



Dr. Eric Dohner's

# The NEW YOU

September 2014

INSIDER TIPS FOR A HEALTHY, WEALTHY AND HAPPY LIFE

## Coming to Cooperstown: The New You:

### Latest Advances in Natural Good Looks

An Evening of Fun, Food, Facts and Faces!

**Wed Sept 24th from 6 to 9 pm**

at the Country Inn Hotel -

5 miles south of Cooperstown on Rt 28

**RSVP Now at 431-2525**

**or email: [info@NYSVC.com](mailto:info@NYSVC.com)**

**Limited to Only 50 Women...**

**so RSVP NOW!**

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**Save  
the Date:**

Wed Oct 15th 3-7pm  
Patient Appreciation Day:  
"Mad Men"

Come in your best beehive  
hair-do and pencil skirt.

Sip cocktails and taste food  
from the 60's!

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NEW YORK  
**SKIN & VEIN**  
CENTER

- Acne and Acne Scar Laser Treatments
- Excel V laser for Rosacea, spider veins, brown spots
- Xeomin, Botox, Dysport Wrinkle Relaxers
- Sculptra Facial Filler:  
It Doesn't Just Fill Wrinkles, It Makes You Look Younger!
- Chemical Peels: Improve pores, melasma, sun damage & acne
- Fungal Toenail Laser Treatment
- Medical Dermatology:  
Acne, Rashes, Moles, Warts
- Laser Hair Removal
- Microdermabrasion
- CO2 Fractional Resurfacing:  
Wrinkles, Acne, Scarring, Crow's Feet, Smoker's Lines
- Radiesse Long Term Wrinkle Filler
- Boletero, Restylane, Juvéderm, Perlane
- ZO Home Skin Care Systems to restore your skin's health
- Sclerotherapy: Spider Veins
- Varicose Veins Treatment:  
In-Office Awake Surgery
- Exilis Lunchtime Face Lift and Lunchtime Tummy Tuck



## Help Your Teen (or even Yourself!) Put Their Best Face Forward This Fall

by Eric Dohner

It's one of Mother Nature's cruel ironies that acne hits our kids at a time in their life when they are most concerned about their appearance. It is estimated that 85 percent of teens will get acne (which can range from blackheads to painful cysts). Usually starting around age 11 for girls, acne can last throughout the teen years and beyond (many women experience painful breakouts around menses and it is common for those in perimenopause to find themselves dealing with the same skin issues they faced as teenagers).

Although acne is often a difficult part of growing up there is good news. I have some great treatments available that will help clear teen (and adult) acne.

**For pimples and blackheads try one of Karma Day Spa's amazing facials:**

**Crystal Clean:** is a therapeutic facial with microdermabrasion to resurface and rehydrate your skin, leaving it energized, glowing and polished.

**Bye Bye Breakout:** is especially for acne-prone skin, this treatment focuses on extractions and removal of impurities.

**For more difficult cases, and those prone to acne scarring, I highly recommend the ZO 3 Step Peel:** Performed in office, this potent stimulating peel confers longer lasting benefits beyond the temporary superficial improvements seen with ordinary peels. Peeling is very mild or even unnoticeable, with minimal to no downtime.

**Designed for acne, as well as melasma, sun damage, fine lines, texture roughness, large pores, and dull lifeless skin.** Promotes softer, smoother skin. Suitable for any skin type or color - Very safe with minimal irritation - Can be repeated in 4 weeks if deeper repair is desired.

The teenage years can be tough. It's a time when your teen is facing many changes and their appearance becomes closely intertwined with their self-esteem. Sometimes there is nothing we can do but watch our children suffer, as they grow and learn, but with so many great new treatments for acne available there is no reason for your teen to suffer the embarrassment of bad skin.

**Call Today: 267-4944 for an Acne Fighting Facial at Karma or 431-2525 to request more information to find out if the ZO 3 Step Peel is right for you.**

## Product of the Month: AKNETROL™ from ZO Medical!

### AKNETROL™: 10% Benzoyl Peroxide Acne Treatment

This maximum strength acne-fighting formula helps control surface oils and prevent bacteria growth to prevent future breakouts. Antibacterial tea tree oil neutralizes bacteria, calms redness and minimizes skin reactions. Four natural antioxidant extracts boost skin's resilience.



How to Use: Apply thin layer on affected area once a day to start. Rub until vanished then gradually increase to two times daily if needed.

**This month only \$29** (regularly \$35)







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# Sept.

**SPECIALS AT THE NEW YORK SKIN & VEIN CENTERS**

Specials cannot be combined with any other offer, special, coupon, or discount.

<b>SUNDAY</b> National Courtesy Month	<b>MONDAY</b> Stan Anderson & and Mike Weinberg Dermatology Services	<b>TUESDAY</b> HALF OFF Your Second Spa Treatment 10am-2pm	<b>WEDNESDAY</b> Waxing Wednesdays: Half Off Second Area of Waxing	<b>THURSDAY</b> Therapeutic Thursdays: Free Body Add-On with 1 HR Massage	<b>FRIDAY</b> Facial Fridays: Free Brow Waxing with any Facial	<b>SATURDAY</b> Our Spa Staff is Here to Serve You 9am-4pm
 <b>Every Day!</b>	<b>Labor Day</b> <sup>1</sup> 	<b>sign up</b> <sup>2</sup> GIVE US YOUR EMAIL ADDRESS TO GET <b>Exclusive Email Offers</b> <small>info@NYSVC.com</small>	<b>Skyscraper Day</b> <sup>3</sup> 	<b>Newspaper Carrier Day</b> <sup>4</sup> 	<b>Cheese Pizza Day</b> <sup>5</sup> 	<b>Cosmetic Laser Treatments</b> <sup>6</sup> CALL TO SCHEDULE AN APPOINTMENT  <small>NOTE: we are open most Saturdays now for all of your laser treatments</small>
<b>Grandparent's Day</b> <sup>7</sup> 	 <b>Find Us On Facebook</b> <sup>8</sup>	<b>Teddy Bear Day</b> <sup>9</sup> 	<b>Sewing Machine Day</b> <sup>10</sup> 	<b>9/11 Remembrance</b> <sup>11</sup> 	<b>Facial Fridays: Free Brow Waxing with any Facial</b> <sup>12</sup>	<b>Irish Fest Saratoga</b> <sup>13</sup> 
<b>Irish Fest Saratoga</b> <sup>14</sup> 	<b>Make a Hat Day</b> <sup>15</sup> 	<b>HALF OFF Your Second Spa Treatment</b> <sup>16</sup> <small>(Every Tuesday)</small>	<b>Constitution Day</b> <sup>17</sup> 	<b>Therapeutic Thursdays: Free Body Add-On with 1 HR Massage</b> <sup>18</sup>	<b>POW/MIA Recognition Day</b> <sup>19</sup> 	<b>FREE Varicose Vein Ultrasound</b> <sup>20</sup> <small>WITH DR. DOHNER (9 a.m. - 2 p.m.) CALL TO SCHEDULE AN APPOINTMENT</small>
<b>International Peace Day</b> <sup>21</sup> 	<b>Elephant Appreciation Day</b> <sup>22</sup> 	<b>Checkers Day</b> <sup>23</sup> 	<b>The New You: Coming to Cooperstown RSVP NOW!</b> <sup>24</sup>	<b>National Comic Book Day</b> <sup>25</sup> 	<b>Native American Day</b> <sup>26</sup> 	<b>Hudson Valley Garlic Festival 10 AM - 6 PM</b> <sup>27</sup> <small>Washington Ave. Exten. Saugerties, NY 12477</small> 
<b>Hudson Valley Garlic Festival 10 AM - 5 PM</b> <sup>28</sup> <small>Washington Ave. Exten. Saugerties, NY 12477</small> 	<b>Confucius Day</b> <sup>29</sup> 	<b>National Mud Pack Day</b> <sup>30</sup> 	<b>Save the Date:</b> <b>Wed Oct 15th 3-7pm</b> Patient Appreciation Day: "Mad Men" Come in your best beehive hair-do and pencil skirt. Sip cocktails and taste food from the 60's! Details to follow!			

# The Karma Side: **How to Look (even more) Fabulous This Fall!**

Karma Day Spa - 297 Main Street - Oneonta, New York 13820 - 607/267-4944 - [www.KarmaSpaBoutique.com](http://www.KarmaSpaBoutique.com)



## Red nails are back!

For a sophisticated and sexy date night look try a dark, rich wine nail polish like the ones now being seen on Armani models. Get your runway look by filing nails into an oval shape and using **Opi's An Affair in Red Square**. Rather be dead than red? Another option we have been seeing is to match your nails to your purse. Whatever your style is - for flawless fingernails book a **Signature mani/pedi** at Karma. This delightful hydrating hand and foot massage, warm towel wrap, and beautiful manicure with polish will leave you with hands they want to hold. Mani/ pedis start at \$20. **Call 267-4944** for your appointment.

## The eyes have it this season.

Continuing the trend, which appeared this summer, we will be seeing more and more colored eyeliner in place of black. Worn slick or thick, colored liner replaces shadow for a nighttime elegance that will get you noticed.

## Lovely Lips call for new shades of plum this fall!

Mixed with a dash of burgundy and a hit of black, the latest plum lipsticks will make your lips look sensational. Try Smashbox Be Legendary Lipstick in Plum Scene (\$20). A sexy shade like this deserves to be strong and sharp though so be sure to layer lipstick on top of a matching lip liner to keep it in place.

*(To avoid lipstick bleeding into those vertical lines in your lips, consider a consult with Dr Dohner at NYSVC. He can restore your lips in a ten minute procedure with **Juvederm Ultra XC**. This is an all natural filler that softens the lipstick lines and gives you back the contours and lip roll of your youth. Subtle and natural improvement is our goal (NOT "Angelina Jolie lips"!) A little bit of Juvederm goes a long way for your lips. **Call 431-2525** for your consult with Dr. Dohner at NYSVC.)*

## Lashes are long, long, long this fall.

If you weren't blessed with lovely lashes try falsies. There are a number of videos on YouTube that will show you the right (and sometimes hilariously wrong) way to apply them. Want naturally long lashes? Try **Latisse**; this serum will help you grow longer, fuller darker eyelashes and the results can be stunning. Available only by prescription, ask Dr. Dohner if Latisse is for you.



Contact Karma Day Spa at **607/267-4944**  
or Book online at [www.KarmaSpaBoutique.com](http://www.KarmaSpaBoutique.com)

## Service of the Month from ZO Medical: 3 Step Stimulation Peel

This potent stimulating peel confers longer lasting benefits beyond the temporary superficial improvements seen with ordinary peels. Peeling is very mild or even unnoticeable, with minimal to no downtime. Designed for acne, melasma, sun damage, fine lines, texture roughness, large pores, dullness. Promotes softer, smoother skin.

Suitable for any skin type or color. Usage studies show remarkable safety with minimal irritation. Can be repeated every 3 to 4 weeks if deeper repair is desired. **Call 431-2525 for more info or to see if this peel is right for you!**





# Fall Flavor With Our Easy Recipes

Early fall should be savored. The Kids are back at school and we still have the last warm days of the year before us.

Take some time to relax with good friends, a few drinks and my favorite, quick and simple, Tequila Lime Shrimp recipe.

If your guests aren't impressed you need new friends!

## Tequila Lime Shrimp

### Ingredients:

- 1 lime (cut in wedges)
- 6 jumbo shrimp
- 2 Tbsp butter
- 1 c. chicken stock
- 1/2 c. grape tomatoes
- 1 large shallot, diced
- 1 jalapeno, finely diced
- 1 oz. tequila
- 1 pinch chopped cilantro
- 1 slice of cold butter coated in flour
- 1 Tbsp chopped scallions

### Preparation:

1. Place the 2 Tbsp of butter in a hot saute pan, add shrimp and tomatoes, shallots, jalapenos, scallions, and cilantro. Saute until shrimp are fully cooked. All other ingredients should be caramelized. Drain butter out of pan and throw away.

2. This part can be tricky: REMOVE pan from flame!! Add the shot of tequila and light, put pan back on flame. The Tequila will flame off.

3. When flame is gone add chicken stock. Let cook for 1 minute, incorporate coated butter pat, this will thicken your sauce.

4. Remove shrimp and place on a plate, pour sauce over top and garnish with a fresh lime wedge.

5. Stand back and accept the praise!

## Stir Up Some Manhattans this Fall!

### Ingredients

- 2 ounces Whiskey or Bourbon
- 1/2 ounce sweet vermouth
- 2-3 dashes Angostura bitters (optional)
- Maraschino cherry for garnish

### Preparation

Pour the ingredients into a mixing glass with ice cubes.

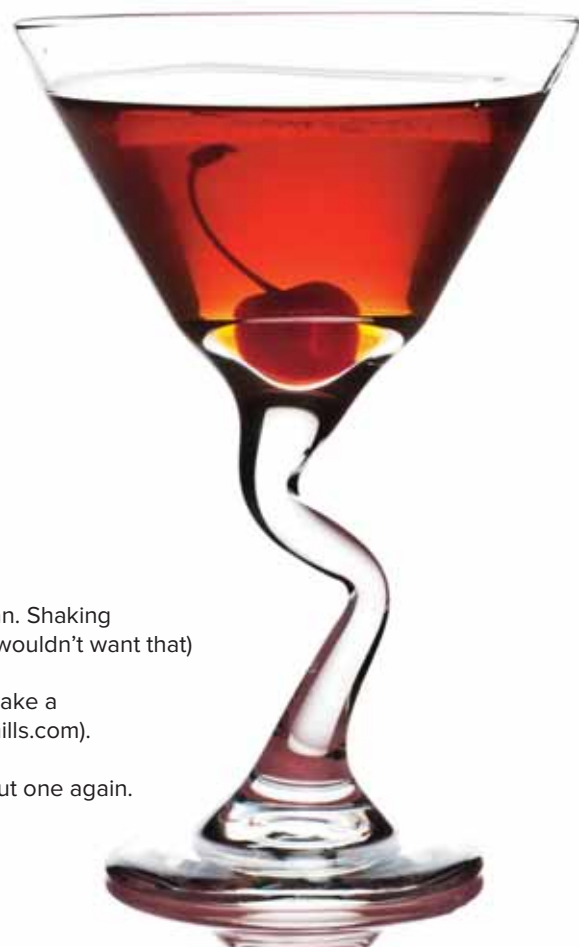
Stir well.

Strain into a chilled cocktail glass.

Garnish with the cherry.

### 4 Tips for a Better Manhattan

1. Always stir. Never shake. Stirring is the best choice for making the perfect Manhattan. Shaking may get your drink colder but it also tends to over-dilute your ingredients (and we wouldn't want that)
2. Invest in better cherries. They don't add much flavor-wise, but they're pretty, they make a great snack. I like the bourbon vanilla cherries from Barker & Mills (\$12, barkerandmills.com).
3. Give it a twist. Once you add a twist of lemon you won't make you Manhattan without one again.
4. Chill your glasses. Put glasses in the freezer or fill them with ice for a few minutes. It'll help keep your drink cool until it's time for the next round.



# The Year of the Egg

2014 is the YEAR OF THE EGG (according to Restaurant.com) but before you rush off to try some of the fancy egg recipes at your local restaurant, here's a quick nutrition tip that you MUST follow when ordering eggs from any restaurant. But first, a quick fact: Most restaurants don't use real eggs.

I know it's shocking! But the truth is that many restaurants use processed commercial eggs (from a carton) that contain "obesity additives" such as artificial ingredients, chemicals, preservatives, even gluten-like fillers and compounds. If you are someone consuming a gluten-free diet, eggs are one of those foods you rely on to be gluten-free, but almost all of these commercial "egg products" contain a substantial amount of gluten, so beware! And these artificial eggs are also BAD news for anyone trying to lose flab, as their ingredients can slow down



weight loss efforts and increase your body's toxicity levels. But all is not lost. While restaurants often make their omelets and scrambled eggs with obesity-boosting processed egg product, almost all of them also have real eggs in stock.

So how do you know if the "eggs" you are eating really are eggs? Well you could try asking but I've found that most waitstaff will just tell you what they think you want to hear. Instead of asking "Do you use real eggs?" (most will just say yes automatically without really knowing) try telling the waiter that you have an allergy and must have real eggs (not eggs from a container) that way you're sure to get fresh eggs 100% of the time :-)

**The take home message: You MUST ask for real eggs.**

## Egg yolks take a beating when it comes to most people's diets but did you know:

The yolk contains more than 90% of vitamins, minerals, and anti-oxidants contained in an egg

The yolk contains ALL the fat, but it's a super healthy, hormone-balancing fat

The yolk contains HALF the protein, and is actually needed to balance out the amino acid profile found in egg whites

Bottom line, whole eggs are premium, quality nutrition, and even better, they're one of the most inexpensive forms of fat-burning, health-boosting nutrition around.

## Poor Complexion, Wrinkles, or Sagging Skin Driving You Crazy? Then Save The Date of Wednesday Sept 24th!

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- 5 miles south of Cooperstown on Rt 28.

**You must RSVP by calling 431-2525 or email [Info@NYSVC.com](mailto:Info@NYSVC.com)**  
with your name, phone number and # of guests.  
Sorry Guys: This is a Women **ONLY** Event!

#### What you can expect:

- Delicious Food, Cocktails and Wine from Bella Michaels of Oneonta
- Goodies Bags of Samples and a Special Gift Just for Attending
- Demonstrations of Wrinkle Relaxers and Fillers and Neotensil
- Watch lasers in action for hair removal, skin tightening, and fat melting.
- Learn how to stop the Three Parts of Aging in their tracks with fast and simple treatments
- Witness the erasing of Rosecea redness with only two laser treatments
- Meet the Representatives with the newest Xeomin ("Botox Light"), Boletero (Filler for Fine Lines), Asclera AND ZO Obagi will be here!
- See radical transformation of skin color, tone and texture with only what you use at home on your skin!
- Prizes through out the evening for Botox, Facials, Massages, ZO Products & More!
- Free Skin Evaluations
- Meet the Angel Network in action and see what they do for the school children of the area

**Limited to Only  
50 Women...  
so RSVP NOW.**

**ENTRY FEE:** New underwear and socks for girls and boys from age 5 to adult for needy school children from the Angel Network of Cooperstown. The MORE items you bring, the GREATER your chance to win the Grand Prize of: \$1000 Makeover with Dr Dohner (can include Wrinkle Relaxers or Fillers, Spider vein Treatments or laser) OR Evening for Two including Dinner at Bella Michael's and Overnite Hotel and Movie.