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*Skin Matters*

## A LETTER FROM THE EDITORS:

Looking for a reason to celebrate something, anything, in the month of June? We checked the calendar and discovered there are 78 holidays and celebration opportunities in the U.S. for the month of June 2021. Certainly, some are more important than others, some you will recognize, while others may be surprising. We all know that June is the month for weddings, and June 20th is Father's Day. Did you know June 1st is National Say Something Nice Day, June 8th is National Best Friends Day, and June 29th is Hug Day? If none of these seem like a reason to celebrate yourself or someone else, just look it up and you will surely find many other opportunities.

What a great month to celebrate a healthy new you, relax, indulge, and learn how much better you feel when you look your best.

*Loretta Amanda*



HELLO  
ISSUE

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# IS DERMAPLANING THE SAME AS SHAVING?

WRITTEN BY JEFFREY SASSMANNSHAUSEN, MD

If you decide to jump on the bandwagon, and you should, we want to help you better understand the differences between traditional facial shaving vs Dermaplaning. Although it's similar in concept to shaving, dermaplaning (which is offered by Three Rivers Dermatology & Windy Ridge Skin Care Centre) is much more precise and beneficial to the skin than shaving.

Dermaplaning is similar to shaving in that both use a blade to remove unwanted facial hair, but the similarities stop there. While the dermaplaning treatment rids the skin of the fine vellus hair (peach fuzz), it also encourages skin cell renewal and leaves the face looking refreshed and more youthful. This wonder treatment works in a number of different ways to improve the health and beauty of the face, and it does it all with no downtime. And contrary to popular belief, a close shave does not cause the facial hair to grow back thicker or darker.

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This non-invasive skin treatment scrapes away dead skin cells from the face, allowing new ones to rise to the surface leading the skin to actively rejuvenate itself. Shaving, on the other hand, effectively removes unwanted facial hair, but it doesn't go nearly as far in terms of exfoliating and renewing the face.

After your treatment, your at-home skincare routine will also become more effective after you've had a dermaplaning treatment. This is because your skin will be free of dead skin and fine hairs allowing your face to drink up the serums and moisturizers you apply. For this reason, the days after your treatment are not the time to skimp on your at-home routine. Instead, this is when you should use your highest quality products.

Most of us are accustomed to safely and easily shaving our legs or even our faces with a manual razor at home. But performing a dermaplaning treatment with a surgical blade is a whole new ball game and a much more precise process and shouldn't be tried at home.

While beauty fads come and go, dermaplaning is here to stay and we think you will love what it can do for you!

**BETTER TOGETHER:  
DERMAPLANING + DIAMOND GLOW**

Boost your dermaplaning treatment and pair with a DiamondGlow Dermalinfusion treatment for next level smoothness!

If you are interested in learning more, give us a call today!

**260.436.9696**



*Dr. Sassmannshausen*





# 5 BASIC HEALTHY SKIN CARE TIPS

Collagen is a naturally occurring protein in the body and it's what keeps your face looking vibrant and youthful. However, starting at the age of 20, dermatologists estimate that collagen production decreases by 1% each year. Here are some of the best ways to prevent accelerated collagen breakdown on your face.

## PROTECT YOURSELF FROM THE SUN

A lifetime of sun exposure can cause wrinkles, age spots and other skin problems – as well as the risk of skin cancer. For the most complete sun protection, use a broad-spectrum sunscreen with an SPF of at least 30 which blocks 97 percent of the sun's UVB rays. Higher-number SPFs block slightly more of the sun's UVB rays, but no sunscreen can block 100%. Apply sunscreen generously and reapply every 2 hours – or more often if you are perspiring or swimming.



## DON'T SMOKE

Smoking makes your skin look older and contributes to wrinkles. Smoking narrows the blood vessels in the outermost layers of skin, which decreases blood flow and pales the skin. This also depletes the skin of oxygen and nutrients that are important to skin health. Smoking also damages collagen and elastin – the fibers that give your skin strength and elasticity.

## TREAT YOUR SKIN GENTLY

Daily cleansing and shaving can take a toll on your skin. Limit bath time with hot water. Hot water and long showers remove oils from your skin. Using moisturizer for dry skin is important. However, using a moisturizer that fits your skin type and needs is most relevant.



## EAT A HEALTHY DIET

A healthy diet can help you look and feel your best. Eat plenty of fruits, vegetables, whole grains, and lean proteins.



I highly recommend Three Rivers Dermatology. Dr. Sassmannshausen and staff have worked diligently to take care of my medical issues.

**- BETTYE**



I loved meeting and working with Dr. Sassmannshausen! Great service and the most considerate staff!

**- TONI**



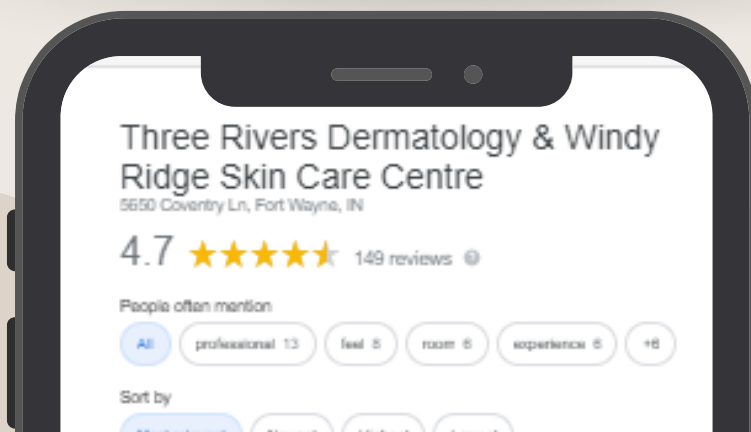
Everyone is so nice, friendly, efficient and supporting. And I mean everyone, from the front desk up to Dr. Sass himself. Couldn't ask for a more professional team. Thank you all for what you do.

**- JERRY**



Amazing! Very professional and polite. They made me feel very comfortable!

**- JAMIE**



# Product Spotlight



## SkinMedica Total Defense + Repair Broad Spectrum SPF 34

Total Defense + Repair is a revolutionary superscreen that goes beyond UV protection to also defend against harmful infrared rays (IR-A) while supporting the skin's ability to restore itself. Traditional broad spectrum sunscreens only protect against UVA and UVB. The trio of potent antioxidants is what enables Total Defense + Repair to protect against IR-A and help rejuvenate skin.

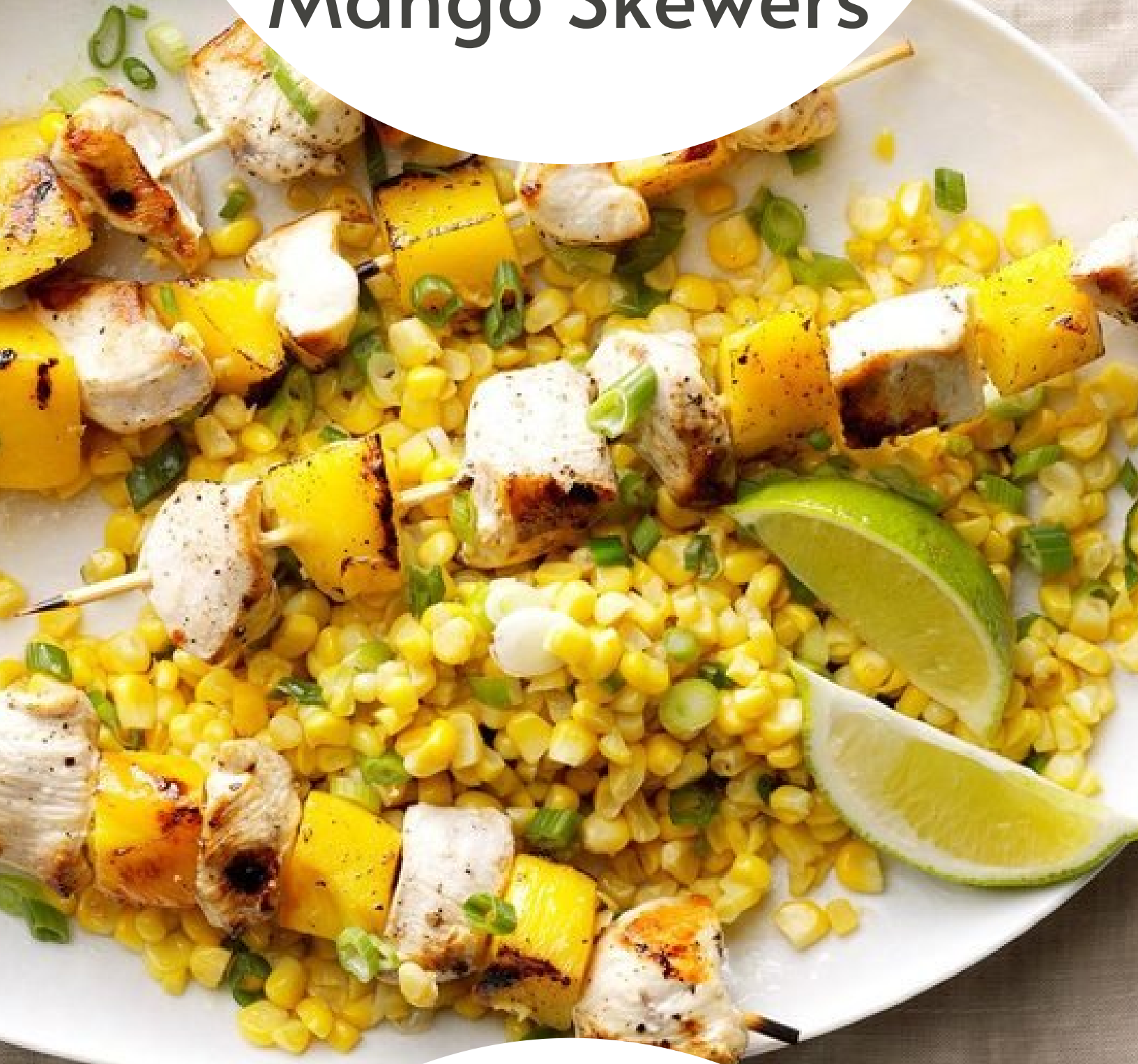
### KEY BENEFITS

- + Protects skin from harmful infrared rays (IR-A rays)
- + Reduces the appearance of lines and wrinkles
- + Improves the appearance of sun damaged skin





# Grilled Chicken and Mango Skewers



Recipe courtesy  
of [tasteofhome.com](http://tasteofhome.com)



# Grilled Chicken & Mango Skewers

**SERVINGS: 4**

**PREP TIME/TOTAL TIME: 30 MINS**

## INGREDIENTS

- 3 medium ears sweet corn
- 1 tablespoon butter
- 1/3 cup plus 3 tablespoons sliced green onions, divided
- 1 pound boneless skinless chicken breasts, cut into 1-inch cubes
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 medium mango, peeled and cut into 1-inch cubes
- 1 tablespoon extra virgin olive oil
- Lime wedges, optional

## DIRECTIONS

- 1** Cut corn from cobs. In a large skillet, heat butter over medium-high heat; sauté cut corn until crisp and tender, about 5 minutes. Stir in 1/3 cup green onions. Keep warm.
- 2** Toss chicken with salt and pepper. Alternately thread chicken and mango onto 4 metal or soaked wooden skewers. Brush with oil.
- 3** Grill, covered, over medium heat or broil 4 inches from heat until chicken is no longer pink, 10-12 minutes, turning occasionally. Serve with corn mixture; sprinkle with remaining green onions. If desired, serve with lime wedges.

### **1 serving:**

1 skewer with 1/2 cup corn mixture | 297 calories, 10g fat (3g sat. fat), 70mg cholesterol, 387mg sodium, 28g carbohydrate (16g sugars, 3g fiber), 26g protein



# CORRECT & PROTECT

MEN'S DOPP KIT TOTE  
1OZ. HA5 REJUVENATING HYDRATOR  
TNS RECOVERY COMPLEX  
ESSENTIAL DEFENSE SPF

*\*ONLY 10  
AVAILABLE\**



**\$199** - *\$350 value*  
**\$99** - *\$200 value*

# PROTECT

MEN'S DOPP KIT TOTE  
FACIAL CLEANSER  
1OZ. HA5 REJUVENATING HYDRATOR  
COLORESCIENCE SPF BRUSH

*\*ONLY 10  
AVAILABLE\**



- WHILE SUPPLIES LAST -  
- IN-STORE ONLY -