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Your **TOP Laser** **HAIR REMOVAL**
Questions Answered.....

Let's face it, the idea of never having to shave again is like going to your dentist only to have them tell you, that you never need to come back. Shaving, tweezing and waxing are all time consuming, not to mention only a short term solution. The idea of laser hair removal is great, but the fear of the unknown can be an intimidating thing. We set out to get your top laser questions answered, so you can come in confident and question free.

Does It Work? How laser hair removal works is through highly controlled pulses of intense light which are absorbed by the hair follicles lying below the surface of the skin. The absorbed light heats and destroys the hair follicle preventing regrowth from occurring, and without damaging surrounding tissues.

Does It Hurt? The procedure does come with some mild discomfort but nothing debilitating. Put it this way, most people stop in to do their treatments in-between running errands or on their lunch break, there is no down time involved. The sensation experienced during treatment is most often compared to a stinging, like that of a rubber band snapping against your skin. What you're feeling is the laser zapping the hair follicle, this sensation only lasts about a millisecond.

How Many Treatments Will I Need? The number of treatments you will need depends on differ-

ent factors, but typically you will need a minimum of six treatments. This can vary depending on hair density, colour, area, etc. During their life cycle, your hair goes through three different stages at different periods of time. Your hair is most vulnerable to laser during a specific stage, which is why several treatments are required.

What Is The Cost? This is dependant on the area, but prices can range anywhere from \$29 to \$279 per treatment. Generally smaller areas such as chin, eyebrows, upper lip are starting at the lower end. Whereas areas that cover more surface, such as legs, will be higher in price due to time involved. After your first six treatments you will be given a maintenance discount determined by your laser technician.

Is It Permanent? This is probably one of the biggest misconceptions with laser hair removal. Laser hair removal is permanent hair reduction, not permanent hair removal. It is not uncommon for clients to require periodic maintenance after treatment is completed. The reason is that the laser targets your current hair follicles, but new follicles can develop over time due to hormonal changes or other factors.

If you are interested in learning more about laser hair removal and how it can benefit you, call Coral Spa today at 519-969-1554 and book a complimentary laser consultation.

Dr. Z Sherman is the centre's medical director and owner. Coral Medical Health Spa has been Dr. Sherman's dream for many years and in 2005, her dream became a reality.

Take me through the conceptualization of Coral Medical Health Spa?

Coming to North America I had to retrain, but I wanted to stay in Canada to practice here, Windsor had a need for physicians in the late nineties. I felt my calling was to stay in the community and help, primarily women, with their health issues. This was why we built the Women's Health Centre and Coral, to treat both medical and esthetic concerns for women, helping women was really my calling and always has been.



What would you say is the biggest misconception regarding cosmetic injectables?

There's a lot of misconception, number one being both women and men don't quite grasp that esthetic treatments are not for people who are far gone and need a lot of help. Staring early and doing it preventatively is very important in terms of results, it saves financially and on frequency of treatments. The second thing, is injectables are not an invasive treatment, what we are doing is reversing the signs of aging without subjecting people to surgery.

What is your best advice for people when it comes to tips for age prevention?

Home care and a daily routine is the most important part of cosmetic treatments. A person can achieve improvement in skin texture, circulation, appearance and colour through home care that is consistent on a daily basis.

How have cosmetic injectable treatments evolved?

Injectable treatments have evolved at a tremendous rate, most of the knowledge we've gained is from the European market, which is more proactive in terms of anti-aging techniques. The European market is years ahead of us here in North America. As time goes on they are progressive in making the treatment as painless and as cost effective as possible. This can be seen in the fact treatments use to be days or sometimes weeks of downtime, whereas now we are pretty much bruise free and any side effects have been reduced to a minimum.

How do you want people to feel when leaving Coral?

Our goal is when you leave Coral, you leave feeling a little bit more uplifted and satisfied. Looking better, feeling better and changing your day in a way that you can impact other people around you through improving your own well being.



your dewy skin defense
NEW! phyto replenish oil

Coral Medical Health Spa is proud to announce that we are introducing Dermalogica's new Phyto Replenish Oil. The oil works in three phases to transform dry, lackluster skin into healthy luminous skin. Phase one strengthens the skin's natural barrier. Phase two, then hydrates to help smooth fine lines. Lastly phase three, shields against free radical damage.

Your skin needs oil because aging and environmental stress can deplete your skin's natural protective oils over time, leaving skin vulnerable to dryness, dehydration and damage. Phyto oils, or plant oils are a powerful substitute for skin lipids and they don't add greasy shine. Make Phyto Replenish Oil part of your daily regimen, by pressing four to six drops into skin after cleansing. Follow with your recommended Dermalogica moisturizer, or mix Phyto Replenish Oil into your moisturizer. The oil is ideal for daily use on normal to dry skin. If you have any questions or would like to get customized recommendations from a certified esthetician, please free to call us at 519-969-1554 and book in for a complimentary face mapping skin analysis.



Client of the Month



And the winner is.....

CONGRADULATIONS
Sandra H.

Coral Spa is proud to announce Sandra H. as our honoured client of the month! Sandra has been a loyal client for 10 years. She will receive a Therapeutic facial (valued at \$89). Check out our holiday newsletter to find out if you are the next Coral Spa client of the month!



dermalogica
a skin care system researched and developed by The International Dermal Institute

JOIN US FOR OUR 11TH ANNUAL
'Because it's Good for Me'
OPEN HOUSE AND FUNDRAISER

BROUGHT TO YOU BY CORAL AND **dermalogica**

Thursday, December 1st 5:30pm – 8:00pm

Event Details

Healthy Hors d'Oeuvres & Refreshments

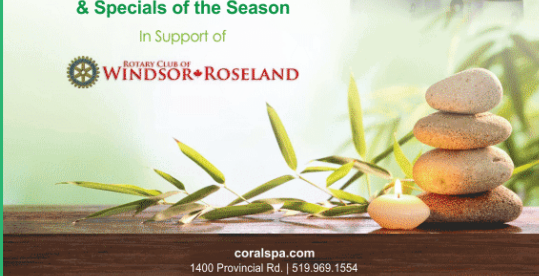
Silent Auction (all proceeds go to the Rotary Club)

Facility Tours, Spa Samplings:

Spa Treatments & Cosmetic Demonstrations

**And Our Best Promotions
& Specials of the Season**

In Support of



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1400 Provincial Rd. | 519.969.1554

The Truth About Chemical Peels

Chemical peels can bring up scary imagery for those who have never had one. You might envision a human pastry face with flakes falling everywhere. Or you might think of that episode on Sex in The City with Samantha's raw red skin. Or you may picture the horrible sunburn that left you looking like a lobster. The truth is, there is a lot of misconception about chemical peels.

Chemical peels are not as severe as they once were, having little to no down time. Sarah Rivard, a certified esthetician and laser technician said, "knowledge has made peels much less invasive, we no longer damage the skin to make it healthier," said Rivard. Chemical peels won't eat healthy skin they only eat the dead skin cells. Depending on the health of your skin will determine how much you peel. This results in chemical peels being a great treatment for cell renewal. There is very little

irritation involved in the process. For those who do peel within 72 hours, it is usually a result of having not invested in a home care skin system.

Chemical peels are a great treatment for a variety of different skin conditions. The peels can help with everything from acne, pigmentation, skin resurfacing, cell renewal and deep exfoliation. The great thing about chemical peels is they are all customizable depending on what your skin needs.

Prices for chemical peels range from \$99 to \$169. If you are interested in learning more about our chemical peels and how they can benefit you, we offer a consultation with a certified esthetician. Call the Coral guest services today at 519-969-1554 ext. 0 and mention that you read the article in the newsletter to receive a complimentary chemical peel consultation.



Check out the Coral Spa Blog
at www.coralspablog.wordpress.com

NEW articles every other Monday at 11am

NEW articles on the latest trends in beauty, cosmetics
make-up, skin-care and much more!



'because it's good for me'

Present this coupon at Coral Spa and receive 15% off any spa esthetic service. Spa esthetic services include manicures, pedicures, facials, relaxation massages, waxing, and chemical peels. Valid from September 1st to November 30th, 2016

Fall Trends

JENA



Skin feeling blah? Exfoliating can help. I love how bright and smooth my skin feels after using my Dermalogica Thermafoliant twice per week!

RACHEL



SPF everything! Don't forget your SPF when outside enjoying the fall colours. Try Jane Iredale Powder Me SPF, it comes in three shades to custom match your skin tone.

SHANZAY



This fall don't be afraid to go for a bold red lip with a soft smokey eye. Jane Iredale's new Fall Fashion Forward collection has everything you need to look your best!



WHO WE ARE: WINDSOR - ROSELAND ROTARY CLUB

Coral Spa is proud to announce our annual fall open house (Thursday, December 1st) will be donating partial proceeds to the Rotary Club of Windsor-Roseland.

The Rotary Club of Windsor-Roseland is an organization which Coral Spa is proud to be involved with. The Windsor-Roseland Rotary Club has been leaders in raising awareness for involvement in the community.

The Windsor-Roseland Rotary Club has a rich history of giving both internationally and locally, and has founded and fostered many wonderful local projects. Windsor-Roseland has devoted it's community service activities to a diverse and varied selection of interests. They're known for their annual "Lobsterfest" which is a popular and supported event that raises thousands of dollars for different charitable causes.

The Rotary Club of Windsor-Roseland has also staged renowned major community events like Wines of the World, which will take place Oct. 21st 2016. Located at St. Clair College Centre for the Arts from 6 to 10pm, ticket prices are \$80 per person.

WINES OF THE WORLD
 Proceeds support the work of **Rotary Club of Windsor-Roseland**

2016 date Oct. 21st

ST. CLAIR COLLEGE CENTRE FOR THE ARTS
FOR TICKETS CALL: 519-981-1713
 Before Sept. 30th - \$750 table of 10
 After Oct. 1 - \$800 table
 \$80 single tickets - all inclusive
 roselandrotary.com

COME CELEBRATE
 21st Anniversary in 2016

International & Regional Wine & Gourmet Culinary Event

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Coral Medical Health Spa

About Us

Coral Medical Health Spa is a comprehensive practice complete with everything needed to help you look and feel your best from the inside out!

Under the supervision of Dr. Zoia Sherman, Coral offers the most advanced Age-Prevention solutions available from BOTOX Cosmetic to Bio-Identical Hormone Replacement Therapy, with a complete Day Spa featuring Dermalogica Skincare.

As a recognized leader in the field of cosmetics and anti-aging, Dr. Sherman combines leading technologies and procedures with first class individual attention to create a destination for those seeking the best in these treatments.