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## NON-INVASIVE BEAUTY TREATMENTS

BY KATRINA STACKHOUSE, SOUTHERN HEALTH CONTRIBUTOR

With fall in full swing, many of us are seeking ways to fix the damage we've done to our skin over the course of a long, hot summer. We've spent many a day baking our skin in the sun's harmful rays and swimming in skin-drying, chemically treated pools.

The summer's warmth helped us re-discover our love for outdoor activities like biking and hiking and in return, our muscles and joints now beg for a quiet and lazy fall. With the kids back in school, many parents' schedules are finally opening up.

So why not spend this precious time reinvesting in yourself?

Contrary to popular belief, you don't have to undergo major cosmetic or surgical reconstruction to feel refreshed and rejuvenated after an active summer. There are many ways to discover the "new you" through non-invasive beauty treatments for the mind, body and spirit.

The fastest way to revamp your looks is to peel the years off or get rid of that unwanted fat! Non-invasive, anti-aging, anti-cellulite treatments like microdermabrasion, lipodissolve and The Perfector are great options for turning back the clock and undoing the damage of years of neglect.

### Lipodissolve

For those of us who spent the entire summer trying to find creative ways to cover up unsightly fatty areas, lipodissolve may be an appropriate non-surgical option. An alternative to liposuction that uses natural chemicals found in our bodies to breakdown fat and cholesterol deposits, lipodissolve, like liposuction, is mainly used to reshape or contour areas of the body; however it differs from liposuction in that it's non-surgical.

Results from lipodissolve are not immediate as treatments are scheduled two to three weeks apart. However, physical results are usually visible with just one to four treatments.

Dr. Ted G. Van Acker, board certified dermatologist and owner of Southern Illinois Dermatology, is certified from both the leading training and support organizations for the lipodissolve procedure, namely the American Society of Aesthetic Lipodissolve and the International Meso Lipotherapy Society.

Having gotten the golden opportunity to work directly with Dr. Patricia Rittes, who originated the procedure, he now offers lipodissolve in ten locations across Southern Illinois.

According to Van Acker, lipodissolve can treat both the face and the body, eliminating fat deposits from various areas including the cheeks, jowls, double chin, arm folds, triceps, back-bulges, love handles, and upper and lower belly.

As a non-invasive treatment there is no recovery time associated with this treatment but patients should avoid physical activity, hot tubs, Jacuzzis, and saunas for 48 hours, he says. Van Acker cautions that lipodissolve is not a suitable therapy for severely obese body types and says prospective patients first need to make an appointment to find out if it's a suitable treatment for them.

Since each individual may experience pain differently with multiple injections, topical anesthesia is used during the procedure to help minimize pain. It is normal for the patient to experience minor itching, bruising, and redness for a few days following treatment, says Van Acker. Swelling is also to be expected. "After the swelling subsides, there is a noticeable reduction of localized fat in the treated areas," says

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Most people with Alzheimer's don't die of the disease itself, but of pneumonia, a urinary tract infection or complications from a fall.

Used there a year for Alzheimer's people with the disease will need ongoing and high quality. According to the Alzheimer's Association, approximately one in 10 families has a relative with Alzheimer's disease. Of the 10 million people with Alzheimer's disease in the United States, the majority live in households receiving care in full-time care from family members.

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Van Acker. "The skin of the treated area then naturally retracts, without need for surgery."

"I have found that this technique is in high demand in Southern Illinois, and has shown very good results," says Dr. Nelson Gauto, plastic surgeon and owner of Southern Illinois Plastic Surgery and The Aesthetic and Rejuvenation Center located in Herrin.

Available at Southern Illinois Dermatology, Southern Illinois Plastic Surgery, Wise Health Solutions and Holistic Healing Arts, amongst other places; lipodissolve uses multiple injections of fat dissolving medicines for fat reduction, cellulite treatment, skin retraction and overall body contouring.

**Microdermabrasion**

If smoother skin is what you're aiming for then microdermabrasion may be the right choice for you. According to the American Society of Plastic Surgeons (ASPS), microdermabrasion is a skin-freshening technique that helps repair aging and damaged skin. During the microdermabrasion process the skin is sandblasted with a spray of tiny crystals, causing a gentle abrasion to remove the dead, outer layer of skin.

"Microdermabrasion is used to soften the skin, to help to get rid of unsightly sun spots and fine wrinkles," says Gauto. "Chemical peels can be customized for different skin types and sometimes they can be performed with microdermabrasion to enhance the results," he adds.

**Body Wraps**

In addition to microdermabrasion and chemical peel services The Aesthetic and Rejuvenation Center also offers body wraps or the Soft Pak wrap.

"The Soft Pak involves wrapping the body with moisturizers, herbs, and exfoliants," says Gauto. "The client is then immersed in a water bed that "wraps" the whole body giving the sensation of zero gravity. There are only 12 other machines in all of North America that can provide this service."

Other places like the Egyptian Revival Day Spa and Wellness Center in Carterville offer an array of enticing and healthful body wraps, with exotic names such as the Sacred Honey Body Wrap, the Nile Fango Mud Wrap and the Ankh Seaweed Detoxification Wrap.

**The Perfector**

If you're interested in turning back the years and the wrinkles and laugh lines that go along with them, then you may be interested in the The Perfector Facial Sculpting & Skin Rejuvenation system.

The Perfector is a corrective and preventative technique that uses micro-current technology to boost your skin's elasticity through collagen production, the most important variable of healthy, young looking skin.

According to Dr. Kristen Jacobs, family physician and co-owner of Wise Health Solutions located in Mt. Vernon, the technique is known as the "non-surgical face-lift." "What makes this technique so effective is that it gives results that are superior to micro-dermabrasion in the sense that it is both non-invasive and non-abrasive," she says.

"The Perfector uses a low current that sends tiny electrical impulses to the muscles, which stimulate them, causing cell regeneration which results in firmer skin," shares Jacobs. It also strengthens and tones muscles, giving a firmer appearance to the face, she adds.

**Massage Therapy**

There are many varieties of massage therapy available through local spas and massage centers that can help to relax and repair the pulled muscles and joints that past activities may have aggravated.

Not only is massage therapy is a great way to relax the body, but it is a great way to invigorate and stimulate the mind as well. Massage therapy is all-inclusive, treating the whole person, inside and out; and is an appropriate option for persons who suffer from stress, painfully tight muscles, back pain, joint restriction, fibromyalgia, and carpal tunnel syndrome.

According to Lynne Thompson, fitness and programs coordinator for the Lifestyle Enhancement Center in Carbondale, there are numerous benefits to massage.

"Massage begins as a great way to relax the whole body and release tight muscles, but it also calms the nervous system, strengthens the immune system, and enhances skin tone," shares Thompson. "In addition, massage improves concentration, promotes restful sleep, and aids in mental relaxation," she adds.

Besides the more popular Swedish and sports massages, there are several effective, yet little known, massage variations offered throughout Southern Illinois including reflexology, myofascial massage

therapy, and neuromuscular massage therapy.

**Myofascial Massage Therapy**

"Fascia is tough connective tissue that surrounds all the muscles in the body...think of it as a big, thin body stocking that surrounds your muscles, explains Marty Griffin, licensed and nationally certificated massage therapist and operator of Southern Illinois Massage in Herrin. "When you heat up the fascia it enables it to expand and relax, thus reducing tension, improving flexibility, and improving your body's structural balance.

According to Gauto, myofascial massage therapy is used to improve alignment and the function of deep muscle and joints. It consists of slowly applied pressure to the fascia and movement that encourages stretching. Using these techniques in combination allows the fascia to expand, thus relieving tightness.

Southern Illinois Massage and The Lifestyle Enhancement Center offer myofascial massage therapy as well as neuromuscular massage therapy and reflexology. Focusing on the care of soft tissue such as muscle, ligaments and tendons, neuromuscular massage therapy is a great option for people who experience chronic pain.

**Reflexology**

A massage variation that focuses on the relationship between various glands located throughout the body that are linked with the hands and feet, reflexology uses pressure point in the hands and feet to target and relax specific areas on the body.

Reflexology is an amazing art," says Griffin. "In my experience this technique does not work for everyone, but I have clients that visit the center specifically for this modality. In fact, many times my clients can accurately guess what area I'm targeting," he adds.

It is important to remember to seek a qualified massage professional before undergoing any massage therapy services to avoid any unnecessary injury or strain.

"I recommend this to people who are looking for a good massage therapist," says Griffin. "Look in the phone book and look for a nationally certified therapist, a licensed therapist, or at the very least a member of the American Massage Therapy Association. These individuals will ensure you get the quality of service you're looking for."

**Other Options**

In addition to these message therapies, acupuncture may also be another option for persons seeking pain and stress relief. According to Jacobs, acupuncture can also play a major role in helping people lose weight and stop smoking. Other popular massage modalities are deep tissues massages, shiatsu, and hot stone massages. Many of these massage variations are available throughout the Southern Illinois area.

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