

Aesthetic News is a publication of Dr. John Zimmermann's Aesthetic Surgery Center of Napa Valley. For additional information, contact us at 707 258-6077 or via e-mail at [jpzmd@ascnv.com](mailto:jpzmd@ascnv.com)

## AESTHETIC SURGERY CENTER OF NAPA VALLEY

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## THE WELLNESS ISSUE HAPPY, HEALTHY HOLIDAYS

SHEILA REILLY, R.N.

**T**his holiday season, we have dedicated the entire newsletter to the topic of wellness. It can be tricky around the holidays to remember the importance of moderation, exercise and slowing down enough to enjoy all the abundance in our lives. Maintaining wellness, both mentally and physically, doesn't have to mean doing without, but involves making choices that will serve us now and in the future, i.e. January! It seems we have all experienced at least one holiday of over-eating, over-spending and over-doing in general, the implications of which can be felt for many months after the holiday has passed. It is important to remember that we have a choice in the matter: we can create a holiday season that is peaceful, restful and yes, reasonably healthy! To give you some tips on how to create a balanced holiday experience, see the article on page 6 written by Pam Burns-Clair, Licensed Marriage and Family Therapist. On page 2 Michael Reilly (our in-house nutritional/supplement guru), discusses maintaining optimal health as we age. Inspiring information given the high level of health the human body is capable of attaining.

Being a Plastic Surgery practice, patients come to us in order to acquire and/or maintain a more youthful appearance, and for over 22 years Dr. Zimmermann has been performing the surgical procedures to make patients **look** younger. Now, given the birth of the exciting new field of Age Management Medicine, we can also provide treatment modalities geared at making patients **feel** younger. Throughout this issue we will be discussing several such treatments that we

currently offer such as Hyperbaric Oxygen Therapy and vitamins. We are in the process of continually researching and evaluating several Age Management programs and will be reporting on these in the upcoming issues. As with anything, there are some treatment options that look very promising and others that promise far more than they deliver. Our goal is to provide treatment options that are safe, clinically effective and promote evidence based wellness.

For the past several months, we have been treating patients in our office with a very exciting treatment modality: Hyperbaric Oxygen Therapy (HBOT). In fact, Dr. Zimmermann is one of only two Board Certified Plastic Surgeons in the country, currently offering this treatment to his patients. We are pleased to report that our results have far exceeded our expectations in terms of reducing swelling, bruising and discomfort after cosmetic surgery. Read Michael's article on Page 4 to learn more about this therapy, the indications and uses for HBOT, and the other unexpected and wonderful benefits patients have reported after undergoing HBOT.

As always, there is a lot happening in Spa Venus Day Spa including new products, services and special offers: see page 7 for details. Finally, we have put together the spring seminar schedule, providing clients an opportunity to meet Dr. Zimmermann and some staff members, view our facility, learn about procedures that may be of interest to you, ask questions, and leave with a bag full of information including a whole host of special offers.

Happy, Healthy New Year to all!

# WHAT DOES IT MEAN TO BE HEALTHY?

Michael Reilly, M.B.A.

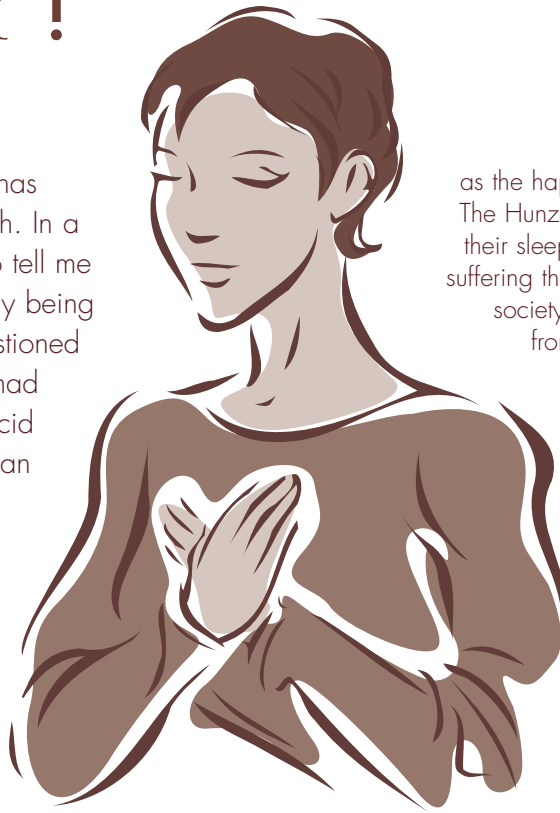
For the past three years my work has dealt with people and their health. In a typical day I asked individuals to tell me about their health and they would usually begin with "I'm really healthy...". But as I questioned further I would learn that the individual had arthritis, high cholesterol, and chronic acid reflux. After many such responses, I began to question what the definition of "really healthy" was in our country.

A quick look at U.S. health statistics reveals that more than 1.5 million people die each year from heart disease, cancer, stroke, and diabetes. The tragedy in these numbers is not so much the number of deaths but the poor quality of life that is associated with most of these diseases leading up to death. According to the World Health Organization (WHO), the US is ranked 24th in overall health, which is near the bottom among industrialized nations.

## What Is the Human Body's Potential for Health?

Historically there are some clues to this question. Much was written about a group of people called the Hunzas, who lived in a remote valley of the Himalayas in what is now Pakistan. What researchers discovered about this group was astounding. The people of the Hunza typically lived to 120-140 years of age. There was little to no cancer, heart disease, diabetes, mental disorders, colds or even tooth decay. Not only were the Hunzas disease free, but they exhibited tremendous strength and endurance in their day to day activities.

The key to understanding the Hunzas' incredible health is to look at their diet and lifestyle. The Hunza diet was primarily made up of fresh, vegetarian food grown in nutrient-rich soils. They also consumed nutrient dense whole grain "chapattas" and ate wild game an average of once or twice per month. Their working of the land and playing of games was considered very rigorous compared to our standards, but that did not stop the 120 year-olds from participating. Since there was no electricity the Hunzas got plenty of sleep. They would sleep at sundown and rise with the sun. Stress was also unknown to the Hunzas, several researchers referred to them



as the happiest people in the world. The Hunzas usually died of old age in their sleep, without the chronic suffering that is so prevalent in our society. Lastly, the Hunzas' isolation from the rest of the world and their primitive conditions created what was essentially a toxin-free environment.

If the Hunzas were the only healthy population in the World we could easily dismiss their health as an aberration, but similar findings were reported with groups in regions of Peru, Ecuador, and Russia.

The research of the Hunzas ended in the 1970s. This coincides with the time that

the first all-season road was built through the Hunza Valley. With the road came outside influences and the introduction of processed foods, sugar, alcohol, coffee, cola, and white rice—"civilized food". Today, the health of the Hunzas is not so spectacular, chronic disease is more the rule rather than the exception.

## What Lessons Can We Learn From the Hunzas?

The purpose of the Hunza example was not to suggest that we should be willing to chuck all our modern conveniences in order to live to be 140, but to provide an example of what the human body is capable of achieving given the opportunity. In other words, our bodies were not designed to develop chronic diseases in our 40s and 50s and die in our mid 70s. The lessons learned from the Hunzas that we can apply in our lives today are more about quality of life as we age, not necessarily longevity.

## Applying the Lessons Learned

Today, much of the research on anti-aging and longevity looks at health from a cellular and molecular level. If you are able to provide your cells with the nutrients they need on a daily basis, your cells are more likely to function properly. In most cases, there is no chance for disease if all your cells are functioning properly. Just as important as providing proper nutrients to the cells is avoiding toxins that are damaging to cells. This damage can cause cells to malfunction. In the case of the

Hunzas, they were able to provide proper nourishment to their cells and were able to avoid toxic exposure. Their bodies rewarded them with incredible health, just as it was designed to do.

The latest research indicates that our diets lack the proper nutrients to support cellular function. Not only is our diet nutrient deficient, it is also loaded with toxins our cells do not need. Below is a list of suggestions to improve our health based on what we have learned from the Hunzas and others, but has been adapted to suit today's lifestyle.

- Buy organic produce from the local farmer's market. Short of your own backyard, this is the freshest, most nutrient rich food you can buy. In most cases produce from the farmer's market is picked 1 to 2 days prior to the market, whereas supermarket produce is picked two weeks to several months before it hits the produce counter. You also reduce your exposure to toxins by buying organic. Pesticide, herbicide, and fungicide residue can be toxic at the cellular level. Don't have time to go to farmer's market? Call locally owned and operated Organic Abundance. They deliver organic fruits and vegetables right to your door each week, complete with recipes and storage tips to preserve nutrient content. (707) 251-5500
- Exercise, both weight bearing and aerobic- a minimum of three times per week.

- Replace soda and coffee drinks with water and tea. Drink 8-10 glasses of water/day
- Avoid the center isles of the grocery store. This is where all the processed food resides. Shop the outer edges of the store. This will help you avoid foods high in sugar (in its many different forms), white flour, sodium, hydrogenated oils, vegetable oils, margarine - trans-fats and various other preservatives, colorings, etc
- Take high quality supplements including vitamins C & E, a multivitamin, and an omega 3 fatty acid supplement. The Hunzas obviously did not take supplements but they did not face the levels of stress and toxins that we do in the US. In order to counter-act stress and exposure to toxins, the demand for nutrients from our bodies is actually higher than it was for the hardworking Hunzas. This is why supplementation is essential today.
- Be part of a community (civic, religious, social, friends, family).
- Practice relaxation techniques (yoga, meditation, tai chi, prayer)
- Sleep a minimum of 6-8 hours/night.

At the Aesthetic Surgery Center of Napa Valley we are deeply committed to bringing forth leading edge health information of this type. We are constantly researching health and medical journals to bring you the latest information. Stay tuned for further details as well as information on Age Management options that we plan to offer over the coming year.

## MEET THE STAFF:



Sheila Reilly, R.N. - Sheila has been with the practice for over 13 years. She started with Dr. Zimmermann as an office volunteer and has worked in various capacities in the office including Operating Room Technician, Skin Care Specialist, Masseuse, Registered Nurse, and currently as Practice Manager. Sheila's "jack of all trades" status make her an invaluable part of the team and someone capable of answering almost any question. Her current position entails overseeing the business side of the practice including financial management, marketing, human resources and business development. One of her goals is to continue the movement of the practice into the emerging field of wellness as this is of great personal interest to her as well as to our patient population.

# HEALTH AND HEALING UNDER PRESSURE: HYPERBARIC OXYGEN THERAPY

Michael Reilly, M.B.A.

Unfortunately for many of us, our first exposure to the concept of hyperbaric oxygen therapy (HBOT) came from Michael Jackson in the 1980s. If you were anywhere near a grocery store checkout line at the time the "story" broke you could not help but notice the photographs of Michael sleeping in a chamber. As it turns out, Michael Jackson did undergo legitimate HBOT for the treatment of severe burns he suffered while shooting a Pepsi commercial. As was later revealed, the photos from the tabloids were nothing more than publicity shots of Jackson in a chamber that he donated to a hospital burn unit.

## **HBOT Beyond Michael**

HBOT is medicine's most efficient method of transporting oxygen to cells throughout the body. The treatment is administered in a specially designed chamber. An oxygen concentrator located outside the chamber takes in room air and removes most of the nitrogen, thus delivering a concentrated level of oxygen to the patient inside via a mask or cannula. Two compressors fill the chamber with compressed air, increasing the pressure to 1.3 atmospheres (which is the equivalent of being at an "altitude" of minus 6000 feet). The combination of the concentrated oxygen and the pressurized environment, dissolves oxygen into all of your body's fluids: the plasma (which normally carries no oxygen), the cerebrospinal fluid in the brain and spinal cord, the bone, and lymph. This allows oxygen to saturate all of your tissues, even those with a relatively poor blood supply.

The first hyperbaric chamber designed for therapeutic purposes was constructed in 1834. Using 2.4 atmospheres of pressure, four paralysis patients were treated and reports indicate they experienced beneficial results. Unfortunately, it would take another 130 years before medicine would once again investigate the therapeutic benefits of HBOT.

## **HBOT And Medicine**

Today, HBOT is used to treat a variety of conditions ranging from stroke to pulled muscles. In our practice, we utilize HBOT to accelerate the healing process of our post operative patients. Clinical data suggests a 30% to 50% decrease in healing time for surgery patients undergoing HBOT. We are also looking to expand its use in the emerging field of age management/wellness.

Many of the top hospitals in the world use HBOT to treat burns, smoke inhalation and trauma related injuries. There are now wound care clinics and stroke clinics that feature HBOT as a key component of their treatment regimens. Current research indicates that HBOT can be beneficial for children with cerebral palsy. Sports medicine has turned to HBOT to reduce the time it takes athletes to heal from injury related to bones, joints and muscles.

## **HBOT, What It Has Done For Our Patients**

To date we have been very pleased with the results of HBOT for our patients recovering from surgery. The patients who experienced the best results were those who received (HBOT) treatments before surgery and followed up with 5-6 treatments post surgery.

*Facial Surgery Patients-* The recovery time for our facial surgery patients who underwent HBOT ranged from outstanding to above average. For those who received CO2 laser resurfacing we noted the skin tended to be more pink than red following the procedure and returned to its normal tone more quickly on average. We have also noted a speedier resolution in swelling and bruising associated with facelift, eyelid, and browlift surgeries.

*Abdominoplasty and Breast Surgery-* Like the facial surgery patients, those undergoing abdominoplasty or breast surgery have experienced excellent results from HBOT. Not only do we see an improvement in swelling and bruising, but we have also observed a greater ease in mobility and less overall discomfort in the patients who underwent HBOT.

## **"Side Effects"**

The words "side effect" are usually defined as a secondary adverse effect, as is the case with most pharmaceutical drugs. This is not the case, however, with HBOT. The "side effects" our patients are reporting to us have all been positive.

For example, a patient receiving HBOT for laser resurfacing surgery reported that her rheumatoid arthritis went into remission during her treatments. She noted after just three treatments the swelling in her joints decreased dramatically and she had experienced almost miraculous improvement in her mobility upon morning rising. We also had a patient undergoing HBOT to accelerate her recovery from facelift surgery tell us that she was experiencing chronic pain and stiffness in her knee but after her sixth treatment she was pain free and had much greater mobility than before the HBOT treatments began. Concerned that the pain medication prescribed for surgery recovery was responsible for the

# HEALTH UPDATES:

decrease of pain in the knee, we asked the patient how often she was taking the pain medication and she responded by saying that she had not taken any pain medication because she did not need it. As more and more patients choose HBOT to aid in their post-op healing, we are learning that the reliance on pain medication to manage post-op pain is less on average in patients who undergo HBOT.

Other benefits reported to us from patients include:

- Increased energy
- More sound sleep
- Less muscle and joint stiffness
- Improved mental health (more happy, positive outlook)

## HBOT And Athletics

HBOT has uses outside of the medical arena as well. Dr. Philip Maffetone, one of the most sought-after endurance trainers in the world, recommends HBOT for the athletes he trains. Athletes that include HBOT in their training regimen can expect: a decrease in resting heart rate; a drop in body fat percentage; a decrease in lactic acid production; and a decrease in the time it takes the body to recover from training/competition. According to Dr. Maffetone, an HBOT treatment is capable of increasing oxygen uptake by over 17%. This increase is likened to that obtained through daily exercise after many months or even years of training. So if you're looking to shave a few to several minutes off your next 10K or Napa Valley Marathon time, do what Olympians, professional runners, cyclists and triathletes have done for years, lie in a hyperbaric oxygen chamber two to three times before the event and experience what HBOT can do for you and your performance.

## How Can One Therapy Be Effective For So Many Different Ailments And Conditions?

As one can see, the benefits of HBOT are far reaching. This points to the importance of oxygen to our bodies. We can survive several days without food and water but only minutes without oxygen. In fact, we consume around 6 pounds of oxygen per day compared to only 3-5 pounds of food and water combined. In many diseases and conditions, oxygen utilization and blood circulation is insufficient, HBOT is a method to bring oxygen to areas that would otherwise be inaccessible. The presence of oxygen supplies cells with what they need to function at a higher level, thus improving the overall condition of the affected tissues and/or systems.

We are very pleased to make HBOT available to our surgery patients providing them with options for a speedier recovery. We are also excited about the possibilities that HBOT can bring about in our wellness/age management anti-aging program. We promise to keep you posted of our progress with HBOT as it relates to surgery recovery and general wellness in the coming months. To learn if HBOT can benefit you, contact Michael or Sheila at (707) 258-6077.

**Cancer and weight...**According to the American Institute of Cancer Research, one-third of all cancers are related to being overweight.

**UVA radiation x 3...**The UVA radiation (the most damaging type) in tanning booths is two to three times stronger than the UVA in sunlight.

**No time to exercise???** Try this classic...Push-ups build muscles not only in the shoulders, upper arms, and chest but in the abdomen, hips and back.

**Sorry Wheaties...**In a study of 88 patients being treated for hypertension, one group was given about two cups of whole oat cereal (not instant) daily, while the other group was given wheat cereal. After just 12 weeks, researchers reported an astounding 73% of patients in the oats group were able to reduce or eliminate their blood pressure medication, versus 42% in the wheat group. In addition, the oats group experienced an average total cholesterol drop of 15%, a 16% drop in LDL ("bad") cholesterol and a blood glucose level reduction of 15md/dL.

**Calcium and body fat....**Purdue University researchers examining the relationship between bone density, diet, and exercise discovered that regardless of how active women in the study were, those who consumed the most calcium lost more body fat than their low-calcium counterparts. Researchers from the University of Tennessee also found that obese mice on a reduced-calorie diet with calcium supplements had a

42% decrease in body fat, compared to 8% decrease in mice on a low-calorie diet alone.

However, calcium from foods produced the best results- mice fed several servings of low-fat calcium-rich foods lost 69% of their body fat.





# UNSUBSCRIBE TO HOLIDAY STRESS!!

Pam Burns-Clair, Licensed Marriage, Family Therapist

**P**icture this: Jason's recital December 7; annual report due December 13; Jason's school holiday performance December 17—costume??, bring cookies, help with refreshment sales at intermission; company holiday party December 14—need dress, shoes; Amy's finals week December 16—needs computer; Jeanne and Guy's party December 20—bring hostess gift and wine; in-laws arrive December 23 leave December 29.....wrap teacher, office manager and secretary gifts, prepare Christmas menu, bake cookies, decorate, trim tree, make candles, wrap presents, mail packages to TX, send cards, drop off dry cleaning, shop with kids, without kids, collect food, toys for holiday drive, drop off, write charity checks before December 31, prepare reading for Christmas eve service, make appt for elective surgery, collapse with bronchitis!!??

## **Sound familiar?? If you wish to unsubscribe to the above, read on!**

Let's put it in historical perspective, Ladies...The Victorian Christmas was designed to spruce up the dreariness of housebound families in days gone by, when transportation was on horseback or horsedrawn carriages through blizzards. Whether the holiday was Christmas or Winter Solstice or Hanukkah, the expression of the High Holiday was to bring light, hope and festivity into the darkness of winter. The materials women had to work with were pine boughs, cranberries and popcorn, yarn and fabric scraps, wool, clothespins, ginger, cinnamon and sugar if they were lucky. Women worked by the light of homemade candles or oil lamps. Holiday folk songs and hymns were sung accompanied by whatever instruments were at hand.

When you think about it, we haven't given much up since then...but we've added a whole lot! In contrast to being housebound, cooped up with kids and elderly relatives, most of us have entered the workforce and are functioning in nuclear, not extended families, managing highly scheduled single family households and have a vehicle or two. Many of us are involved in a number of 'tribes'—work, schools, churches, community or social groups or organizations, either adult or child oriented, all of which have events that need something from us at the holidays! Our family and friends are not necessarily living in the same village, but may be spread across the country or beyond, all needing something from us at the holidays. But how many of us still expect to and are expected to run the domestic scene and make up the lists and fill them, just as was our role in the Victorian housebound days?? Spread a little thin, perhaps, if we face the facts—to the breaking point, or the point that many of us dread the holidays.

## **So how do we realistically unsubscribe, short of becoming Scrooge or checking into a mental institution??**

Ingredients for success:

- **Prioritize**—What is the purpose, meaning, most essential aspect of the holidays for you? Choose your own holiday symbol to remind you of this purpose—let it beckon you back when you stray. Keep your priorities foremost by sharing them with your immediate family and checking out theirs. Communicating and establishing agreements can stave off

misunderstandings and upsets.

- **Ask for help**—What can you delegate to your significant other, to the kids, or to hired help? (addressing holiday cards, wrapping, cleaning the toilets, replacing the shower nozzle, perhaps Evans could pick up the in-laws, Judy could bring a dish...)
- **Buy some time before you agree to take on any new engagements or tasks**—"Can I check our schedule and get back to you in a couple days?"
- **Rate those people/functions who light up your holidays and those that are obligatory**—how can you emphasize the former and minimize the latter?
- **What conflicts/power struggles in your circles/tribes do you foresee?** Where in the Victorian days, everyone sang the same songs, read from the same Bible, ate the same plum pudding...our world now is a mixture of traditions and values. How can we honor each others' differences without sacrificing what's sacred or important for all concerned? Try addressing these proactively vs. reactively.
- **Keep it simple!** Try to limit the schedule to one event, not three, on any particular date. Give yourself more time for prep and the unexpected...the parking lot was full, traffic was insane, the pie burned because Johnny's bike got stolen from the front yard, I had to run to the store for tape to finish wrapping the present...better yet, use recyclable gift bags!
- **Beware:** Use moderation—Watch for the culprit of indulgence to override the sacredness or festivity. Too much sugar, wine, spending, etc., etc. can turn the holidays sour quick! What are you hiding from, running from, compensating for? Address those directly and avoid holiday remorse. For many women, we put out so much that we feel we deserve a treat or a break. Keep the former in check and the latter won't get out of balance!
- **Lastly, BREATHE!!** It's the best thing since sliced bread! Deep, slow cleansing breaths from the belly to clear the mind, clear the air, collect ourselves...another...that's good...close your eyes and find that stillpoint...beyond the holiday dramas...aahh...so sweet. The one thing we might do more of...just be still and breathe.

Peaceful happy holidays to all!

It wouldn't be the holiday season if we didn't have a few shopping opportunities available to our clients! This is the time when we stock our shelves with wonderful items that are unique, beautiful and perfect for gift-giving during the holidays and beyond. Gift certificates are always welcome and provide a stress-free way to shop for those on your list. Our full range of spa products and services can be given in the form of a gift certificate. What a delightful way to encourage health and wellness in our loved ones. As our skin care line is pharmaceutical grade, recipients would need to be seen for a consultation by our skin care staff prior to dispensing any of the glycolic acid based products. Likewise, we would prefer that anyone interested in starting on our vitamin line, Perque, see Michael first as these products are also pharmaceutical grade and need to be dispensed and dosed appropriately.

One of the new product lines we have brought in is Napa Valley au Naturel. Proprietor Anna Wingfield has created a full range of aromatherapeutic bath and body care products featuring the herbal bounty of our very own Napa County. Breathe deeply and appreciate the 100% pure essential oils Anna uses to create such items as Organic Lavender Lotion, Organic Lavender Bath and Shower Gel, and Citrus Healing Hands Soothing salve. All items come in stunning amber, blue and clear glass bottles packaged beautifully with a dusting of dried flower petals. The only difficult part about buying Anna's items as gifts is that you have to then give them....don't forget yourself.

Our very own Kendra Steffen, Licensed Aesthetician, has developed a lovely line of aromatherapeutic massage oils. Kendra is featuring three blends in a Jojoba oil base designed to soothe, relax and beautify. For sore muscles, try Active, an invigorating



blend of wintergreen, camphor and arnica to penetrate deeply and relieve muscle tension. For more superficial discomfort and/or swelling related to surgical procedures or trauma, give her ginger root and mugwort based Lymphatic Drainage massage oil a try. Need help relaxing and de-stressing during this busy time? Turn to Kendra's Beautifying blend, featuring the calming properties of chamomile....help is on the way!

Holidays mean candles and why not accomplish two things at once by burning candles containing 100% pure essential oils to Relax, Inspire or create Tranquility and Peace within your home. Our Spa Moments candle line is designed to do just that, these long burning candles are designed to help create an environment of health and well being by using the fragrant, restorative powers of nature....sure beats the red, cinnamon scented variety that usually ends up a drippy mess all over Grandma's antique tablecloth. To further enhance the ambience, we have companion CD's featuring delicate, instrumentals to leave you composed, contented and ready to face the world, and/or your family!



Ward off those cold, winter nights with the comforting warmth of a heated hand cozy, foot cozy, or sinus pillow. All products contain packets with aromatic herbs that are released after a short time in the microwave to become heavenly therapy for tired hands, cold feet and aching

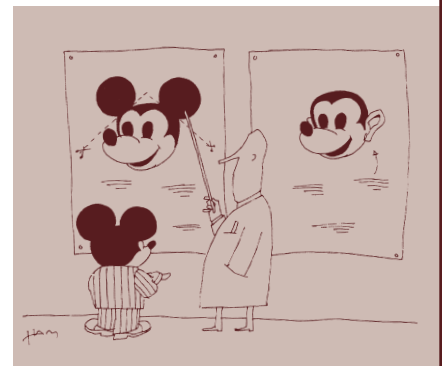
heads. For the ultimate in pampering, coat the hands or feet with Pre de Provence's Luxurious Lavender and Shea Butter Hand or Foot Cream before slipping into a cozy....mmm where's the hot tea....

Looking for a quick, easy, but tasteful gift for someone that you don't really know intimately, perhaps a teacher, colleague, or the cleaning lady...our herbal based, European soap line is sure to fit the bill. We have a full range of sizes and shapes of these lovely, hand milled soaps, that are pre-packaged, moderately priced and very attractive. These earthy soaps come in many varieties such as Lavender, Honeysuckle, Sage, Lilac, etc..

## In Other Spa News:

We have just brought in a new hair removal laser designed to treat darker skinned patients. The Alexandrite Laser that we have been using for over 4 years is still the best choice in lighter skinned persons with darker hair, but the new laser, Gentle Yag, (released just 3 months ago), will provide better results with the darker skinned patients. For additional information, give us a call at (707) 258-6077.

We've added another seminar topic to our seminar list....Wellness and Prevention. Join Sheila and Michael Reilly as they present recent findings related to vitamins, nutrition/diet, skin care and Hyperbaric Oxygen Therapy in creating and maintaining good health. See back page of newsletter for dates and times.





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#### Spring Seminar Schedule:

Join us for our series of evening seminars addressing topics relevant to your interests and needs. All events will be held at our offices at 3443 Villa Lane, Suite 10, Napa. Admission is complimentary and light refreshments will be served. For a reservation, please call (707)258-6077 or email us at [jpzmd@ascnv.com](mailto:jpzmd@ascnv.com)

#### Facial Rejuvenation:

Thursday, January 23, 7 pm  
Thursday, February 13, 7 pm  
Thursday, March 6, 7 pm  
Thursday, March 27, 7 pm

#### Wellness & Prevention:

Saturday, February 1, 10 am  
Saturday, March 1, 10 am

#### Breast and Body Surgery:

Thursday, February 27, 7 pm  
Thursday, March 20, 7 pm

#### Skin Care and Permanent Makeup

Tuesday, January 28, 6 pm  
Tuesday, February 18, 6 pm  
Tuesday, March 11, 6 pm  
Tuesday, March 25, 6 pm

## SPECIAL EVENT: VALENTINE'S DAY SHOPPING EVENT

Drop by the  
office on  
Monday,  
February  
10th

anytime from  
4-7 pm where  
we will be hosting a holiday  
shopping day. We will have  
available the full line of retail  
products that we carry in addition to  
gift certificates for any of our spa  
services. Our skin care professionals  
will also be on hand to answer any  
questions you might have. Listen up  
gentlemen as this is a fun, easy and  
painless way to shop for those loved  
ones on your list. For further  
information call:  
(707) 258-6077.



## ASCNV & SPA SPECIALS:

**\$75 off the price of any new  
Micropigmentation** (permanent  
makeup) procedure. Procedure must be  
scheduled and deposit paid by 1/31/03.

**Complimentary skin care  
evaluation and consultation** by our  
licensed and trained skin care personnel.  
\$50 value, offer good thru 3/31/03.

**Complimentary computer imaging:**  
a highly trained R.N. will take your  
photos and alter them to reflect possible  
surgical results. Applies for facial and  
nose surgeries only. \$50 value, offer  
good thru 3/31/03.