

# Tune into Summer



*Cristy*

- EL AMOR! -

INTRODUCING  
DA VINCI NURSE,  
CRISTY KNIGHT



With a passion for travel, the outdoors and a love of languages and the arts, it's life well lived for our new nurse. Raised in Colorado, Cuban American-born Cristy has more than one string to her bow and has embraced her Kiwi home to the fullest the past 18 years. Cristy's primary focus is dermatology and she serves as a nurse to our dermatologist, Nicola Abbott. Coupled with her dermatological expertise, she has 13+ years' experience in peri-operative nursing. Cristy also plays several instruments, writes music, and is multi-lingual – she is fluent in Spanish, and has studied French and Latin. Phew! Alongside her many talents, she is mum to busy children, and they relish time together as a family camping and exploring new places.

## IT'S TIME TO TURN UP THE DIAL ON BODY AWARENESS AND SKIN SAVIOURS

The Silly Season is upon us, so lose the madness and mayhem and tune into what really counts this Christmas – skin safety, body awareness and targeting those areas you've kept hidden. We're not ones to hide away, so this issue we introduce you to our newest staff member, nurse Cristy Knight, and the new eco sunblock addition on our shelves – Skinnies. A change in seasons heralds the way for fresher perspectives on body matters and a check-in with skin truths. So, we're honing in on acne, highlighting top procedures – CoolSculpting® and BELKYRA® – and targeting hyperhidrosis – it's no time to sweat it!

*Let's make it a jolly good summer!*

NEW KID ON  
THE BLOCK...

*The skinny  
on Skinnies*



Our latest hero is eco-conscious, suitable for all – including vegans, and is manufactured with sustainable measures at its core. Skinnies is a gel-based sunscreen range which rubs clear and spreads with ease – and you only need to use a pea size blob. This eco warrior whizzed through its consumer factor tests, and the range includes a tinted block – no need for make-up. And, because Skinnies isn't diluted – unlike other sunblock brands which can contain up to 70% of water – it stays on your skin like a concentrate, protecting it for longer.

*In stock we have Skinnies SPF 30 \$34,  
Conquer SPF 50 \$42 and Tinted SPF 30 \$34.*

## Chin chin –

We'll help you lose it! Embrace summer minus the extra wobble under the jawline. Did you know that you don't even have to be overweight to sport a double chin – genetics and loss of elasticity all play a part! Where's the joy in that this Christmas. Fortunately, there is a non-invasive, permanent solution you can turn to. BELKYRA injections melt away fat for good and healing is quick. Naturally achieve the jawline you want, speak to our team of experts and book in for your free consultation.





Dr Amy Stanway

## UPPING THE ANTE ON ACNE

**It's one of the world's most common skin conditions but accurate info and best advice on acne remains at an all-time low.**

The downside of DIY acne treatments and failure to seek real help, is resulting in worsening physical and psychological problems – with self-esteem, depression and social anxiety experienced by many – not just teens. So, how can we turn things around? We put top questions to our Da Vinci dermatologist, Amy Stanway.

**Can I attempt to clear up my acne with over-the-counter medication before all else?** "Supermarket shelf solutions are often ineffective long-term," explains Amy. "A dermatologist will look at a face and immediately recognise if the skin is

inflammatory or non-inflammatory type – something many of us can't tell – but is essential to a successful treatment plan."

**Which acne treatment options might a dermatologist recommend?** "Topical retinoids – which are derived from Vitamin A – as these unclog and regenerate skin cells faster," says Amy. "Also Niacinamide – a topical B Vitamin – which decreases inflammation and improves skin texture."

**How long does it take to see skin improvement?** "Typically, it can take between eight to 12 weeks to see improvement after using a topical medication. Even when skin clears, continuous use of treatment is important to prevent new breakouts."

**The key takeaways?** "Everyone's skin needs are different – common problem or not – so don't wait for skin to settle, seek guidance from a vocationally trained specialist dermatologist who has the expertise to provide the best possible solution."



**BOOK IN YOUR UNDERARM BOTOX® TREATMENT BEFORE CHRISTMAS AND STAY SWEAT FREE FOR UP TO NINE MONTHS!**

### OUR OPENING HOURS THIS FESTIVE SEASON

This year we will be closing on **Monday 23<sup>rd</sup> December** at 4pm, and reopening on **Monday the 6<sup>th</sup> January.**

*Merry Christmas to all from the Da Vinci team!*

LOVE OUR NEWSLETTER? TELL YOUR FRIENDS TO SUBSCRIBE VIA OUR WEBSITE!



For appointments call 07 578 5350. To enrol to our newsletter please email [reception@davinciclinic.co.nz](mailto:reception@davinciclinic.co.nz)



ACC SURGERY

www.coolsculptingdavinciclinic.co.nz



## SCULPT YOUR FAT AWAY

**It's so cool we're giving you your 5th cycle free!**

If Christmas bells are urging you to take action and rid your stubborn fat once and for all, then it's time to bring in the big guns. FDA-approved **CoolSculpting®** is the long-term, non-invasive permanent fat removal treatment you've been waiting for. And, for every four cycles you purchase, we're giving you your fifth free. Procedures are performed every Friday.

There's good reason for the 'cool' in **CoolSculpting®**. It targets stubborn fat in areas like the thighs, stomach and hips which have a higher density of alpha receptors – cells that are harder to shift.

"**CoolSculpting®** delivers precisely controlled – and safer – cooling to targeted fat cells beneath the skin. The cells are crystallised and die, and are naturally eliminated from your body over time," explains Da Vinci's cosmetic and reconstructive plastic surgeon, **Adam Bialostocki** (pictured right). "One freezing session may only take 45 minutes, and returning to normal day-to-day activities following treatment isn't an issue because it's a non-surgical procedure, with minimal side effects." And results? Best results are usually seen within three to six months following your second or third session.



We also accept Visa and MasterCard