



**NAYAK**  
plastic surgery & skin enhancement center

## You're Invited!

### Special points of interest:

- Get ready for Summer! Join us on May 31 from 4 to 8 pm to learn all about summer skin care, new colors for summer make-up, and laser skin treatments.
- If you'd like to receive our newsletter electronically, please email us at [info@nayak.org](mailto:info@nayak.org)

*Please join us for our Summer Skin Spectacular!*

*Thursday, May 31 from 4pm to 8pm*

- *20% off Jane Iredale Mineral Make-up, SkinMedica, ColoreScience and Elta products, as well as 20% off ANY laser package purchased at our event—including MLP, IPL, Vein Removal, Medium or Deep Laser Peels or Hair Removal (may not be combined with other offers)*
- *Complimentary Skin Analysis and Make-up application*
- *Enjoy drinks, appetizers and meet Dr. Nayak and our friendly, knowledgeable staff*
- *RSVP 314.991.5438 to attend*

## Mineral Make-Over

We are proud to introduce Jane Iredale Mineral Make-up! Known as the Skin Care Makeup, the Jane Iredale line is safe and beneficial to use on the most sensitive skin types, and can even be used on post-surgical or post-treatment skin.

The makeup is a highly sophisticated blend of minerals that are micro-pulverized to form microscopic flat crystals. The crystals overlap each other on the skin to form a filler that allows the skin to breathe and function normally while still protecting it from airborne pollutants. The staying power of the minerals is so great

that you rarely need to touch up during the day. And because they are water-resistant, they won't smear or crease, even if you're working out at the gym or if it's raining outside.

New colors are here for summer! We offer the entire Jane Iredale line, including pressed, loose and liquid foundations, lip, cheek and eye color, liners, bronzers, highlighters and more. The products have no expiration date and because they contain 100% inert minerals they cannot support bacterial growth, thus preventing breakouts.

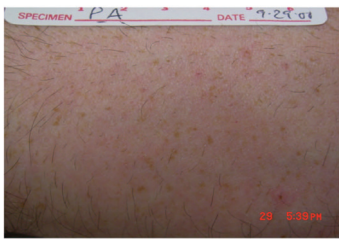
The Jane Iredale line is non-

comedogenic and non-allergenic. The products contain broad-spectrum UVB and UVA protection, up to SPF 20. Call our office for a complimentary make-up application (a \$35 value) to see which colors are best for you!



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Erase unwanted hair with Laser Hair Removal

## SPECIAL OFFER: LASER HAIR REMOVAL Buy One, Get One Free!

Now through August 31, 2007 buy one laser hair removal package, receive the second one FREE (of lesser or equal value).

What makes our laser hair removal so special?

1. No numbing cream is needed because the treatments are comfortable.
2. Our treatments are safe and physician supervised. Dr.

Nayak is on-site during the treatments, unlike many laser spas where the doctor is not present.

3. Our treatments are fast. Our new laser is the fastest on the market. A treatment to the underarms takes less than 5 minutes.
4. Our prices are competitive and now they're buy one, get one free!

- \*Legs-6 treatments \$1100
- \*Underarms 6 treatments \$450
- \*Bikini Line 6 treatments \$650
- \*Upper Lip 6 treatments \$500
- \*Face 6 treatments \$500
- \*Back 6 treatments \$1500

Call our office at 314-991-5438 for single session pricing or pricing on other areas.

*Don't forget our Patient Referral Program: For every new patient you refer, you receive \$50 to spend on anything at our office.*

## SPECIAL OFFER: LIPODISSOLVE We will match competitors' pricing

Summer is here and that means shorts and swim suits. LipoDissolve can help you slim down your look by dissolving unwanted fat.

Most people receive 6 treatments, 4 weeks apart for

maximum results. Dr. Nayak performs the injections personally, unlike many medi-spas which use nurses.

If you have been thinking about trying LipoDissolve, now is the time. We will match any competitor's Lipo-

Dissolve offer. Just bring the advertisement with you to your appointment. Our normal pricing is \$1000 for 6 treatments. Call our office today for a complimentary consultation to find out if LipoDissolve is right for you!



Mini Lift Before and After

## Plastic Surgeons Eager to Learn Mini Lift

Dr. Nayak's patients love the results they've received from his Mini Lift. The procedure is comfortable, doesn't require general anesthesia and produces results that far exceed other mini lifts. Because of this, other plastic surgeons around the country are eager to learn his tech-

nique. Dr. Nayak has been asked to teach his Mini Lift to the American Academy of Cosmetic Surgery this September in New Jersey. He will be performing the procedure live and taking questions from the surgeon participants. He'll also be lecturing on his Mini Lift technique at the Beverly Hills

Symposium of Plastic Surgery in November. Dr. Nayak will also be sharing the technique at his annual course on Contemporary Surgery of the Aging Face here in St. Louis in October. If you'd like to learn more about the Mini Lift, please call our office at 991.5438.

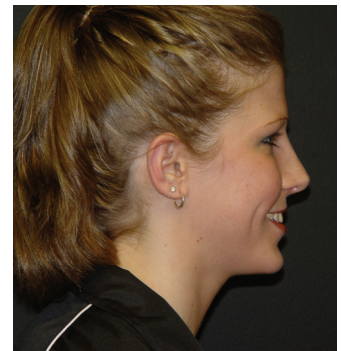
## Speedy Recoveries

Like everyone, our patients have busy lives and limited time to spend recovering from an elective procedure. Most patient downtime is associated with bruising, soreness and/or swelling. Dr. Nayak has recommended the following techniques to minimize each:

1. Taking a homeopathic supplement, such as Arnica Montana (Sinnech) prior to surgery and for 5 days after surgery, has
2. Laser treatments can be used on bruises and can actually “erase” the discoloration from the bruise beneath the skin.
3. Dr. Nayak’s in-office procedures do not re-

quire general anesthesia. As a result there is less soreness and swelling and shorter recovery.

4. Jane Iredale Mineral Make-Up is safe to use on the skin after a procedure and can quickly and easily cover any remaining bruising. Katie, our esthetician, performs complimentary applications and teaches patients coverage techniques.



After a rhinoplasty (nose reshaping), most patients are able to return to school or work in a week.

## Teen Rhinoplasty

Nose reshaping is one of the most requested surgical procedures for teenagers. A large or deformed nose can negatively effect a teen’s self-esteem. However, doctors and parents must be aware that societal and media pressures play a role in influencing teens to consider cosmetic surgery. Because of this, Dr. Nayak is very careful to gauge a teenager’s emotional

state, maturity and motivations. “I find that the best candidates are teens who feel like they can’t be comfortable with their looks because their nose overwhelms their better features,” says Dr. Nayak. Additionally, Dr. Nayak makes sure both the parents and the teen understand the risks of the procedure and are realistic about the results. Rhinoplasty can be performed on a teenager

anytime after the nose has completed most of its growth, which can be around age 15 for girls and 16 for boys. Any breathing or sinus issues can be corrected at the same time as the rhinoplasty. Also, Dr. Nayak uses a no-packing technique which makes recovery easier and more comfortable and most teens are able to return to school in one week.

*“Nose reshaping is one of the most requested surgical procedures for teenagers.”*

## Smart Summer Skin

Don’t let the sun damage your skin this summer. Follow these simple steps to keep a healthy glow:

1. Sunscreen with an SPF of at least 30 every day. The key is to re-apply it every 4 hours. For dry skin we recommend Elta Gold with SPF 30. For oily skin we recommend Colorescience Sunforgettable Powder
2. Dr. Nayak’s Bleach-Ease Cream eradicates existing sun spots while also preventing new pigment damage.
3. To prevent those summer pimples, acne and other breakouts, we recommend washing with Nayak Glycolic Wash. Those with

Brush-On SPF 30.

oil-prone skin should use Nayak Glycolic Pads.

4. Existing sun spots, age spots or red spots can be erased with IPL (intense pulsed light). Spots are noticeably better after 1 treatment and disappear after 4 sessions, one month apart. IPL is \$300 for one session, \$1000 for 4.



Take care of your skin for a healthy glow this summer.



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## Profile: Katie Muschler, CME

**Role:** Certified Medical Esthetician. Specializes in Skin Care, Laser Skin Procedures including IPL (intense pulse light), MLP (microlaserpeel), Laser Hair Removal, Skin Care Products and Make-up.

**Best Part of the Job:** “Meeting the patients before they’ve had any procedures and then seeing them afterward and hearing them talk about their results. They are so thrilled and I love being a part of that.”

**Favorite Cosmetic Procedure she has tried:** “IPL treatments are fantastic. I used to have freckles and sun damage on my hands and chest, which can really age you. In 4 treatments, they were gone.”

**Advice:** “I strongly believe in investing in a proper skin care regimen. Whether it’s weekly glycolic peels or occasional laser peels combined with the right products, you will see a huge difference in your skin and will be able to keep it looking younger and healthy much longer than if you ignored it.”

**Memorable Moment:** “One of our skin cancer reconstructive patients brought in the most delicious apple pie. We all want the recipe. I am still salivating over it.”

**Favorite TV Show:** House

**Favorite Song:** Robert Palmer “Addicted to Love”



Katie Muschler, Certified Medical Esthetician