



SK SANCTUARY QUARTERLY WINTER 2005  
**BELLEZZA**

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SK SANCTUARY QUARTERLY WINTER 2005

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## Healthy Holidays

Already the holidays? For some of us, it means the clothes feel a little tighter around the waist, and for others it means feeling a bit overwhelmed. Whether it's weight, lack of energy, or just a need to relax during the holidays, you can start planning now.

- Remember the sweetest foods are the worst for you, so enjoy your treats in moderation.
- Take a 10-15 minute walk during the day and enjoy the clear crisp air of winter.
- Try to drink 2 more glasses of water than usual.
- Meet a friend for a walk instead of lunch.
- Try new healthy recipes for the holiday meals that consist of fresh foods.
- Don't forget your vitamin C!
- Fruit can be just as sweet as chocolate.
- Enjoy a warm bath at night with a great book.
- Think positive.
- Carpe diem – seize the day!

6919 La Jolla Boulevard, La Jolla, CA 92037



SK-SANCTUARY.COM

# BELLEZZA



VOLUME VIII

SK SANCTUARY QUARTERLY

WINTER 2005

## A holiday message of love from Lyn

Dear Friends-

*I love this time of year. I love the colors and the smells, a crackling fireplace and warm winter stews. I like the way the weather changes. The seasons change just enough for me – I'm a southern California gal. It's time to decorate the house, and time to gather friends and family for a special dinner.*

*And to save you that time, we are delighted to announce the launch of our online SK Shop! Your holiday shopping just got easier with gifts and holiday décor at the click of a button. You can order spa gift certificates and products for anyone who needs a bit of pampering. Isn't that everyone?*

*Set the festive mood in your home with some beautiful candles and candle holders. Bring the spa feel to your bath with luxurious bath oils and soothing bath salts. Prepare yourself for all the festivities by ordering the latest holiday makeup.*

*From the staff at SK Sanctuary and from our house to yours, we wish you peace and joy this holiday season! May you have time to relax, time to play and time for those you love.*

Warmly,

Lyn ♥



*Where there is love there is life.*

MAHATMA GANDHI



## wintercalendar

**Sunday December 25th**  
Merry Christmas!

**Sunday December 25th**  
Chanukah begins at sundown

**Monday December 26th**  
Happy Kwanzaa!

**Sunday January 1st**  
Happy New Year!

**Tuesday January 10th 4-8pm**  
Melanoma Night  
Guest Speaker / Ed McClay, M.D.  
*Melanoma Specialist*

**Sunday January 29th 10-5pm**  
Bridal Bazaar  
San Diego Concourse

**Tuesday January 31st 4-8pm**  
Breast Cancer Night  
Sponsored by our guest speakers  
Sabina R. Wallach, M.D., F.R.A.C.P., F.A.C.P.  
Chief of Staff, Scripps Memorial Hospital Oncologist  
& Kendall Melville, Ph.D.  
*Scripps Institute of Oceanography*

**Tuesday February 7th**  
Prostate Cancer Night  
Guest Speaker / Charlie Jones  
*Sportscaster*

**Tuesday February 14th**  
Valentines Day!

**Tuesday February 28th**  
Breast Cancer Night

**Tuesday March 14th 4-8pm**  
Melanoma Night

**Tuesday March 28th 4-8pm**  
Breast Cancer Night

## FRAXEL LASER

### The Latest in Skin Rejuvenation

As you know, we strive to bring the most cutting-edge treatments to our clients. Now we are thrilled to offer a new aesthetic solution to turn back the clock on aging and sun-damaged skin. This new technique provides the benefits of traditional skin resurfacing techniques without the downtime and risks. The newest generation of non-invasive laser technology called Fraxel® Laser Treatment resurfaces photo damaged skin, treats periorbital (around the eyes) wrinkles, tightens facial and neck skin and improves pigmented lesions such as melasma, age/sun spots on the face, neck, chest and hands.

Fraxel Laser is specially designed to create thousands of microscopic thermal spots that form vertical columns of treated skin tissue, separated and surrounded by unaf-



ected, healthy skin. This innovative approach allows us to treat only a small fraction of skin at a time so it heals much faster than if the entire area were treated at once. Moreover, and in contrast to non-ablative laser/light therapies, Fraxel Laser Treatment creates new epidermal skin in the treatment zones within 24 hours.

This treatment represents new-generation laser resurfacing with predictable results. It rebuilds damaged skin similar to digital modification – pixel by pixel, spot by spot. SK Sanctuary is one of the first locally to have the advanced laser system. Think of your skin as a family portrait or a digital photograph in need of high-quality restoration or touch-up. A painting that is delicately restored one small area at a time, or a photo that is digitally altered, pixel by pixel. That's the scientific principle behind Fraxel Laser Treatment.

Safe and effective, the Fraxel laser is cleared by the FDA and has undergone extensive testing in the lab and out in the field. An effective treatment regime generally requires three to five treatment sessions over four to eight weeks.

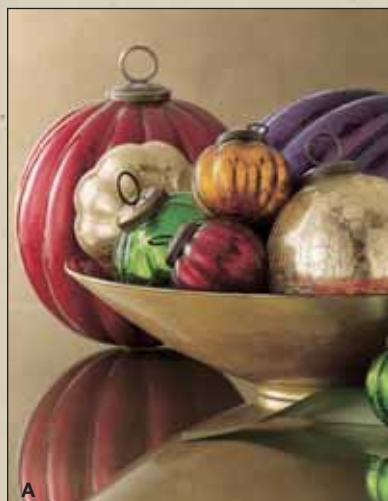
We have observed incredible improvements in uneven skin color, sun and age spots; wrinkles around the eyes, face and even the neck are improved. The loose skin on the back of hands is tightened!! Acne scarring is remarkably improved and in some cases eliminated. The treated skin is smooth, soft and fresh.

This is the most innovative laser available at this time and we are thrilled to be able to offer these treatments at SK Sanctuary and SK Clinic. – *Stephen M. Krant, M.D., F.A.C.S.*

**SK sanctuary**  
*rejuvenate the soul*

# Shop SK Online!

We are delighted to announce the launch of our online shop. Yes, the holiday season is upon us and it's a perfect time to visit SK Sanctuary in La Jolla or online at SK-Sanctuary.com. We've been preparing all year to provide you an inspiring collection of gift ideas, sure to please everyone on your list. We at SK Sanctuary are prepared to nurture and empower your mind, just as our spa treatments do for your body and spirit. Choose from a truly unique selection of candles, books, ornaments, bath luxuries and home accessories. We offer an array of wonderful products for skin, beauty and of course our outstanding spa services. Our gift cards are the perfect way to give someone special exactly what they wish for this year.



*Delight in the season of giving*

**SK Sanctuary** ~ where tempting treasures await you and everyone on your list!



**A / Mercury Ornament** Beautiful Mercury Ornaments that come in 2", 3", 4" and 6" (diameter) sizes with color ranges including Plum, Gold, Red, Amber and Olive. \$4-14. **B / Golden Ball Candle** Metallic gold paint finish, decorated with glitter. Packaged in a cello bag and tied with gold cord. \$9-18. **C / Christmas Tree Spreader** Cast aluminum with a jeweled handle. Individually bagged and tied with a ribbon. \$8. **D / Ornament Placecard Holders** Brightly-colored glass ornaments with matt metallic finish. Wire ring on top holds name cards. \$11. **E / Chunky Leaf Tree Candle** Graduated green color form light to dark. Packaged in a cello bag and tied with ribbon. \$7-22. **F / Pillar Candles** Made from the finest waxes, oils and wicks, these are for serious candle lovers. Variety of colors and sizes. \$8-22. **G / Botanical Pillar Candle (Spicy Apple)** Cheerful combination of apple slices, cinnamon and bay leaves with a fresh and spicy apple scent. \$42-65. **H / Mini Gold Mosaic Votive** Holds votive candles or tealight. \$4. **I / Leaf Pillar Holder** A beautiful hand made holder; cast brass with a bronze finish. \$22-28. **J / Linen Sachet Square** Handfuls of sensational botanicals are sheltered between a layer of silk organza and fine European linen. A wonderful gift this season. \$20. **K / SkinCeuticals C+AHA** A two-in-one antioxidant treatment that improves the appearance of aging skin. Reveal newer, healthier-looking skin. \$115. **L / Metal Pinecone Candleholder** Perfect for the holidays! Holds standard straight or taper candle. \$12. **M / De-Stress Muscle Bath & Shower Oil** Soak away holiday stress and relieve your aching and tired muscles. Key ingredients: lavender, rosemary and ginger. \$50. **N / SkinCeuticals Sans Soleil Self Tanner** Keep your tan looking great this winter – creates an even, streakless, longer lasting tan. \$28. **O / Kerstin Florian Krauter Body Scrub Kit** Refresh and relax with this amazing body scrub kit. Includes chamomile Body Scrub, chamomile body spray and loofah. \$39.

**sk sanctuary gift giving!** Everyone on your list will love a gift of relaxation, rejuvenation and endless pampering. And you can finish all of your holiday shopping with just one phone call or online! How perfect! Phone us at 858-459-2400 or visit us on the web at

# SK INSTITUTE RELIEF

*"When you're recovering from cancer, it's just what you need."* CHARLIE

SK Institute fulfills its mission by providing seminars on cancer related topics and therapeutic spa services to cancer patients and survivors. Each month, a group of thirty-five to forty cancer patients and survivors gather at SK Sanctuary. Over the past years SK Institute has hosted over 2000 men and women who are living with disease. It is not uncommon to hear such comments as, "This was the most generous and kind thing anyone has ever done for me." "This experience was probably one of the only benefits of getting cancer." "It turns something negative into something positive." "You are providing a lovely service for all of us who have been poked, & stabbed and cut etc. Being soothed and pampered is such a blessed relief." It is amazing how important these events are for the survivors. In December 2002, SK Institute began Men's Cancer Night and

*"Spa Night is a generous gift from heaven... there is fabulous healing here."* ELIZABETH

in May 2004 we held the first Melanoma Cancer Night. SK Institute plans to begin a program aimed at education and information to help prevent skin cancer. SK Institute depends on its donors and sponsors to continue its mission. Any amount contributed will be greatly appreciated. Please help make a difference to someone living with disease. To sponsor one evening or to become an SK Institute supporter please call 858-459-3334 or go to [www.skincare.org](http://www.skincare.org).

## what is a "healing massage"?

Doug Kennedy, Lead Massage Therapist

SK Sanctuary's Healing Massage, also known as Manual Lymphatic Drainage (MLD), was created in Denmark by Dr. E. Vodder in 1932. Dr. Vodder and his wife developed MLD in order to enhance the functions of the lymphatic system, which transports excess water, waste, and proteins back into the bloodstream. When lymph vessels have become damaged or blocked, fluid build-up or swelling occurs. This excess fluid can be pumped back into circulation by way of MLD, which stimulates the flow of fluids in the lymphatic system. MLD uses light, rhythmic strokes to pump the lymph fluid into the bloodstream and out of the body. This technique is very gentle because the lymphatic system is located under the skin. Though the pressure is light, the effect is great. Excess fluid is flushed from the body, while the mind is sent into deep relaxation. This is why our Healing Massage is great for anybody. MLD is used on every surgical patient, both pre- and post-op. So whether you're a patient of Dr. Krant's or just craving some R&R, come to SK Sanctuary and indulge in our Healing Massage.



## Incredible Treatment for Acne and Actinic Keratosis

Kathy Spencer, R.N.

Photodynamic therapy (PDT) is a special treatment performed with a topical photosensitizing agent called Levulan™ (ALA-amino levulonic acid) activated with the correct wavelength of light (BLU-U®). This is also known as "ALA/PDT treatment."

These amazing treatments remove sun damaged pre-cancerous zones and spots called Actinic Keratosis. Sun damage, fine lines and blotchy pigmentation are also improved because of the positive effect of Levulan™ and the laser light treatment. Research shows that Actinic Keratosis cleared 100% in about 2/3 of the patients.

The treatments are simple. A topical application of ALA cream is applied prior to treatment. The ALA cream is

left on the skin for 30-60 minutes then exposed to the blue-light to activate the substance. This can be applied to the face, neck, shoulders, back, arms, hands, etc. The number of treatments, your treatment time and your treatment interval may vary depending on the condition for which you are being treated.

ALA/PDT treatment also has the unique ability to minimize pores, improve skin texture, reduce oil glands and effectively treat Acne Vulgaris and Rosacea. Eighty-percent of Acne and/or Rosacea patients had an excellent response to this treatment. This BLU-U® is a very special blue light that can kill the p.acnes bacteria in your skin. This acne treatment is SAFE FOR TEENAGERS, requires no antibiotics, no Accutane

and the response to treatment is fast! The blue light can control your acne or clear it up for a very long period.

Call soon to learn more about this innovative treatment. The results are astonishing and your skin will thank you for it!

*For more information on these innovative treatments or to schedule an initial consultation with Kathy Spencer, R.N., please call SK Sanctuary at 858-459-2400 or SK Clinic at 858-454-3161.*

## Endermologie

Wendy Greer, Endermologist

Designed to reduce the appearance of cellulite, Endermologie is the first non-invasive device approved by the FDA specifically for this purpose. Cellulite occurs when fat cells protrude from around the connective tissue that attaches skin to muscle, and tends to develop in almost 90% of women at some point. Before Endermologie, cellulite treatments were generally met with mixed reactions: many people swore by creams and special diets, while doctors insisted that those products do not produce actual results. The latest craze in cellulite treatment is Endermologie, the brand name for a type of roller massage therapy that has been clinically proven to reduce and even erase the signs of cellulite.

Endermologie uses mechanical roller and regulated suction to create symmetrical skin folds, temporarily stimulating circulation to the area. Each Endermologie treatment lasts 35 minutes, and patients typically need a dozen or more treatments for visible results. After the desired effect is achieved, the patient needs to maintain the effects of the cellulite treatment with additional Endermologie sessions at less frequent intervals.

Because this cellulite treatment addresses only the appearance of cellulite, and not the root causes, bumps and dimples may reappear in the months after treatments cease unless maintenance sessions are performed.

When Endermologie is used in order to treat the appearance of cellulite, it is often combined with liposculpture to improve results. Because Endermologie is, in fact, able to improve the appearance of cellulite, its popularity continues to grow. We have been using Endermologie for 12 years at SK Clinic and SK Sanctuary and the results are continually impressive.



## pre- and post-surgery skin care

Shanaz Soltani, Aesthetician and Massage Therapist

Have you ever thought of the important procedures that should be done before and after cosmetic surgery? The first major step of skin treatment can be achieved by cooperation between the aesthetician and patient. The trustworthy communication between patient and staff members can play an effective role in pre- and post-treatment by providing proficient service. The second step is to prepare skin internally by intaking the proper components of minerals and vitamins. Third, it's necessary to prepare your skin from the outside by utilizing proper products and treatment before surgery, such as pre-op facials and micro-dermabrasion. This can help to remove dead skin cells and stimulate the metabolism of the skin by increasing blood flow to the surface. The result is a natural, radiant, youthful complexion and improvement of all skin functions to promote healing before and after surgery. The application of quality products (both pre- and post-op) is essential to the healing process as well. Products containing antioxidants and anti-inflammatories fight free radicals, improve skin elasticity, repair UV damage and normalize dry skin. Lately Vitamin C ester, another form of the antioxidant Vitamin C, has proven to be super effective in skin care since it is capable of penetrating deeper into the skin. Many other products prevent scarring by assisting the skin in eliminating dead cells that interfere with skin regeneration too. Use of long-lasting moisturizers helps recovering skin tissues in the process of healing since the dryness of skin cells can damage skin tissues. Moisturizing products can result in more youthful skin and increase the regeneration of the new skin tissues. It is highly recommended to treat skin gently before and after surgery by using proper products and treatments. Skin care professionals like Dr. Krant feel strongly that this type of regimen and lymphatic drainage delivers the best possible results for successful surgery, whether aesthetic or reconstructive.

