

# INLIV GUIDE TO SUMMER SKIN SOLUTIONS

## COMPLEXION PERFECTION

**Neuromodulator Injections** are ideal for lines & wrinkles, while hyaluronic **fillers** restore volume to the face & lips.

**Intense Pulsed Light (IPL), fractional laser resurfacing, & chemical peels** can help reduce sun spots, hyperpigmentation, smooth complexion, & restore a fresh glow. **Selphyl** boosts collagen production to improve the skin's texture & tone.

## NO SWEAT – YOU'VE GOT THIS

**Therapeutic injections** can greatly reduce excessive underarm sweating. And the treatment is covered by many health benefit providers.

## HEALTHY BODIES COME IN ALL SHAPES & SIZES

**Nutrition & exercise** are the perfect combination to get set for summer. INLIV offers personal training and registered dietitians to set you on the path to enhanced health & wellness.

Stubborn fat pockets can be reduced using **CoolSculpting®** to freeze the fat on the abdomen, love handles and for back/bra fat.

## SKIN HEALTH

Your skin is living, breathing, and it requires special attention. Get a full body **skin screening** and **mole mapping** to accurately document the state of your skin. Checking moles regularly is essential to properly monitoring any changes in their size, shape, and colour. And high quality SPF **sun protection** is critical for protecting against skin cancer and keeping your skin healthy.

## DON'T FEEL BAD ABOUT YOUR NECK

No need for scarves to hide your neck this summer. **IPL, fractional laser resurfacing, & chemical peels** can reduce the signs of sun damage and refresh the skin. **Thermage®** is a great option to treat sagging, crepe-y skin on the jowls and neck, as well as other areas on the face and body. **Belkyra™** injections can enhance the contour of your chin and jaw line.

## THE RIGHT TO BARE ARMS

As we age, our upper arms can be a confidence killer when it comes to summer sleeveless styles. INLIV personal trainers can help with an **exercise & weight** training program. **CoolSculpting®** can be used to reduce that stubborn fat on the upper arm and **Thermage®** can aid in tightening loose, lax skin.

## GET HIGH ON YOUR THIGHS

Some areas of the body don't respond to exercise and proper nutrition the way we'd like them to. **CoolSculpting®** is a great option to reduce the fat on the inner thigh, and for saddle bags.

## SHOW THOSE KNEES

Don't hide your knees this summer. **Thermage®** is used to tighten loose skin on the face, neck and body – including that spot above the knee.

