

HOMEOPATHIC SKIN CARE

MICROCURRENT FACIAL TONING

*A natural way to tighten facial muscles.
Used by dermatologists and plastic surgeons after
surgical face lift to maintain tone.*

FEATURING HOMEOPATHIC ENERGIZING SKIN CARE PRODUCTS

Our exclusive microcurrent acuscope delivers tiny energy signals to your facial muscles and deep skin layers. The procedure passively tightens the muscles by causing them to contract. It is similar to the process of strengthening muscles through exercise. This is a gentle treatment that resets and stimulates deep facial skin layers.

Our deep facial toning treatment starts with cleansing the skin using a pure, natural homeopathic skin cleanser. You will be treated to the deep mental relaxation of alpha waves to rid the tension held in your face. Application of homeopathic bioglycolic gel to start the process of skin cell renewal comes next.



Then the actual toning procedure begins, muscle by muscle, in a set pattern. Facial muscles are stimulated by the microcurrent, gradually toning and strengthening them in a more relaxed expression.

We recommend a series of six toning sessions fairly close together followed by a maintenance schedule of toning every two to four weeks.

*Leslie Ann Warren came to our office for facial toning while she was
filming in Michigan. We have the special
Microcurrent Acuscope equipment to do it right!*

**YOU WON'T FIND A BETTER BARGAIN ANYWHERE
FOR THIS TYPE OF EXCLUSIVE SKIN TREATMENT**

EACH ONE-HOUR SESSION.....\$ 70.00
THREE SESSIONS\$200.00
SIX SESSIONS.....\$400.00

CALL 248-625-6677 FOR YOUR APPOINTMENTS!

We put in this special line of skin care for our very sensitive patients who cannot tolerate most other skin care products. The products are well-formulated, gentle, light, and effective. Designed to bring out beauty from within. Time Eraser products are neither makeup nor coverup.

ALL NATURAL
NO CHEMICALS

DOCTOR FORMULATED
COLD PROCESSING

TIME ERASER FACIAL CLEANSER has no harsh ingredients; Foaming, balancing, special herbal homeopathic extracts, and leaves skin soft and clean without drying. **\$17.00**

TIME ERASER MOISTURIZER REPLENISHER is light and penetrating. Ingredients mimic the skin's own composition. Even those who do not require special skin care will love this soft cream that can be used to remoisturize during the day after makeup is applied. Contains shea butter, ceramide III, squalene to normalize oil production and skin pH, encourages elastic and collagen production. Homeopathic ingredients. This has been a popular cream. **\$25.00**

TIME ERASER GLYCOLIC REJUVENATOR with alpha-hydroxy acids in a gel-like base. A great skin rejuvenating homeopathic formula improves skin quality by gently exfoliating and reducing appearance of fine lines. **\$24.00**

TIME ERASER BALANCING TONER is a lovely product which contains Tachyonic water along with its delicate ingredients. A favorite. **\$16.00**

TIME ERASER SCALP TREATMENT helps bring new life to your hair. All-natural homeopathic promotes healthy hair and scalp. **\$19.95**

NEW FROM DOLISOS, A TIME-HONORED TRUSTED FRENCH PRODUCT IS NOW AVAILABLE HERE!

ELUHAIR balances hair and scalp, addresses hair growth, shine, vitality, and strength. Check out this superb new hair care product. **\$35.00**



LOVLIER LONGER SERIES – TO PREVENT AGING

This is our most popular line. Rich in precious oils and organic herbs, LL skin care combats free radical damage and helps fight wrinkles.

SIMPLE 5-MINUTE BASICS!

EACH BOTTLE LASTS FOR MONTHS!

1. LL CLEANSING MILK with calendula, chamomile, sage, St.John's Wort, and witch hazel removes dead skin and dirt but leaves the skin's protective mantle intact. Dampen face, neck, shoulders with hot water using a clean washcloth. Massage this light cleansing lotion in and wash off. It is a non-sudsing formula Skin is dewy soft, fresh, and clean. **\$33.75**

2. LL BLOSSOM DEW GEL with seaweed extract for minerals, precious rose water, alpha-hydroxy acids, azulene for cell renewal, nourishment, and firming. Pour a little in palm of hand, spread over clean face, tones pores. Can also be used to set makeup. **\$38.75**

3. LL DAY CREAM perfect under makeup with UV protection, a light base with skin regeneration complex, free radical shield, promotion of skin renewal. Dot cream between brows, on cheekbones, chin, neck. Spread evenly around eyes, mouth, face and neck for all-day moisture and protection. Now you can add makeup or choose to go bare! **\$49.00**

4. LL NIGHT CREAM moisturizes and revitalizes while you sleep. Wake up to soft, supple skin with sesame, carrot, olive, sunflower, sage, and calendula, PLUS VITAMINS A, C, E and Börlind's Bioactive Complex. Dot between brows, on cheekbones, chin, neck. Smooth all over face and neck. You can massage into hair and scalp if you shampoo in the morning for healthy hair and scalp. **\$49.00**

BÖRLIND COMBINATION SKIN SERIES

Perfect for those with normal skin but oilier noses and T-zones. Lush herbal toners, nourishment protein, sea algae and green tea.

SIMPLE 5 MINUTES A DAY!

PRODUCTS LAST FOR MONTHS!

1. BÖRLIND CLEANSING GEL water-based herbal gel cleanses deeply without drying the skin or disturbing the natural mantle. Natural ingredients witch hazel, chamomile, herbals. Use a dab of gel; work into a mild foam on dry face, neck, shoulders. Rinse with warm water for soft, clean skin. Organic botanicals! **\$32.54**

2. BÖRLIND FACIAL TONER tightens pores, antioxidant protection. Sea algae extract stabilizes sebum production to help prevent blemishes. Green tea protects and tones. Contains organic herbals. Use on a damp cotton ball or just shake some toner onto wet hands, smooth over cleansed face, neck and shoulders. Voila! Clean, fresh skin! **\$36.50**

3. BÖRLIND DAY ESSENCE provides all-day UV sun protection, Vitamin E, polyphenols, and lecithin for good moisture and antioxidant protection. You're going to love this light and easy to use day cream. Dot a little between brows, on chin and cheekbones. Smooth to hairline. Add makeup, or choose NOT to! Nice to carry for on-the-run touch ups. **\$36.61**

4. BÖRLIND NIGHT CREAM is an all-new micro-emulsion with deep penetrating nourishment to help regenerate fresh, new skin while you sleep. Sea algae, green tea and special protein complex leaves a soft, lovely skin in the morning. Apply after cleansing at bedtime. **\$36.61**

5. BÖRLIND PRECIOUS OIL AMPOULES with deep, penetrating natural plant oils to treat fragile skin around the eyes, and help moisturize mouth area. Use as a treatment when special help is needed. Oils are sealed in glass ampuls for protection. EACH AMPOULE PROVIDES 2-3 TREATMENTS. OIL AMPOULES CAN BE USED WITH ANY OTHER SKIN CARE PRODUCTS. **\$49.00**

ROSE DEW- a nice way to start with Börlind skin care products!

When wrinkles begin to appear, it's time for Rose Dew. This stimulating natural skin care series uses rose water, ginkgo, vitamins, and natural herbal extracts for markedly increased skin moisture, firmness, and wrinkle reduction. You'll love ROSE DEW if you have dry skin or get summer sun exposure!

SIMPLE 5-MINUTE ROUTINE!

PRODUCTS LAST FOR MONTHS!

1. ROSE DEW CLEANSING MILK has optimal cleansers for poorly moisturized skin. First-press organic botanical oils and herbal extracts gently cleanse skin and removes makeup. Does not disturb protective mantle. Work into dry skin of face, neck, shoulders and rinse off with warm water. **\$24.00**

2. ROSE DEW FACIAL TONER with mild astringents, herbal extracts, and vitamins to stimulate skin's own moisturizing and moisture-binding ability. Stabilizes the skin's protective acid mantle. Pat on with fingertips twice daily to clean skin before moisturizing creams. Tightens pores. **\$29.00**

3. ROSE DEW DAY CREAM pampers skin with extra moisture and enhances the skin's own ability to retain moisture. Organic herbal extracts, plant oils, vitamins, and ginkgo protect skin, prevent premature aging. Apply to clean skin, can be used with or without makeup. **\$36.50**

4. ROSE DEW NIGHT CREAM provides elasticity and tone. Special vitamin complex stimulates skin renewal. Enhances skin moisture. Awaken with relaxed, refreshed, glowing skin! Apply at bedtime after cleansing and other extras. **\$37.75**

BÖRLIND MAKEUP

You'll love the light, natural effects of Börlind makeup. Check out our color charts. Simple, quick, elegant! We special order to keep it fresh. LIP COLOR for rich, all-day color. Natural ingredients and moisturizers.

HIGHLIGHTER STICK for dark circles or cover up. Light, Medium, Dark.

VELVET DEW CREAM MAKEUP comes in a tube so a tiny bit can be squeezed out to blend into your natural skin color. Evens out skin tones for any color of skin. Moisturizing, lovely, natural. 3 shades for all skin colors.

- Porcelain for many skins in nose, brow, eye, mouth areas.
- Apricot is a fuller tone for cheeks or when skin is tanned.
- Brunette is a deeper tone for brown skin or as highlighter.

EXTRAS! EXTRAS! EXTRAS!

Read all about these beauty extras to add to your basics. Classic quality products you will come to rely on for beautiful skin.

1. EYE WRINKLE CREAM for LOVELIER SKIN around the eyes. Smooth a dab across the hollow of the eye and lid, and under eyes. Reduce wrinkles and prevent new ones from forming in this delicate area with lady's mantle, euphrasia, horsetail, calendula and cornflower and rich plant oils. Eye wrinkle cream is a FAVORITE, use twice daily. From Börlind. **\$41.75**

2. AHA COMPLEX is a MUST! Use twice daily after cleansing, the Börlind formula has liposomes, natural plant ingredients to reduce irritation so often found in alpha-hydroxy acid products. Stimulates new skin formation 22 layers deep. Over time, a fresher, glowing skin appears! **\$39.40**

3. CERAMIDE VITAL FLUID fights signs of aging, for tired-looking skin. Ceramide stimulates cell oxygen use and supports regeneration and moisture retention. Special protein complex. Suitable for all skin types. Dermatological tested. SEE AND FEEL THE DIFFERENCE! Use Ceramide Fluid twice daily before day or night cream. From Börlind. **\$67.75**

4. C-SERUM is a potent Vitamin C formula with deep penetrating action. Use before moisturizer day and night. Especially important to help prevent sun damage, stimulate collagen formation. Just two squirts spread over face, neck, and backs of hands works wonders in a short time. **\$42.00**

5. IMMUDYNE REJUVINATING SERUM has it all! Smooth, spreads easily. Protection from Vitamins A, C, E, green tea, grape seed, garlic, and kiwi extracts, glutathione intracellular antioxidant, and protective lycopene. Unique in providing B-1,3/1,6-D-glucan shown to increase firmness, improve hydration and skin renewal. A favorite! **\$40.00**

6. SKIN A, D, and E CREAM for young and old skin alike! Use on hands, feet, and lips. Popular for dry skin; has softening effects. Nice for children. **\$3.50**

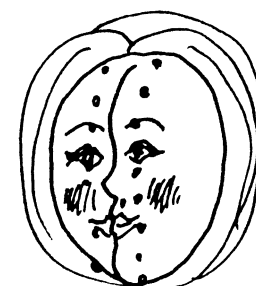
7. NEEM CREAM is something to take with you on a backpacking trip. The oil of neem plant is a natural bug repellent. It has antiseptic properties and can be used on minor skin abrasions and for some skin rashes. **\$19.00**

8. DERMA Q-GEL from Solonova is the ONLY facial cream with Co-Q-10. Reduces sun damage, keeps elasticity and thickness, and helps prevent wrinkles. Can be used under makeup. Good with C-Serum and Immudyne Rejuvenating Serum. **\$30.00**



ACUPRESSURE FACE LIFT

Learn this simple technique from Jing Fei Huang, TCM. Jing Fei uses this easy treatment nightly before she falls asleep to reset acupuncture points and relax facial tension. Her skin is beautiful and she keeps it that way with good nutrition, skin care products, and her nightly acupressure face lift that takes only minutes to do.



Jing Fei will treat you to a one-hour individual session where you will learn to locate key acupoints on face and neck. Acupressure to these crucial points on a regular basis will help relax frown lines, reset facial muscles, stretch out the neck. So often, we focus on the face and forget the neck and shoulders where jowl lines tend to pull the face down and in.

A simple technique, fun and refreshing to do, can even be done while driving! You may notice sinus drainage and clearing as sinuses may be affected.

You will learn where these points are and how to apply gentle pressure to begin a lifetime daily ritual of self-help and improvement. Fun and relaxing!

***Don't miss this opportunity to learn Acupressure Face Lift from a true professional!
Jing Fei trained in Shanghai, China and has an impressive resume.
She lives what she teaches.***

INTRODUCTORY SESSION\$ 90.00

SPECIAL TWO SESSIONS.....\$170.00

Check out our MAGNETIC FACE MASKS with powerful magnets which fit over the acupressure points. The face mask can be used before or after acupressure face lift, or when you are simply resting. The energy of a solid state magnet is calming to help deal with our stressful lifestyles.

BEAUTIFUL SKIN NATURALLY ANNEMARIE BÖRLIND OF GERMANY

- Choose ORGANIC BOTANICALS
- Leave out the chemical additives
- Skin care just right for you!

Dr. Downing's personal choice for more than 30 years

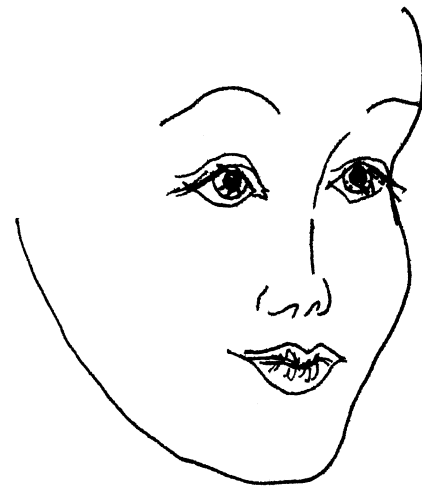
FRESH FORMULATIONS

SKIN ANTIOXIDANTS

CELL REGENERATION

DEEP MOISTURIZERS

LOOK & STAY BEAUTIFUL NATURALLY!



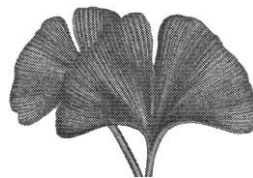
- Microcurrent Facial Toning
- Acupressure Face Lift
- Trigger-Point Facial Massage & Treatment
- Nutrition for the Skin Consultation
- Premium European Organically Grown Botanical Skin Care Products
- Homeopathic Skin Care
- Skin Antioxidants

10% off any treatment or product with mention of this ad through May 31, 2004

APPOINTMENTS CALL: 248-625-6677

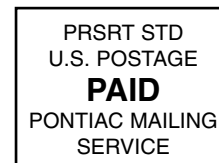
NEDRA DOWNING, D.O.

Practice Dedicated to Nutritional and Environmental Medicine Since 1986
5639 Sashabaw Road, Clarkston, Michigan 48346



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TAKE A FRESH LOOK at

- Bio-Identical Hormones
- Osteoporosis
- Chronic Fatigue
- Stress Nutrition
- Chelation
- Candida
- Cholesterol

NUTRITION FOR THE SKIN

Dr. Downing was originally a pharmacist who went back to school to get her M.S. in Human Nutrition and a Doctor of Osteopathy degree from MSU. She brings a wealth of experience to your meeting with her. Dr. Downing has always been interested in good skin and hair. She now offers a special consultation for you to evaluate your personal needs. We recommend the full hour session as there is much to talk about and most patients want this much time. The laboratory package includes functional vitamin, antioxidant, and essential oil workups. The ION panel provides an in-depth look at your metabolism and can be chosen instead of the basic panel.

Bring your vitamins and skin care products for her evaluation during your appointment. Remember, beautiful skin begins within and cannot be simply rubbed in. She has personally selected the skin care and vitamin products for sale in the office and only buys the best.



HALF-HOUR.....	\$150.00
FULL HOUR.....	\$275.00
LAB PACKAGE.....	\$400.00
ION LAB PANEL.....	\$600.00

TRIGGER POINT FACIAL MASSAGE AND SKIN TREATMENT

Vickie Evans is a popular Certified Massage Therapist, Reiki Master, and healing touch practitioner. She will work on your face, neck, and shoulder areas. We hold tension and keep tight knots in these areas that pull the face down and in, causing us to look tense, tired, and older.

Starting with a natural skin cleanser that leaves skin soft and moist, Vickie will then apply precious skin oils, protein nourishment, and lotions with organic botanicals and skin antioxidants as she stretches the tight muscles and relaxes the trigger points. Vickie will scale her treatments to your individual needs but will especially focus on the neck, shoulder, and facial muscles. You'll love it!



EACH ONE-HOUR SESSION.....	\$ 70.00
THREE SESSIONS	\$210.00
SIX SESSIONS.....	\$400.00

Special introductory 10% off on premium skin care products through May 31, 2004 with mention of this promotion.

CALL 248-625-6677 FOR YOUR APPOINTMENTS!