

Put your best face forward.

Want to Keep Your Skin Healthy? Then Give it a Workout!

You've always known that if you want to have a strong, healthy body, it's important to work out regularly. But did you know that the same approach applies to having strong, healthy (and young-looking) skin?

Innovative doctors across the country are now offering what's best described as "skin gyms" for their patients: facilities that instead of offering pre-determined spa packages, like twelve facials in twelve months — work with patients on a regular basis to customize treatments, based on the patient's needs and lifestyle, as well as the time of the year. "The problem with most spa packages is that they only sell you one kind of treatment," explains Dr. Lisa Espinoza, who instead offers a **"Healthy Skin Care Club"** at La Chelé Medical Aesthetics. "But I've found that when I ask women with beautiful skin what they do to keep it that way, they always say they work at it."

That might mean coming in one month for a microdermabrasion before a big event to get a healthy glow, and then following up a few weeks later with a facial massage and collagen mask to keep the skin feeling pampered. Or it could mean doing a medical-grade peel that requires a few days recovery time (which is particularly effective for distressed skin or acne), and then on your next visit opting to smooth and soften with a dermaplane.

These are just some of the cosmetic procedures available as part of La Chelé's Healthy Skin Care Club, which rewards its members for their ongoing commitment by giving them 10% off all services and products throughout the year. And the menu of cutting-edge treatments only continues to grow: Dr. Espinoza's latest addition to the Healthy Skin Care Club is the photo facial, which has "a cult-like following" among her patients, she says. Thanks to her use of the award-winning Max-G™ Starlux Palomar laser, Dr. Espinoza is renowned for ridding the skin of past tanning sins, including brown spots and blood vessels, to leave your complexion "as smooth and even as it used to be," she says.

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Some of the other services, all of which are non-invasive, offered at La Chelé include collagen-building treatments and dermal fillers; in fact, La Chelé Medical Aesthetics is one of the most popular injection sites in the country, due in large part to Dr. Espinoza's sterling professional reputation and commitment to her patients, to whom she is available for 5-6 days a week.

So why not let Dr. Espinoza and her team of medical estheticians help you kick your skin care workout into high gear? One meeting is all it takes to come up with a monthly regimen that ensures your face stays as strong, healthy and beautiful as you want it to be.

the
HSC
HEALTHY SKINCARE CLUB

put your best face forward.

la chelé
MEDICAL AESTHETICS

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Lisa Espinoza MD, is recognized as one of the elite top injectors in the country. She specializes in the liquid face lift with Botox® and fillers and also has a full Day Spa in a luxurious setting which includes a one-of-a-kind Skin Care Club where patients can customize medical grade facials, microdermabrasion and chemical peels.

Max-G™ is a Trademark of Palomar Medical Technologies, Inc.

