



Jeuveau Launch Party  
September 18th  
10-1pm  
Come and get your  
#NEWTGX  
Only \$10/unit!  
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## September 2019 Ed.

**8** September Specials!



**4** The beauty of LightStim



**14** PRP Intimate Shot Benefits for Men and Women!





# ALABAMA VEIN & RESTORATION MEDSPA

4721 Chace Circle, Hoover, AL 35244

P:(205) 823-0151 \* F:(205) 823-5218 \* [www.alabamaveincenter.com](http://www.alabamaveincenter.com)

At Alabama Vein & Restoration Medspa, our goal is to improve the quality of life of our patients. We utilize cutting edge technology and the most advanced venous procedures to establish an accurate diagnosis and for successful treatment.

We strive to provide compassionate, comprehensive vein treatments for patients with venous insufficiency, venous ulcers, and spider veins. As a team comprised of physicians, physician assistants, and other medical staff, we work from the top to the bottom to achieve our goal of taking care of our patients in the most pleasant and efficient way possible.

## Conditions Treated

Varicose Veins • Spider Veins • Venous Ulcers • Stasis Dermatitis

## Vein Treatments Offered



- \* Ultrasound Guided Sclerotherapy
- \* Varithena
- \* Microphlebectomy
- \* Veinwave
- \* EVLA
- \* Cosmetic Sclerotherapy
- \* Compression Therapy
- \* Venoseal

C. Austin Hunt II, M.D., F.A.C.S., RPVI \* Sylvia Eldridge, PA-C \* Jamie Gober, PA-C \* Francie Gillespie, PA-C

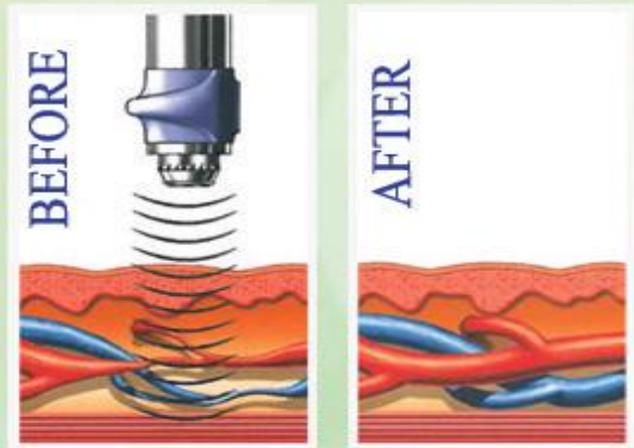


## *Zimmer Zwave*

A Safe, comfortable and proven procedure for men & women to optimize sexual performance and to reverse the effects of sexual dysfunction due to poor blood flow and microplaque formation.

Treats symptoms of:

- Erectile Dysfunction
- Female Sexual Dysfunction
- Incontinence and Menopause
- Peyronie's Disease



### *How it works ?*

The Zimmer Zwave procedure breaks up plaque formation in blood vessels and stimulates the growth of new blood vessels. This increases the blood flow to the area and improves sexual function. In addition, the Zwave procedure activates the growth of new nerve tissue which enhances sensitivity.

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In 6 to 12 sessions each taking between 15 to 20 minutes, Zwave treatments do the following:

- Stimulate the release of growth factors in tissue, resulting in the generation of new blood vessels
- Break up plaque formation in existing blood vessels
- Activate dormant stem cells, leading to new cell growth

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It's a safe and effective treatment that is drug free, surgery free, totally non-invasive, performed in-office and provides long-lasting results.

Call to schedule your consultation today! 205-823-0151

# LightStim<sup>®</sup>

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**ALABAMA VEIN  
& RESTORATION MEDSPA**

4721 Chace Circle  
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877-268-8346

"Because of the amazing results we've experienced with LightStim Panel Lights, we are now offering the hand-helds at retail in our Clinic. The feedback has been extremely positive. Clients are noting a more vibrant, tighter, firmer complexion!"

**Kate Somerville**

Founder and Creator of Kate Somerville Skin Health Experts Clinic & Kate Somerville Skin Care Collection



"LED treatments are in high demand by skincare professionals and LightStim delivers above and beyond needs and expectations for increased business, growth, and success."

**Michelle D'Allaird Brenner**

Owner of Aesthetic Science Institute,  
World Renowned Esthetician and Educator,  
International CIDESCO Diplomat



Experience LightStim

At  
Alabama Vein &  
Restoration Medspa

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# Getting Rid of Varicose Veins



**Varicose veins appear as bulging, enlarged, bumpy, purple veins. Symptoms can include restless legs, swelling, aches, and cramps. Varicose veins occur more frequently with age but anyone can get them at any time. The American Academy of Dermatology estimates that about 80 million people in the United States have leg vein problems.**

**Several types of vein treatments can improve the health and appearance of your damaged veins. These procedures offer minimally invasive alternatives to traditional vein surgery. Vein treatments deliver outcomes comparable to vein removal with less anesthesia, less surgical risk, and less downtime.**

**You'll get the best results from vein treatment when you work with a provider who has the skill and precision to treat your varicose veins while avoiding damage to nearby healthy veins. Vein specialist Charles Hunt II, MD, FACS, RVT, has the training and expertise necessary to provide several types of vein treatment options.**

**Dr. Hunt and the staff of Alabama Vein & Restoration Medspa, provide state-of-the-art services in Hoover, Alabama, and convenient satellite offices in Oxford, Cullman, Prattville, and Tuscaloosa.**

**The treatment you receive depends on considerations that include the condition of your varicose veins, your overall health, your tolerance of specific procedures, and your treatment goals and preferences. Read more on [alabamaveincenter.com](http://alabamaveincenter.com) about all your treatment options.**

# The Fight Against Cellulite

Energy-based modalities may be the best way to reduce “orange peel” skin

by Maggie Staszczuk

**Oh, cellulite.** It’s a word few women want to hear and a condition no woman wants to see. But what is cellulite, and what can we do for clients who want us to make it disappear?

## WHAT IT IS

Glycolic cellulite is the dimpling, puckering, and irregular skin texture that can occur anywhere on the body, but most commonly affects the buttocks, thighs, and hips. While men can experience cellulite, it is women who are afflicted with this “orange peel” appearance. At least 85 percent of women over the age of 21 are affected.<sup>1</sup> This has to do with the amount of estrogen in the body and the difference between men and women’s connective tissue and distributions of fat.

Cellulite is classified into three grades (the ability to effectively treat cellulite is partly based on its grade). Grade 1 is considered mild. The skin has 1–4 superficial depressions and a slightly draped or sagging appearance. Grade 2 is moderate, with 5–9 medium-depth depressions in the skin, a “cottage cheese” appearance, and the skin is moderately draped. Grade 3 is severe. There is a “mattress” appearance with 10 or more deep depressions and the skin is severely draped.<sup>2</sup>

## HOW TO TREAT IT

Many factors are said to contribute to the development of cellulite, such as long-term inflammation, thinning of the epidermis, and an increase of estrogen in the body.<sup>3</sup> While no one wants cellulite, it is genetic and often uncontrollable. Nonetheless, there are a variety of noninvasive modalities available to treat or curb the appearance of cellulite. These include radio frequency (RF), ultrasound, and infrared light. Each modality comes with its own studies and degree of effectiveness, and each practitioner also has their own anecdotal theories to accompany the treatment plan for best results. Some of those theories include increasing water intake, boosting circulation, or applying topical creams with active ingredients like caffeine or retinol.



According to the American Board of Cosmetic Surgery, there are only four energy-based devices cleared by the FDA for the treatment of cellulite. These include VelaShape (RF and infrared light), Venus Freeze (RF and pulsed electromagnetic fields), ThermiSmooth Body (RF), and Zimmer Z Wave (radial pulse therapy).<sup>4</sup> Energy-based cellulite treatments are delivered through the skin, so they are considered noninvasive and have little or no downtime. Additionally, results are usually temporary. In order to maintain optimal results, a series of treatments is required followed by repeat visits. An additional advantage of energy-based cellulite reduction is that it may also help achieve mild fat reduction and result in a smoother, more even skin texture.

During treatment, the combination of RF, vacuum massage, and other modalities like infrared heat allows for deep heating of the connective tissue and fat cells. As a result, it stimulates new collagen and elastin. This leads to a reduction in skin laxity and overall appearance of skin texture. An average of five treatments are needed, with most people requiring a series of 4–6. Results are gradual. Some clients may see a change in just one treatment, while most people will see results after the first few treatments.



# #NEWTOX

# Jeuveau launch party!

*Sept 18  
10-1pm*

*4721 Chace Circle  
Hoover, AL 35244*

A red circular badge with a scalloped edge containing the text 'Special \$10 / unit \*\*\*' in white.



**BASELINE**

**DAY 30**



# September Specials

*Glytone, Avene, Colorescience, and SkinCeutical products 20% OFF!*

**SKINCEUTICALS**  
ADVANCED PROFESSIONAL SKINCARE



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*Lash Lift Buy 1 for \$65 Get 2nd for \$49*

*Henna Elleebana Brow Tint only ~~\$55~~ \$45*



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BROW HENNA

*The next generation in*  
PROFESSIONAL EYEBROW TINTING



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PEEL

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*Free \$75 visa card with minimum*  
*purchase of 40 units!*

*Vi Peel 'medium depth peel' \$299*  
*package of 3 for \$750*



# Potato Salad Recipes

Prep  
20min  
Cook  
10min  
Ready  
6h 30min  
Servings  
20

Recipe by MRANDAL on allrecipes.com



## Ingredients:

- 5 pounds of red potatoes, chopped
- 3 cups mayonnaise
- 2 cups finely chopped pickles
- 5 hard-cooked eggs, chopped
- 1/2 cup chopped red onion
- 1/2 cup chopped celery
- 3 Tbsp prepared mustard
- 1 Tbsp apple cider vinegar
- 1 tsp salt, or to taste
- 1/2 tsp ground black pepper

## Directions:

1. Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 10 minutes. Drain. Return potatoes to empty pot to dry while you mix the dressing. Sprinkle with salt.
2. Stir mayonnaise, pickles, hard-cooked eggs, red onion, celery, mustard, cider vinegar, 1 teaspoon salt, and pepper together in a large bowl. Fold potatoes into the mayonnaise mixture. Allow to chill at least six hours, or overnight, before serving.



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## Toasted Coconut Coffee Facial

COCONUT PAPAYA ENZYME WITH ARABICA COFFEE BEAN MASK

*a gentle exfoliating and nourishing facial*



## Spiced Cider Facial

APPLE ORCHARD ENZYME WITH AUTUMN SPICE HYDRATING MASK

*a gentle facial for all skin types*



## Ginger Clove Facial

GINGER ENZYME WITH VANILLA CLOVE HYDRATING MASK

*for normal to oily skin types*



# Collagen Boost

The vitamin you need for collagen synthesis

by Alex Caspero

**There's no denying that the collagen trend isn't going anywhere.** Everyone from food bloggers to wellness influencers are putting collagen powder in smoothies, coffee, dips, desserts, you name it—all in the name of antiaging. And while the benefits of collagen powder are more hype than health, there is one nutrient that's actually proven to increase collagen synthesis—vitamin C.

## THE ROLE OF VITAMIN C IN COLLAGEN PRODUCTION

As a naturally occurring protein in the body, collagen is synthesized by using vitamin C and the amino acids proline and glycine, two nonessential amino acids the body also makes and does not need to get from food. Popular wisdom suggests collagen synthesis declines with age. Adding in collagen-rich foods and supplements can help increase collagen production and decrease fine lines and wrinkles. Since collagen is a protein that's broken down after digestion (like all proteins), more collagen in the diet does not equal more collagen production. In reviewing independent clinical studies, there is insufficient scientific data to support the majority of collagen's antiaging claims.

Thankfully, there is evidence that increasing vitamin C intake boosts collagen synthesis. Studies have demonstrated that increasing vitamin C boosts type 1 collagen production<sup>1</sup> and assists in antioxidant protection against UV-induced aging.<sup>2</sup> That means a diet rich in fruits



and vegetables not only increases natural collagen production, but also protects against other factors that lead to aged skin: environmental stress and sun damage.

## VITAMIN C AND HYALURONIC ACID

In addition to boosting collagen, vitamin C is critical for the synthesis of hyaluronic acid. Hyaluronic acid is essential to maintaining moisturized skin and has proven health benefits in both recovery time and joint pain.<sup>3</sup> Like collagen, hyaluronic acid production decreases with age, and a diet rich in vitamin C inhibits the breakdown of naturally occurring hyaluronic acid.

Beyond the usual citrus suspects, you can find vitamin C in most plant foods, including red peppers, kale, brussels sprouts, broccoli, blueberries, and strawberries. 🍓

## Notes

1. N. N. DePhillipo et al., "Efficacy of Vitamin C Supplementation on Collagen Synthesis and Oxidative Stress After Musculoskeletal Injuries: A Systematic Review," *Orthopaedic Journal of Sports Medicine* 6, no. 10 (October 2018), <https://doi.org/10.1177/2325967118804544>.
2. Juliet M. Pullar et al., "The Roles of Vitamin C in Skin Health," *Nutrients* 9, no. 8 (2017): 86, <https://doi.org/10.3390/nu9080866>.
3. C. Kawada et al., "Ingested Hyaluronan Moisturizes Dry Skin," *Nutrition Journal* 13 (2014): 70, <https://doi.org/10.1186/1475-2891-13-70>.

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with SculpSure®

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*Model used for illustrative purposes only and is not an actual patient.*

**Don't fear the selfie, reduce your double chin with WarmSculpting.**

WarmSculpting treatments with SculpSure technology safely reduce stubborn fat in problem areas such as under the chin—with a treatment plan that is customized to the results you desire.



AREA TREATED: Under the chin  
Courtesy of Reflections Med Spa

AREA TREATED: Under the chin  
Courtesy of B. Katz, MD

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### Lips & Botox Pkg

**\$849**  
Value = \$929  
savings of \$80

**1 Volbella** (lips)  
**25 units of BotoX** (frown lines, etc.)  
**1 Colorescience Lip Shine**

### Rejuvenation Pkg

**\$2600**  
Value = \$2877  
savings over \$277

Your choice of SkinCeuticals CE  
Ferulic or Phloretin & Sunscreen  
**2 Voluma** (cheeks)  
**1 Juvederm** (smile lines or lips)  
**40 units of BotoX** (frown lines, etc)

### Total Facial Rejuvenation Pkg

**\$3800**  
Value = \$4105  
savings of \$305

**1 Facial Fire & Ice**  
**2 Voluma** (cheeks)  
**2 Juvederm** (smile lines or lips)  
**1 Volbella** (lips)  
**40 units of BotoX** (frown lines, etc.)  
**1 iS Clinical Skincare Kit**

**2019 Package  
Offerings**



PRP Intimate Shot for Him and Her!  
Now available at  
Alabama Vein & Restoration Medspa!



What Benefits Can a Woman Have from the PRP Intimate Shot?

- Decreased or completely resolved pain during sex (dyspareunia)**
- Increased ability to have vaginal orgasms**
- Greater arousal from clitoral stimulation**
- A tighter more elastic vaginal canal**
- Decreased or resolved overactive bladder and/or urinary incontinence**
- Stronger and more frequent orgasms**
- Increased natural lubrication**



What Benefits Can a Man Have from the PRP Intimate Shot?

- Increases hardness of erection**
- Increases sexual stamina**
- Improves circulation and blood flow**
- Increases sensation and pleasure**
- Reduces the time between erections**
- Restores self-confidence**
- Improves or eliminates urinary incontinence**
- Enhanced appearance**
- Increases size and girth, results may vary**

## Recommended Businesses in our Spotlight:



Chace Lake Family Dentistry  
 Contact Info  
 Website : [chacelakefamilydentistry.com](http://chacelakefamilydentistry.com)  
 Phone: (205) 989-0090  
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 Anniston Medical Clinic, PC  
 Phone: (256) 236-5631  
 Address: 1010 Christine Avenue  
 Anniston, Alabama 36207

Thank you for all of your loyalty and support. Without you all we would not be where we are today. We are very grateful to every one of you and hope that we can continue to provide vein care for you and and your loved ones. If you have any problems, questions, or concerns, you can contact us anytime. Have a great month! 205-823-0151