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Look & Feel Your Best!™

Your Exclusive Monthly Newsletter Filled With Tips On How To Look Good & Feel Great At Every Age!

Volume X

MD Laser and Cosmetics 448 N. San Mateo Dr. 650-340-7546

December 2013

“When we recall Christmas past, we usually find that the simplest things, not the great occasions, give off the greatest glow of happiness.” ~ *Bob Hope, actor and philosopher*

We Wish You Good Cheer and Holiday Joy!



We join the chorus of well-wishers calling “Happy Holidays” to you at doorways, in the halls and on the street. Though we may not come face to face with you right now, these good wishes are from the heart.

Yes, the holiday season is with us again. For everyone among us, it probably recalls memories of childhood and past family gatherings. We may get sentimental about the absence of family members who are no longer with us, or we may be longing for those serving with the armed forces in distant lands. But still we can still give thanks for the opportunity to gather together.

As 2013 draws to a close, we want to take a moment and let all our patients and friends know how much we appreciate you. Without you, we could not have accomplished all that we did.

To you, we wish...Merry Christmas and Happy Holidays.

The Ten Best Beauty and Fashion Gifts

Do you have a fashionista on your gift list? Are you looking for something to give someone who loves beauty and fashion? Here are ten of the top ideas for the best beauty and fashion gifts.

1. Makeup Travel Kit

Any fashion-conscious woman on the go would appreciate a convenient carrying-case filled with travel-size makeup. These kits may be oriented around a particular facial feature, such as the eyes, or the kit may be a medley of travel-size makeup essentials (like powder, lip gloss, and blush). Regardless, these little sample kits make great gifts for the beauty-conscious.

2. Trendy Hair Care

Say goodbye to the old-fashioned, plain hair dryer. These days, you can find fashionable prints and patterns on hair dryers, elevating this hair-care essential from common to special.

3. Hands-On

How about a kit that includes fashionable gloves and matching nail polish? You can find these in ready-made kits by major manufacturers, or put one together yourself. What makes this gift fun is the nail polish and gloves should match in color.

4. Removable Fur Collars

The fashionista on your gift list will appreciate a faux fur, removable collar. Colorful or understated, these fluffy, soft collars tie on to make any outfit look cute and trendy. It is also a fashionable alternative to a scarf in cold weather.

5. Sparkling Compact

Makeup manufacturers have re-discovered the beauty of the glittery compact. Beauty-conscious women everywhere will love some of the trendy compacts out there, such as compacts shaped like gold coins.

6. A Sleek Take on the Hoodie

The latest fashion in hoodies is the faux leather version. It's a unisex style, and it takes an old favorite and makes it trendy and chic.

7. Fingerless Gloves

In this day and age of texting everywhere you go, gloves without fingers can be a welcome and fashionable way to keep your hands warm while still communicating.

8. The Latest Handbag

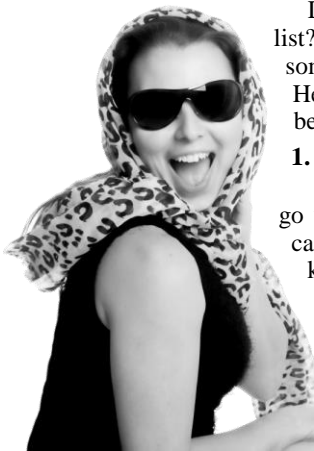
What fashion-conscious woman wouldn't want the latest handbag? These days, structured, sleek handbags are in style - more so than the sack-like type. Mint green is a popular color, as well as the traditional black and brown. Big buckles are also a trendy embellishment for handbags.

9. Makeup Case

Many beauty-conscious girls own plenty of makeup, and you can give her a fashionable case to keep it all together. Such a case also makes her makeup collection mobile, so she can bring it along on the road. A particularly trendy style is to go with a pattern or print that is based on the latest runway patterns.

10. Brush Set

You can find some reasonably-priced makeup brush sets at major retailers these days. Brush sets are great for those who are into makeup and beauty, and they're practical, too.



Look & Feel Your Best® Tips of the Month...

Walking Sticks for Christmas?

Nordic Walking Is Fun and Burns a Lot of Calories!



It's no longer unusual to see people in the park walking with "poles." It's called Nordic walking, and was developed in Scandinavian countries as a training exercise for cross-country skiers.

Skiers start with basic walking with moderate pole pushing and moved on to more and more exaggerated walking with more powerful pole pushes.

In Nordic walking, you use more energy than in ordinary walking of similar intensity. Your breathing increases. Your body consumes more oxygen, and burns 20 percent more calories. Still, after a one-mile course, participants in a Mayo Clinic study reported no significant difference in the sense of exertion.

The extra calorie burn is caused by working the muscles of your arms, shoulders, chest, back and torso. When you walk with poles, you get the benefits of any ordinary walk with an upper body workout.

Nordic walkers find the exercise is easier on the hips, knees and lower back than ordinary walking. It promotes balance and posture, and it gives anyone, the confidence to use walking as exercise.

When choosing poles, get those with a strap covering most of the palm and back of your hand. They allow you to let go of the pole as your swing it back, which is proper Nordic technique. As you swing your arm forward, the pole snaps back into your hand.

In terms of length, your forearm should be about level with the ground when you plant the pole vertically. Rubber pole tips are helpful.

Getting The Most From Your Workout—Top To Bottom

The Right Clothing Can Make a Big Difference In The Quality of Your Workout.

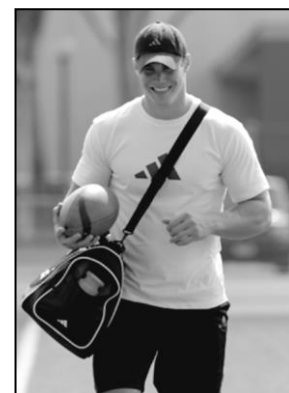
No matter the season, preparation is key if you want to get the maximum benefit from your workout. Warming up, for instance, is critical whether your sport is basketball, baseball, spring football, lacrosse or soccer.

The same is true when it comes to what you wear—top to bottom. Layering and fabrics all play a role in the success of a workout, especially when the weather is unpredictable. To help, here are a few tips to help your workout:

Choose The Right Apparel: Wearing comfortable clothing that wicks moisture away from the skin can also make a difference.

Warm Up: Warming up before starting your routine helps to reduce the risk of tearing or straining muscles.

Cool Down: Many believe gradually reducing the temperature of your muscles can help reduce injury and stiffness.



Save Money on Gifts



Set a budget. Budgeting may not seem like fun, but it can be a creative challenge. Often the carefully thought-out gifts are more meaningful than the more expensive choices.

Have a gift exchange. Instead of buying for everyone in the extended family or the office, draw names so you buy just one gift. A price limit can be established and an interesting theme put forward.

Some families set a limit on price (\$20) or even the color of a gift (purple).

Make a Christmas list and take it with you when you shop so you don't buy just anything that looks attractive, regardless of the price.

Buy one or two generic gifts to give unexpected guests. Consider gift cards, gas cards, wine, a fancy food or candy. If not needed, use them yourself.

Ask the Doctor...



2013 Body & Face Makeover Series:

Quick Fixes: How to Get Ready for a Night Out in Record Time

Do you need to go straight from the office to a fancy dinner? Or are you going to be so busy running errands or driving your kids around that you can't stop to freshen up before a night out? Maybe you have class tonight and can't freshen up and change before going out afterwards. No worries – you don't have to take a shower, wash your hair, and do a total remake to look good for your evening out.

Here are some tips on what you can to do freshen up fast.

Put on Your Eyes: Nothing says "night out" like smoky, dramatic eyes. But what if you don't have your eye makeup?

You can actually use an eye pencil for a quick darkening effect – smudge it along your eyelids and blend it with the day's eye liner. You can also dab a few dots of lipstick along the bone over your eye, just below the outside of your eyebrows, and blend it in and outwards for subtle lift. If you have mascara with you, you can touch up your lashes over what you put on for daytime. But be careful, it may clump or look "overdone" if you don't use a light touch.

Powder: Skin can look tired at the end of the day, and often a bit oily. Brush on some translucent powder to liven up your face, and follow with a powdered blush. Creams are often not the best thing to apply at the end of the day; they tend to create shine and produce a built-up look. But a little face powder and blush can give you a lift.

Go Red: If you can get your hands on some red lipstick, you can achieve a definite "evening glamour" look. It goes especially well with

dark eyes, and if you do the lipstick-over-the-eyes trick, your look will be unified.

Take off the Flats: Did you bring your night-time going-out shoes with you? It's amazing how a simple outfit can be transformed by wearing snazzy shoes. A nice pair of heels makes any outfit dressy, even jeans. If you have time to think ahead, why not keep a pair of neutral-colored pumps tucked away in your car or office drawer?

Evening Hair Styles: If you wore your hair down all day, use bobby pins (another good thing to stash away in your office or car!) to do a quick, sexy up-do. Or, if you wore your hair up all day, take it down. In the restroom of your office, or wherever you can grab a minute to freshen up, use travel-size mousse or gel to liven up your hair. Turn your head upside-down and use damp hands to give it some body. Then work a little mousse or gel into it to give it lift and volume.

Luscious lips and youthful eyes instantly with NEW JeNu.

There is nothing more beautiful than having younger looking eyes and lips. Introducing Jenu Pro, ultrasound wand to give dramatic results in **30 seconds**. Clinically tested to improve infusion **12x** so your skin will rejuvenate and look younger. Make it part of your daily beauty routine for eye and lip or keep it in your purse for last minute beauty touch up.

Health Quiz...



Congratulations **Tessa W.**, you are last month's contest winner!

To redeem your prize of \$25 off your next service. Just call our office before the end of the month.

LAST ISSUE'S QUESTION WAS...

Q. "What is it about saliva that is so important to our health?"

A. "Saliva is an important part of the immune system and contains antibodies, enzymes, and minerals. Saliva works to eliminate oral bacteria, start the digestion of food, and helps you taste food. It protects the teeth from mouth acids and makes it possible for teeth to re-mineralize, which is essential to dental health."

NOW FOR THIS MONTH'S QUESTION...

Q. "Why does 'Nordic Walking' burn more calories than ordinary walking?" (*hint see page 2*)

Each month we post general health and entertainment questions to all our readers. To be eligible for our free prize drawing, just mail in or call my office with your answer and if it is correct, you will be entered. The correct answer will be revealed in next month's issue. Winners will be notified by phone.

Refer A Friend Rewards...

At this time, my staff and I would like to say thanks and give recognition to the following patients and readers of this newsletter for their kind referrals:

Rina R. of San Mateo and Jessica X. of San Francisco

As a way of saying thank you for entrusting your family, friends and loved ones to our practice come in before the end of the month and receive \$25 MD gift certificate. Thank you again for thinking of us.

If someone you know might benefit from one of our services, feel free to give them the enclosed *free* consultation certificate. Remember, we are always here to help.

MD Laser & Cosmetics
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Season's Greetings



Before AARP



After AARP

1. AARP Growth Factor Treatment for firmer and younger looking skin
Effective and without downtime.
\$ 500 per area (eye, neck or jowl) /\$800 for face

2. Soften the wrinkles and look more relaxed with Dysport
Buy 2 get 1 area free (\$350 value)

3. Fillers for more youthful face. Get up to \$700 saving with fillers.



Before Filler



After Filler