

DR. ERIC DOHNER'S

# The New You

Insider tips for a healthy, wealthy  
and happy life | December 2012

**Hey Guys!**

Your Lady doesn't  
want more stuff!

**SHE WANTS  
to be pampered  
at the area's only  
LUXURY DAY SPA!**

See her wish list on page 5!

## Dr. Dohner Speaks with Phil Collier After His Leg Vein Surgery

### **Please me tell about your work.**

I am an electrical contractor. I spend quite a bit of time on ladders and such. I had some problems as far as swelling. My legs felt tired, so I figured I would come and get a check-up, and it was a good idea.

### **Tell me more about your symptoms and what was going on with your legs.**

I would have swelling if I were on ladders all day. My left toes were numb mostly all the time. I would really notice this when I would lie down at night in bed. I couldn't feel the covers and such. So I came to get it checked out.

### **How was the procedure? Did you think it was difficult?**

I was hesitant when I came in, and by the time I left I thought it was a piece of cake. It was very easy and I was comfortable during the whole thing. It was quick and I was in and out, and walking that day.

### **Yes, we hear that a lot. Do you have any residual symptoms now, one month after your procedure?**

As a matter of fact, I was just telling my wife that I have no swelling at this time in my right leg. My ankle and lower leg used to swell up quite a bit. I was just saying that I am not getting the swelling that I use to get and I now have feeling in my toes again. Hey, I am happy, plus it was a fast recovery.

I was out working three days after I had my second procedure. I had one done and then my second leg, which was only a 15 minute procedure. The first one was a little over an hour. I was back working on Monday and up and active on Saturday, the day after my second procedure. I am happy.

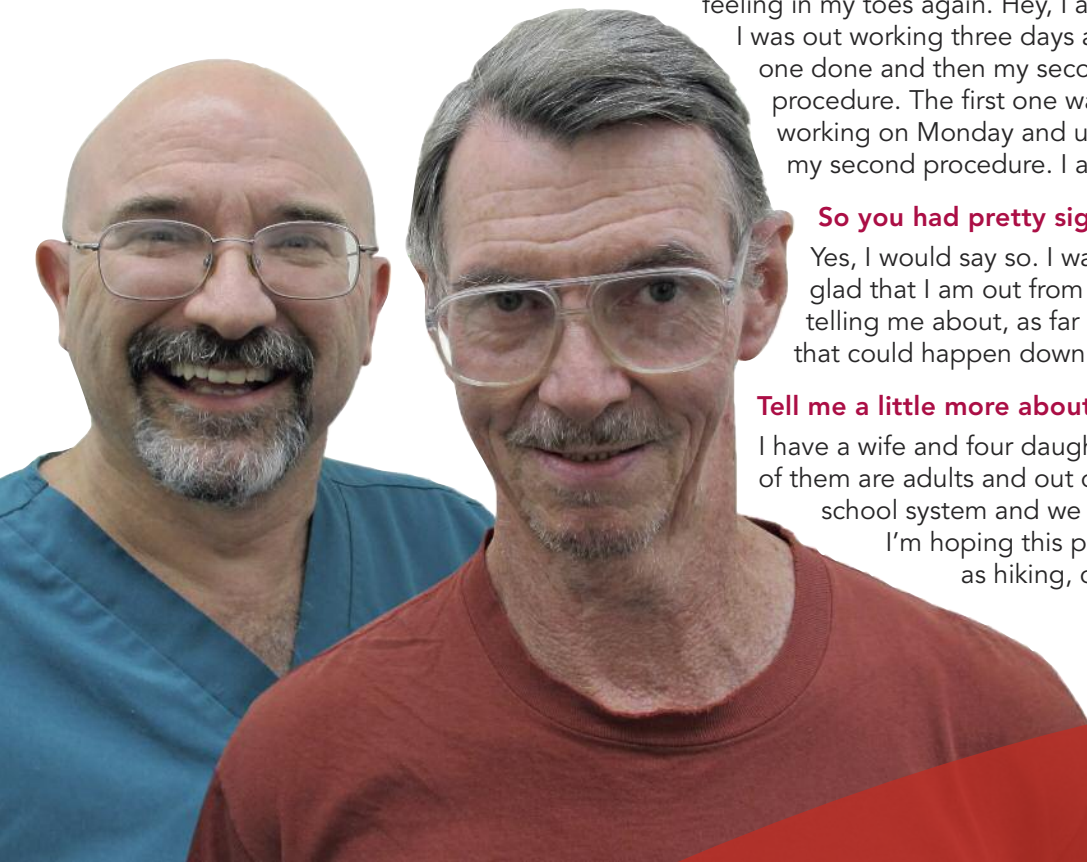
### **So you had pretty significant results?**

Yes, I would say so. I was kind of surprised and happy. I am glad that I am out from behind some of the stuff you were telling me about, as far as leg ulcers and blood clots and stuff that could happen down the road.

### **Tell me a little more about you. Tell me about your family.**

I have a wife and four daughters that all still live locally. A couple of them are adults and out of school. One is still in the public school system and we like to do different activities outside.

I'm hoping this procedure will help with that too, as far as hiking, camping and things like that.





- Acne and Acne Scar Laser Treatments
- BOTOX and Dysport
- Cellulite Smoothing by Thermage
- Chemical Peels
- Fungal Toenail Laser Treatment
- General Dermatology: Acne, Rashes, Moles, Warts
- Laser Hair Removal
- Microdermabrasion
- CO<sub>2</sub> Fractional Resurfacing: Wrinkles, Acne, Scarring, Crow's Feet, Smoker's Lines
- Radiesse Long Term Filler
- Restylane, Juvéderm, Perlane
- Skin Care Products
- Sclerotherapy: Spider Veins
- Varicose Veins Treatment: In-Office Awake Surgery
- Thermage Skin Tightening: Eyelids, Face, Belly, Arms



# Attention Acne Scar Sufferers



You finally have your acne under control, but now you are left with **pits, scars and/or brown spots**? Is there anything that can be done for this? You bet there is! And the treatment for the aftermath marks left behind by acne is as individualized as treating the acne itself.

The **brown spots and pigmented areas** can be lightened with fading agents like hydroquinone and tretinoin (Retin A) or other agents that help shut down the pigment cells that cause brown areas. There may be some mild redness and irritation as your skin turns over and gets rid of the spots during this process. You may also need some focused **laser treatment** to help shed the brown spots faster. The laser crisps up the brown spots that your skin will shed in the following week, leaving behind a more normal skin tone. During this stage, it is important to avoid active tanning to prevent additional pigmentation.

The pits, scars, uneven texture and large pores will, of course, need more intensive treatment. Here, tretinoin is essential to help stimulate the dermis (the layer of skin that builds up new epidermis). Deeper scars can benefit greatly from a procedure, known as **Subcision**, which helps break up the deeper tissue under the scar. This is a simple procedure, using novocaine to numb the area. There may be a little bruising afterwards, but no pain. Results are seen in a few weeks. For some, the procedure may have to be repeated for optimal results.

Scars can also be softened with fillers — the same substances that help soften facial wrinkles. **Juvederm, Restylane and Perlane** can all be used for lifting up and filling in acne scars. The fillers last 12 to 18 months and have been shown to stimulate your body's own natural collagen in the area injected.

Finally, lasers can soften the scars from acne. The **Fractional CO<sub>2</sub> Laser** is the best one for this task. It penetrates deeply to break up scar tissue and stimulate normal skin growth.

Call now to make an appointment for your

**FREE ACNE SCAR CONSULTATION**

Saturday, December 15, 9 a.m. – 2 p.m.

(607)431-2525 or 888-DOHNER MD

<b>SUNDAYS</b> Universal Human Rights Month	<b>MONDAYS</b> Jennifer Clark Dermatology Services Acne, Rashes, Moles, and Warts ... Oh My!	<b>TUESDAYS</b> HALF OFF Your Second Spa Treatment (10 am – 2 pm)	<b>WEDNESDAYS</b> FREE Eye Treatment with Any Facial	<b>THURSDAYS</b> FREE Hand or Foot Treatment with any 1 hour massage	<b>FRIDAYS</b> HALF OFF Any Second Area of Waxing	<b>SATURDAYS</b> Our Spa Staff is Here to Serve You 9 am – 5 pm
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# December

Specials at the New York Skin & Vein Centers

Day Without Art

**2**  
NATIONAL Mutt Day

**3**

Find Us On Facebook

**4**  
NATIONAL Cookie Day

**5**  
Bathtub Party Day

**6**  
FREE Hand or Foot Treatment  
with Any 1 Hour Massage

**7**

Happy Hour!  
TGIF!  
CHECK OUT THIS MONTH'S COCKTAIL ON PAGE 4!

**8**  
Happy Hanukkah!

**9**

Weary Willie Day

**10**

Human Rights Day

**11**  
Tuesday Spa Special  
Half Off Your Second Spa Treatment

**12**

CHECK YOUR EMAIL FOR Internet Only Specials!

**13**

New Moon

**14**  
Cat Herders Day

**15**  
FREE Varicose Vein Ultrasound  
WITH DR. DOHNER (10 a.m. – 2 p.m.)  
CALL TO SCHEDULE AN APPOINTMENT

**16**  
NATIONAL Chocolate Covered Anything Day

**17**  
Free Shipping Day

**18**

Today and Every Day!

**19**  
FREE Eye Treatment  
with Any Facial

**20**  
Underdog Day

**21**

Winter Solstice

**22**

FINISHED YOUR HOLIDAY SHOPPING? TAKE TIME FOR YOURSELF AT THE DAY SPA.

**23**  
Festivus

**24**  
Christmas Eve

OPEN UNTIL 4 P.M.  
LAST CHANCE FOR FREE \$10 GIFT CERTIFICATES

**25**

Merry Christmas!

**26**  
Kwanzaa Greetings!

**27**  
RADIO CITY MUSIC HALL OPENED IN 1932  
LOUIE PASTEUR WAS BORN IN 1882  
HOWDY DOODY DEBUTED ON NBC IN 1947

**28**  
HALF OFF  
Any Second Area of Waxing

**29**

Tick Tock Day

**30**

sign up  
GIVE US YOUR EMAIL ADDRESS TO GET  
Exclusive Email Offers  
oneontalaserderm@yahoo.com

**31**  
Happy New Year!

OFFICE CLOSED

**FREE \$10 Spa Gift Certificate**  
FOR EVERY \$50 GIFT CERTIFICATE YOU BUY!  
CALL NOW FOR THE GIFT SHE REALLY WANTS:  
431-2525 OR 336-2400 (Good through Christmas Eve, 4 p.m.)

# Chard with Shallots, Pancetta & Walnuts

Serves: 6

## Ingredients

- 2 thin slices pancetta, (1 ½ ounces), diced (see Tip)
- 2 medium shallots, thinly sliced
- 1 pound chard, stems and leaves separated, chopped (see Note)
- 1 teaspoon chopped fresh thyme
- ¼ cup water
- 1 tablespoon lemon juice
- 2 tablespoons chopped walnuts, toasted (see Tip)
- ¼ teaspoon freshly ground pepper

## Preparation

Cook pancetta in a Dutch oven over medium heat, stirring, until it begins to brown, 4 to 6 minutes. Using a slotted spoon, transfer to a plate lined with paper towels.

Add shallots, chard stems and thyme to the pan drippings and cook, stirring, until the shallots begin to brown, 4 to 5 minutes. Add chard leaves, water and lemon juice and cook, stirring, until wilted, about 2 minutes. Cover and cook until tender, 2 to 4 minutes more. Remove from the heat; stir in the pancetta, walnuts and pepper.

## Tips & Notes

**Tips:** Pancetta is an unsmoked Italian bacon usually found in the deli section of large supermarkets and specialty food stores. Regular or turkey bacon may be substituted.

**To toast chopped walnuts:** Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

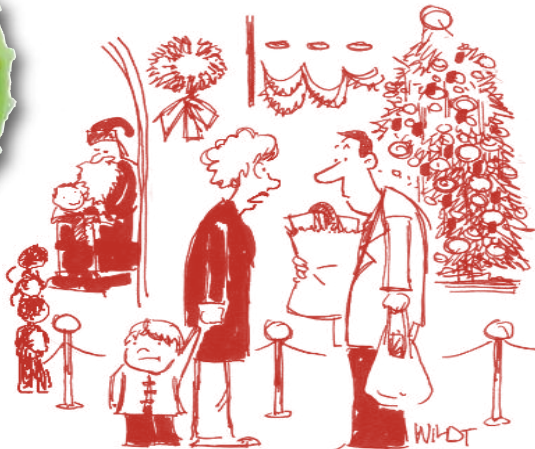
**Note:** After washing the chard, allow some of the water to cling to the leaves. It helps steam the chard and prevents a dry finished dish.

DRINK OF THE MONTH

## French Martini

- 1 ½ oz, vodka
- ½ oz, Chambord
- 2 oz, pineapple juice

Shake ingredients with ice and strain into a martini glass. Garnish with a pineapple wedge, or pineapple leaf for a sleek modern look.



"We never got to see Santa. Her braces set off the metal detector."

# Her Day Spa Wish List

Give her the gift she REALLY wants!

See Calendar on page 3 for Spa Specials.



## FACIALS

### Classic European | \$65

Enjoy a skin analysis followed by a customized facial that will leave you restored and renewed.

### Bye Bye Breakout | \$75

Specially developed for acneic skin, this treatment focuses on extractions and the removal of impurities.

### Crystal Clean | \$85

A therapeutic facial with microdermabrasion to resurface and rehydrate your skin, leaving it energized, glowing and polished.

### Detox Back Facial | \$65

Say hello to clearer, cleaner skin with a blissful, deep-cleansing facial—for your back only.

### Gents Facial | \$65

A heaven-sent facial, just for him, which will stimulate, purify and soothe his skin.

## SKIN TREATMENTS

### Dermaplaning | \$75; with Facial \$115

This treatment smooths, exfoliates and removes fine facial hair. 45 min; with facial, 75 min.

### Microdermabrasion | Start at \$50

Our Mega Peel Platinum medical grade machine will retexture your skin and increase its cellular renewal. 45 min.

### Chemical Peels | Start at \$50

Address fine lines, brown spots, acne or redness. We have a peel for you! 30 min.

### Waxing | Facial \$10–\$20; Body \$20–\$65

Our highly trained specialists will make your experience as comfortable as possible. We use the finest French waxes and we don't double dip.

## MANICURES

### Express Manicure | \$20

In a hurry? We'll shape your nails, treat your cuticles and apply polish. 30 min.

### Signature Manicure | \$30

A delightful hydrating massage, warm towel wrap and beautiful manicure with polish. 45 min.

### Heavenly Spa Manicure | \$45

Our Signature Manicure becomes even more pampered with this special exfoliating scrub, massage with a hydrating lotion, warm paraffin mask and warm towel wrap. 60 min.

### Shellac Manicure | \$32

This revolutionary new product goes on like polish and wears flawlessly for up to 14 days with a high gloss shine. 45 min.

## PEDICURES

### Express Pedicure | \$35

We'll soak your feet, shape your nails, treat the cuticles and finish up with polish. 45 min.

### Signature Pedicure | \$45

Start with a soothing soak, trim, nail shaping and cuticle conditioning before an exfoliating scrub, hydrating massage and warm towel wrap, finishing with polish. 60 min.

### Heavenly Spa Pedicure | \$60

Take our Signature Pedicure to the next level with an essential oil scrub, exfoliating mask and a delightful reflexology massage with hydrating cream. It gets better with paraffin and a warm towel wrap and cooling mint lotion. 75 min.

## MANI/PEDI ADD-ONS

add 15 minutes

### French Pedicure/Manicure | \$5

### Shatter/Crackle Polish | \$5

### Polish Change | \$10

### Paraffin Treatment | \$15

### Essential Aromatherapy Oil | \$15

### Reflexology Massage | \$20

## MASSAGES

### Spa Massage | \$45, \$70, \$90

Long, sweeping strokes and circular patterns give this Swedish-style massage the power to improve circulation, lower stress and refresh your mind and body. 30, 60 and 80 min.

### Deep Tissue Massage | \$80

Very deep, slow compressive strokes characterize the deep-tissue massage. 60 min.

### Pregnancy Massage | \$70

Relieve the aches and pains associated with pregnancy. Enjoy the process of relaxation, which even extends to the baby (after the first trimester only). 50 min.

### Therapeutic Massage | \$50

A half-hour targeted to your specific needs. The ultimate remedy for your back, neck, shoulder, or sciatic pain. 30 min.

### European Massage | \$95

A heavenly massage with serious attention to details. Hot paraffin and hot steamy towels transport you into deep relaxation. Emerge with newly discovered radiance. 75 min.

### Hot Stone Massage | \$110

The ticket to deep, dreamlike relaxation. Let the heat of stones seep slowly into your tired muscles to release stored-up tension. 75 min.

## BODY TREATMENTS

### Body Buffs | \$90

Really clean your tired skin! Like a facial for your whole body—and just as important. After your skin is exfoliated and cleansed you can relax and enjoy a full body massage. Choose from a variety of scents and butters to rejuvenate your body and spirit. 75 min.

### Dead Sea Salt & Oil Scrub | \$75; with Massage \$130

Specially blended sea salts are combined with moisturizing oils to “scrub” away dead skin cells and improve tonicity. Your body will slowly absorb the oils, stemming dryness and restoring vitality and firmness. You will leave with silky smooth, purified skin. 45 min.

### Earthly Envelopment | \$95 with Massage \$150

The finest clays on Earth are used in this detoxifying treatment, which includes an exfoliation. After a resting period, the clay is removed with steamy towels and a moisture-rich finishing cream is applied. 60 min.

## BODY TREATMENT ADD-ONS

### Aromatherapy | \$5 per Oil

Add Rosemary, Lavender or Bergamot scented essential oils to your favorite massage.

### Reflexology | \$15

Working the “feel good” pressure points in your feet and/or hands.

### Paraffin and/or Hot Towels | \$10

Add penetrating heat therapy to any service.

## QUICKIES

### Chair Massage | \$35

You'll be amazed at how a combination of acupressure and massage will revive you so quickly. 20 min.

### Foot Reflexology | \$35

“Thumb-walking” the feet has a mysterious way of making all of you feel better! This is a delightful combination of pressure-point therapy and massage. So refreshing! 20 min.

Times are approximate.

For more info and other services, visit: [OneontaLaserDerm.com](http://OneontaLaserDerm.com)



41-45 Dietz St | Oneonta NY 13820  
888-DOHNER MD | (607) 431-2525  
800-VEIN DOC ... to help you remember us!

157 East Main St | Norwich NY 13815  
(607) 336-2400

[www.OneontaLaserDerm.com](http://www.OneontaLaserDerm.com)  
[OneontaLaserDerm@yahoo.com](mailto:OneontaLaserDerm@yahoo.com)

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- Check Out Our Favorite ...  
**Holiday Recipes, Spa Services and More**

*Warm Wishes  
for the Holidays!*

*From All of Us at the  
New York Skin & Vein Centers*

STANDARD  
US POSTAGE  
**PAID**  
PERMIT #566  
UTICA NY

# Specials

**FREE**

**\$10 Spa Gift Certificate  
for Yourself for  
Every \$50 Gift Certificate You Buy**

Good through Christmas Eve, 4 pm.

**FREE**

**Leg Vein Ultrasound  
and/or  
Fungal Toenail Screening  
and/or  
Acne Scarring Consultation**

Saturday, December 15, 9 a.m. - 2 p.m.  
Call (607) 431-2525 for an appointment.

