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SUMMER 2006

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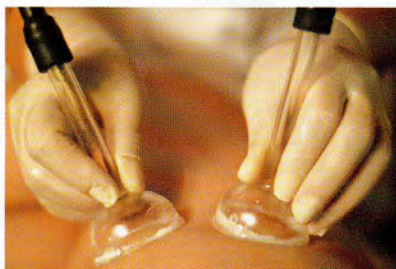
BUFF, BARE & BRONZE  
FOR THE SUMMER

SEAFOOD FEASTS



# Dining Al Fresco





H E A L T H & B E A U T Y

# BARE, BUFF & BRONZE

B Y J E N N I F E R H E Y N S

LOUDOUN'S SKIN SERVICES MAKE IT POSSIBLE TO TREAT YOURSELF TO  
THE BODY YOU ALWAYS KNEW YOU HAD.

P H O T O G R A P H S  
B Y  
L I S A H E L F E R T

*Our poor, hairy, pasty, cellulite-ridden mothers! When summer came, they surrendered to showing up poolside as-is. They didn't have the technology that allows us to tone, tighten, tan and tweeze before donning our swimsuits. It's quite a to-do list, but every woman can put her best body forward if she plans well.*

*Some of these preparatory processes need to begin ahead of time, while others are best left to the last minute. Whether you are out to bare, buff or bronze yourself before summer fun, many exemplary services can help you attain your goals.*

*Bare*

Let's face it. When it comes to swimsuits, women are forced to bare nearly everything, but it's comforting to know that stubble doesn't have to be a problem.

"I haven't even owned a razor in two years," says Kathy Sheraw, a registered nurse and owner of Leesburg Laser Center.

Sheraw says she had laser hair removal herself and loves the freedom it gives her. Laser hair removal is performed at a variety of locations, including Reveal MedSpa and Eclips Salon and Day Spa. Stubble-free skin is achieved over mul-



tiple sessions, starting with a consultation, skin evaluation, and skin testing.

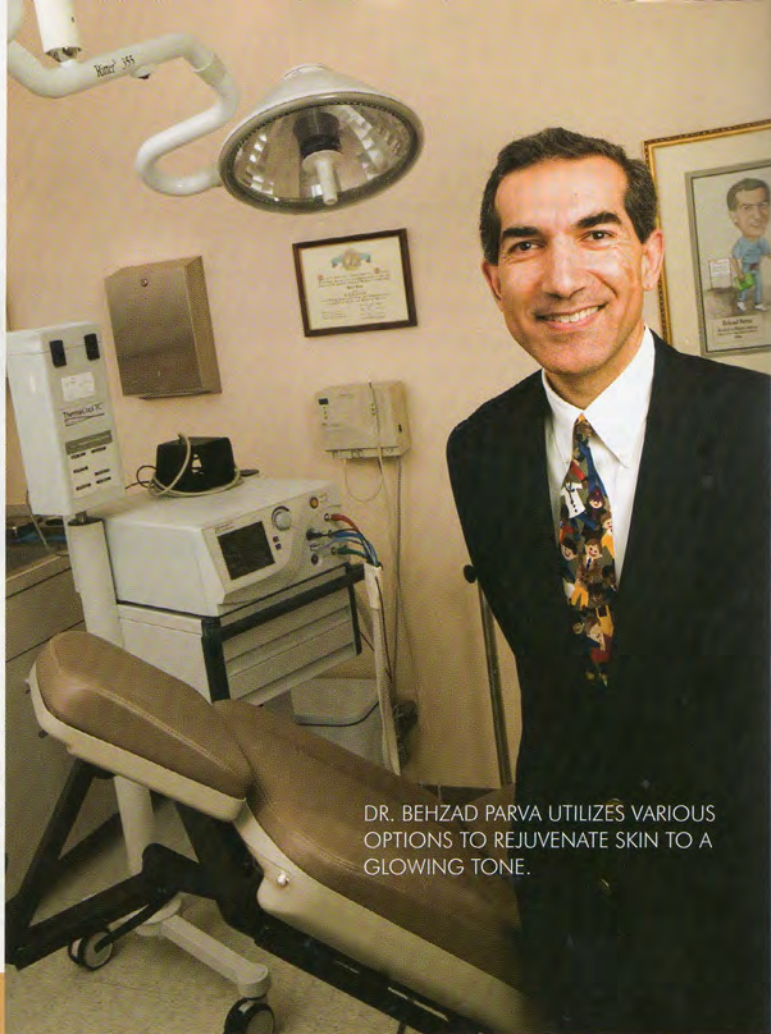
"The best candidates for laser hair removal have light skin and dark hair," says Sheraw. Hair removal lasers work by heating the body's hair. Darker hair is more quickly heated without warming the skin to the point of damage. Likewise, darker skin absorbs the heat more easily, which can cause skin damage if the proper laser isn't used. Sheraw advises tanned or dark-skinned people to find a center that is equipped with the proper laser for their skin type.

One such center is Reveal MedSpa (formerly Alase). "We are pleased to be one of the few providers to offer an array of lasers—so that we can treat all skin types and different hair textures," says Maureen Palmer of Reveal.

Tests will be administered in certain spots on your body to make sure your skin won't have an adverse reaction to the laser. If all goes well, treatment can begin a few days later, Sheraw says. Possible reactions include blisters, scarring, or pigment changes.

Following the hair removal process, clients can expect treated areas to look closely shaved, but the hair will begin to shed in about three days. "The hair looks like it's growing, then falls off within 10 days," says Sheraw. "You're hair-free for weeks, but then it starts to look like it's coming back, only finer. Eventually, through additional treatments, less and less hair comes back, until it's gone."

KATHY SHERAW  
ADMINISTERS  
TREATMENT AT THE  
LEESBURG LASER  
CENTER.



DR. BEHZAD PARVA UTILIZES VARIOUS  
OPTIONS TO REJUVENATE SKIN TO A  
GLOWING TONE.

Typical laser hair removal treatments take four to eight sessions to complete the process, and sessions are generally six to 10 weeks apart.

If you prefer a more immediate approach, you might consider waxing. Unlike laser hair removal, waxing is not permanent, but the treatment can leave you hair-free for weeks at a time.

Erin Thomas of Susan Brantley Salon and Spa in Leesburg advises first-time waxing clients to let their hair grow for about a month before treatment, so the aesthetician can examine how your hair grows.

Thomas says waxing can be a bit painful, but soothing products kept on hand will help ease any stinging or irritation. Clients may experience redness or irritation for about 24 hours.

If you are taking acne medication, waxing will need to wait. Acne medications such as Accutane or topical creams like Retin-A dry the skin and make it thinner, which causes damage during either waxing or laser hair removal. It's recommended that you wait three to seven days after using Retin-A and sometimes up to a full year after finishing Accutane. In either case, it's best to consult your doctor.

## buff

Unwanted hair isn't the only thing women want to remove from sight when donning a bathing suit. Cellulite and dead skin can be just as embarrassing. Luckily, there are many skin treatments available to combat these unsightly skin conditions, including dermabrasion, endermologie, lymphobiologie, body peels, polishes, and wraps.

Chemical and laser peels rejuvenate skin cells, causing them to tighten, giving clients a more youthful, well-rested look. According to Dr. Behzad

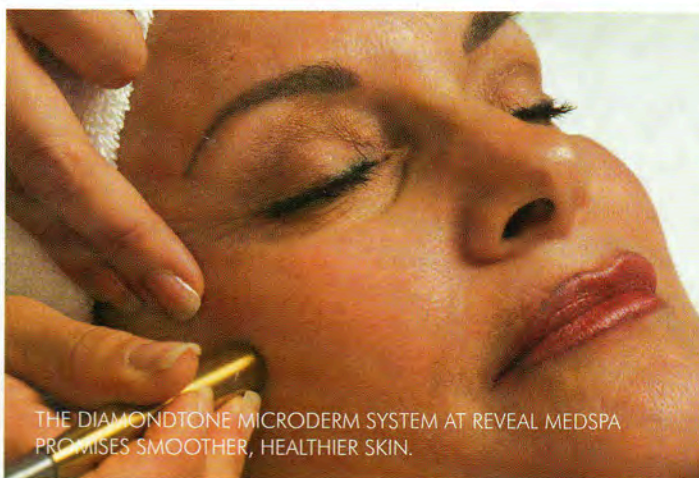


Parva of Parva Plastic Surgery in Leesburg, these treatments work best on the face and neck, but are also effective on the chest and the backs of hands.

"Over the next several days [after treatment] the outer layer of skin will become dry and peel off, exposing more healthy, glowing skin," says Dr. Parva.

Laser peels employ computer-guided lasers to rejuvenate the skin instead of chemical acids, says Palmer at Reveal MedSpa. Both treatments require limited outdoor exposure for the first few days post-treatment. Dr. Parva says people with thin or dark skin may experience scarring or pigment changes and should find out more before proceeding.

Body wraps and polishes are additional ways to exfoliate the body and create glowing, silky skin. Amanda Collins of Eclips Salon and Day Spa in Ashburn says the salon exfoliates using a Chinese herb scrub and six layers of wraps that open pores.



THE DIAMOND TONE MICRODERM SYSTEM AT REVEAL MEDSPA PROMISES SMOOTHER, HEALTHIER SKIN.

"We then unwrap the body and apply lotion, which makes the whole body like silk for about a week," says Collins. "It's great for going to the beach and getting a more even tan."

Other options are available at Lansdowne Resort's newly unveiled and highly anticipated Spa Minérale, which features a mineralizing body wrap. Many of the salts, scrubs and muds used are harvested from our very own Goose Creek rock quarry.

If cellulite is your problem, worry no more. Cellulite treatments abound locally, and all de-

toxify the body while massaging and firming.

Mariana York, owner of Lotus Day Spa in Leesburg, uses her lymphobiology system to "drain the lymphatic system, where all the waste in the body lies, detoxifying the body while massaging."

At Oasis Body Treatment Center in Leesburg, three LPG endermologie machines (named for inventor, Louis Paul Guitay, a French engineer) help

clients rejuvenate body and face. According to Rhoda Myers at Oasis, these state-of-the-art pieces of equipment are used primarily to change the appearance of cellulite, "but it's also for body contouring and can help tone the skin after major weight loss or surgery."

A G-5 body treatment at Eclips is a bit more vigorous, using a machine with attachments that "vibrate and pound on the body," says Collins. It's effective for treating legs, arms, buttocks, and love handles, trimming off inches and reducing cellulite. The treatment is not safe for pregnant



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Dermabrasion, describes Dr. Parva, is a very aggressive treatment, using an abrasive, rotating wheel to gently even the layers of skin. See sidebar on this page for more information about the process.



## Bronze

Years ago, sporting a glowing tan was a status symbol signifying a lifestyle that affords time to lounge in the tropical sun year-round. Now that we know it is unhealthy to get a tan the old-fashioned way, the tanning industry has taken steps to offer safer options to get that glow.

An industry that once consisted of tanning beds alone now offers stand-up tanning, spray-on tanning, and even body bronzing—a method of hand-painting the body.

Stand-up beds are a new variation of the original tanning bed. "Some

## "The Lunch Time Peel"

Unlike some of the other treatments discussed here, dermabrasion is not to be taken lightly. This procedure is a series of aggressive treatments designed to smooth away scars from acne, accidents, or surgery, as well as to minimize the appearance of brown spots and fine lines.

In the past 10 years, however, doctors have developed a "mini" version of the treatment called microdermabrasion, which is less expensive and much less invasive, requiring a recovery period of hours instead of weeks. Because of its widespread availability and quick recovery time, it is now casually called "the lunch time peel," according to Dr. Bruce Freedman of Plastic Surgery Associates of Northern Virginia.

During the procedure, your plastic surgeon or aesthetician will use a stream of sand-like particles to stimulate collagen production and remove dead cells. Unlike dermabrasion, the only side effect with this mini-procedure is a few hours of redness.

After a series of approximately six treatments every seven to 10 days, you will notice more even skin tone, smoother skin, and an overall glow. A series of five treatments typically costs between \$500 and \$600. If you're considering this procedure, you may wish to stash some savings away as it's likely microdermabrasion is not covered by your insurance policy.

Before embarking upon any skin treatment plan, do your research and discuss the variety of options with your doctor.



people prefer the stand-ups because they feel they get a more even tan," says Karen Brutsche, owner of The Suntan Shop, located in Ashburn, Herndon, Reston and Leesburg.

Both The Suntan Shop and Palm Beach Tan in Leesburg offer a spray-on tan, using a solution consisting of aloe vera, sugar cane and DHA (the same chemical found in self-tanning creams).

Brutsche notes that the spacious booth at The Suntan Shop "has a dryer attached to allow the solution to dry completely prior to the customer re-dressing." Both spray-ons last about a week but are not effective for people who burn easily or have a difficult time getting a tan outdoors.

If you've always thought of yourself as a piece of artwork, Elizabeth Liotta, the holistic practitioner at Oasis Body Treatment Center, will treat you like a canvas. During a body bronzing treatment, she paints on a tanning solution while the client relaxes on a bed.

Don't hide this summer. Loudoun's skin services make it possible to treat yourself to the body you always knew you had. And take mom, too!

Jennifer Heyns is a freelance writer enjoying country life with her family in Fauquier County.



## Pricing Guide

Tone your body, trim your wallet? Although a single treatment may seem pricey, you can save money by purchasing services in packages. We took a look at costs for various treatments in this area and provide a price range for the following services:

Laser Hair Removal	\$100-\$900 a session
Waxing	\$10-\$55, depending on area treated
Laser Peel	\$400-\$1,000
Chemical Peel	\$120-\$2,000, depending on area treated
Body Wrap/Polish	\$100-\$125
Cellulite Treatments (Includes lymphobiology, G-S body treatment, endermologie)	\$65-\$150 a session
Body Bronzing (Price includes full-body exfoliation)	About \$130
Tanning Bed	\$8-\$10 a session
Spray-on Tan	\$25-\$28 a session

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