

## Preventative & Corrective Facial Therapies

No one's skin is the same. Genetics, lifestyle choices & the elements all impact the skins overall health. So we customize treatment plans as well as home care protocols to address acne, fine lines, hyperpigmentation, dry, dehydrated, rosacea or sensitive/sensitized skin. Treatments & results are progressive. Facial treatments relax the muscles, stimulate blood & lymph circulation, increase oxygen to the tissue, improve muscle tone & refine texture. Treatments are recommended every four weeks; more frequently for corrective concerns.

### 45min Consultation \$45

We will discuss your medical, topical, dietary & treatment history, analyze your skin, take preliminary pictures & make recommendations for your new home care regimen & treatment. Consultation cost will be credited to your new home care regimen or treatment.

### 45min \$85

Double cleansing, steam, **enzyme & ultrasonic exfoliation**, treatment serum, European facial massage; neck, shoulder & scalp massage, heated hand treatment, customized mask. No extractions. Teens include extraction but no neck/shoulder massage.

### 60min European \$120

Double cleanse, **chemical exfoliation**, **extractions & high frequency** if needed, vitamin infusion to treat concern using **iontophoresis or sonophoresis**, **acupressure** & European facial massage, neck, shoulder & scalp massage, heated hand treatment & customized mask.

### 60min Advanced \$160

Double cleanse, **mechanical exfoliation**, **CIT/ZenPen**, **Oxygen** or **Microphototherapy**, **acupressure** facial massage, **draining massage** with customized mask, heated hand treatment, neck, shoulder & scalp massage.

### 75min \$180

Double cleanse, **chemical exfoliation**, **extractions & high frequency** if needed, vitamin infusion to treat concern using **iontophoresis or sonophoresis**, **acupressure** & **draining massage**, neck, shoulder & scalp massage, heated hand treatment, **LED light therapy mask**.

### 90min \$210

Double cleanse, **mechanical or chemical exfoliation**, **extractions & high frequency** if needed, treatment serum, **acupressure** & **draining massage**, **microcurrent** non-surgical tightening & lifting of the face & neck muscles, **oxygen spray**, **LED mask**, hydrating modelling mask, neck, shoulder & scalp massage & heated hand treatment.

## 30min Express Tx

\$40 Eye Lift

\$45 ZitZapper

\$60 Chemical exfoliation all Fitzpatrick types

\$80 MiniMicro, Microcurrent or MPT per area

\$100 CIT

\$90 IllumiPeel

\$130 VitaPeel

\$170 Rejuvepeel

## Packages

**Chemical Peel** 6 Tx in 6 weeks \$320

**MPT** 8 Tx in 4 weeks \$575

**MiniMicro** 6 Tx in 12 weeks \$430

**CIT** 6 Tx in 12 weeks \$430

**Microcurrent:**

20-30 yo: 6 Tx in 6 weeks \$430 Maintenance every 8 wks

30-35 yo: 8 Tx in 8 wks \$575 Maintenance every 8 wks

35-40 yo: 10 Tx in 5 wks \$720 Maintenance every 6 wks

40-50 yo: 12 Tx in 6 wks \$860 Maintenance every 6 wks

50-60 yo: 16 Tx in 8 wks \$1150 Maintenance every 4 wks

60+yo: 18 Tx in 9 wks \$1295 Maintenance every 4 wks

**Acne** 6 Tx in 12 weeks \$460

## Enhancements

+\$20 O2, Hydrating, Vitamin C, Collagen/Elastin spray

+\$40 Eye, Lip & Neck or Décolleté Tx +10min

+\$40 Essential Oil Back Treatment +20min

+\$50 Back Treatment +20min

+\$60 Body Bration per area +10min

- *For the best results, preconditioning of the skin four to six weeks prior to treatment is recommended.*
- *Refrain from waxing, electrolysis & use of vitamin A, AHA based or bleaching products 72 hours pre/post appointment.*
- *Clients should avoid excessive heat, exercise, chlorine & sun exposure 6 hours pre/post treatment.*
- *Daily use of SPF 30 is recommended.*
- *Please do not schedule an appointment within 14 days of fillers/botox injections, 8 weeks post-op cosmetic surgery.*

**Contraindications:** +pregnancy, cardiac conditions, epilepsy, metal implants, braces; \*broken capillaries, rosacea; ^taking photosensitive herbs/medications; all clients undergoing medical treatment must have written consent from their physician before beginning treatment

**Ultrasonic Exfoliation** a gentle skin cleansing procedure using ultrasonic waves & high-frequency vibration to remove dead skin cells removal & rejuvenate the skin.

**Enzyme or Chemical Exfoliation** breaks down the "glue" that holds dead, dulling skin cells together. Enzyme exfoliation gentler than chemical exfoliation to shed skin cells & speed up the skin's natural exfoliation process. *Fall favorite*

**High Frequency+\*** a thermal electrical stimulation of the skin characterized by a high rate of oscillation to help treat & prevent acne, shrink enlarged pores, reduce the appearance of fine lines & wrinkles, decongest puffy eyes & fade dark eye circles by enhancing circulation to eliminate toxins & encourage lymphatic drainage.

**Iontophoresis/Sonophoresis+** a noninvasive method of transporting a high concentration of vitamins transdermally to increase product absorption promoting cellular renewal & repair, increases circulation & encourages lymphatic drainage.

**Acupressure** Stimulates & improves blood circulation & metabolism in the skin.

**LED light therapy mask^** uses specific wavelengths to activate cellular metabolism, stimulate fibroblasts, promote circulation & reduce inflammation. **Red** stimulates collagen & elastin production to counteract the signs of aging. **Blue** kills acne-causing bacteria (up to 80% to be exact), which results in the prevention & elimination of breakouts. **Green** targets melanocytes, melanin-producing cells, to help fade & control hyperpigmentation.

**Mechanical exfoliation\*** high pressure particles & suction (**microdermabrasion**) to safely remove cellular build up & refine the texture of the skin. Superficial cells are stimulated to build collagen. *Spring favorite.*

**CIT\* (Collagen Induction Therapy/ZenPen)** one of the best non-ablative, restorative, antiaging treatment available. An alternative to Fraxel, Botox & fillers to rejuvenate the skin. Micro-channels are created in the epidermis & product is penetrated to restore tightness/thickness, speeds up the reduction of pigmented marks, smooths fine lines & softens scars. *Summer favorite*

**Microphototherapy+^** MPT works deep under the skin with light energy to help clear mild to moderate acne & pigmented lesions, improve skin tone & texture. Infrared light triggers a mild dermal trauma initiating a wound/heal response. Collagen found in these levels responds with new growth, returning firmness & elasticity.

**Draining Massage** increases circulation, encourages lymphatic drainage to remove inflammation & toxins to help clarify the complexion & rejuvenate cells.

**Microcurrent+** gentle electronic stimulation strengthens musculature while firming & lifting. Improves blood & lymph circulation, stimulates ATP & muscle memory. Increases fibroblast activity, upregulates collagen & elastin production. Indicated for generalized aging, lax skin, fine lines & deep wrinkles.

**Oxygen Therapy O2** infuses vitamins, peptides & hyaluronic acid to improve lymph & blood circulation & stimulate ATP. Revitalize dull, dehydrated skin. *Wonderful for the winter.*

## Tuesdays 1-7p Happy 😊 Hour

**Eye Lift \$30** value \$40  
**Zit Zapper \$35** value \$45  
**Mini Micro \$60** value \$80  
**Oxygen \$60** value \$80  
**Microcurrent Tx \$60** value \$80  
**Microphototherapy \$60** value \$80  
**CIT \$80** value \$100

**Chemical Peel**  
**Phase I \$40** value \$60  
**Décolleté \$30** value \$40  
**Eye, Lip & Neck \$30** value \$40  
**Hands & Arms \$40** value \$50  
**IllumiPeel \$70** value \$90  
**VitaPeel \$105** value \$130  
**RejuvePeel \$135** value \$170



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Check into Integrated Aesthetics on Facebook to receive \$5 OFF

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We ship products nationwide by USPS;  
letter \$4, box \$6

Welcome to Integrated Aesthetics, a skin care studio. Beautiful skin starts with healthy skin. Change your skin at the cellular level to diminish fine lines & wrinkles, fade sun damage, increase hydration & manage acne for a more youthful looking skin. As a skin therapist with over 900 hours of education, I enjoy bringing a higher level of health, self-confidence & personal wellness to my clients.

I am committed to ensuring that your experience at Integrated Aesthetics is a highly personalized one with treatment customized especially for you. My services & products have been given much consideration to embrace your well-being.

I love educating clients about their skin, recommending products & treatments to suit their life style & skin care needs. To help you achieve your skincare goals of healthy balanced skin, the use of medically validated, pharmaceutical grade products are utilized in my facial therapies. My goal is to provide you with the best products & services so that you will enjoy your time with us & look forward to your next visit.

Who does your skin?

*Deb M.*

NY State Lic. #28MO1190559

### Hours by appointment

Monday	9-1
Tuesday	1-7
Wednesday	9-5
Thursday	1-7
Friday	1-5
Sunday	1-5

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# Integrated Aesthetics