largest areas of the body both quickly and effectively. Small areas, such as the underarms or upper lip, can be treated in ten minutes or less, and even large areas, like the back or full legs can be treated in under a half hour. Unlike waxing, there is no need to let hair grow out between treatments. You can remain hair free all the time. The appearance of the treated area immediately following the treatment varies from patient to patient depending on the skin type. Side effects, if any, are minor. They may include slight redness around the hair follicle which indicates that the follicle has responded well to treatment. Most people return to normal activity right away.