

Oneonta Laser Derm & Day Spa

Eric Dohner, M.D.

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Oneonta NY 13820

888-DOHNERMD

Dear Friend,

Thank you for requesting my Special Report on “7 Steps to Beautiful Skin in Only 30 Days”. I trust you will find this information helpful!

As a special treat, I am offering a FREE Gentle Glycolic Peel Treatment OR a FREE Jane Iredale Mineral Makeup Makeover session for you, just to introduce you to our practice.

A Gentle Glycolic Peel Treatment is the no pain, no downtime *amazing* skin rejuvenation treatment that involves just minutes of your time, and builds natural collagen while removing brown spots. It truly is a mainstay in keeping your skin young!

Jane Iredale Mineral Makeup is absolutely the **best** makeup you will ever use! Experience it first hand with your FREE makeover!

Enjoy your report!

Sincerely,

Eric Dohner, M.D.

PS: All you have to do to get your FREE Gentle Glycolic Peel Treatment and FREE Jane Iredale Mineral Makeup Makeover is to call us at **888-DOHNERMD** and schedule an appointment!

PPS: Be sure to bring this letter with you for your FREE treatment and makeover!

SPECIAL REPORT

7 Steps to Beautiful Skin in Only 30 Days

Dear Friend:

Imagine having the **beautiful skin you've always wanted** - softer, smoother, healthier looking, natural, *glowing* skin. Imagine just how GOOD you would feel!

Maybe you've always had problem skin. Or perhaps you developed a weathered appearance as you aged. You just can't get your skin to look as good as you feel.

So Why Should You Pay Attention to This letter?.....

I am Dr. Eric Dohner, Board Certified physician and laser surgeon. I regularly train with other doctors in the use of cosmetic lasers. I give patient seminars on the **secrets of beautiful skin** and the **latest cosmetic procedures**.

I've helped hundreds of people achieve a natural softness and smoothness to their skin that they only *dreamed* about before. Many thought nothing would help. Like theirs' - your life could change forever!

This special report will give you all the information and education YOU need to know before you do anything.

So turn the page and let's start....

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Skin Care Products and Wishful Thinking: They Don't Produce the Beautiful Skin You Want!

Are you ever *embarrassed* by the appearance of your skin?

When you look in the mirror, do you see an irregular, bumpy appearance to your skin? Do you get blemishes? Are there discolorations and brown or red blotches? Are you starting to notice more wrinkles?

Have you purchased one skin care product after another, only to be disappointed time and time again by the lack of results?

You're not alone....

You - the Patient

Here are some excerpts from conversations with patients of mine - people like yourself. Sound familiar?

"I always took good care of my skin. I watched my diet and exercise but my skin never looks as good as I feel inside. I can't believe I still have to deal with pimples at my age."

- Kathy F., 32 years old, nurse

"I play a lot of golf. Over the years, I've had a great deal of sun exposure and now my skin is starting to get rougher and I'm noticing more wrinkles than ever before."

- Stacey M., 44 years old, teacher

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“I always get flushed and have a very red face. I’m also starting to get these thick red veins on my nose and lots of brown spots on my face and hands.”

- Richard T., 56 years old, lawyer

“My face and neck are starting to sag and get looser and I’m getting jowls and droopy eyelids like my mother”

- Carol R., 52 years old real estate agent

Do any of these stories sound painfully familiar?

Everyday patients, just like you, are looking for answers to improve the appearance of their skin and reverse the signs of aging.

It’s Time for You to Get the Real Facts About Having Beautiful Skin!

Now, here are my 7 steps to beautiful skin:

Step 1: Wear a Sunscreen

Use sunscreen every day (365 days a year). I cannot emphasize this point enough!

Your skin is like an elephant - it *never forgets*. *Sun exposure is cumulative*.

The dull leathery appearance, the wrinkles and lines, the brown spots, the veins on your skin are often the *result of cumulative sun exposure*.

That’s right, sun exposure you had as a child is responsible for many of the problems with your skin today! The best proof is the unexposed skin on your inner forearm which is smoother and healthier than the skin on the back of your hand or other exposed area of your body. Go ahead - take a look!

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Step 2: STOP Smoking and Drinking

Yes, it might sound a little difficult but try to reduce them as soon as possible!

Smoking impairs your natural skin repair processes and *destroys* the elastic tissues that keep the skin tight, *thus forming fine lines around your lips* and other areas too.

Drinking alcohol tends to expand your blood vessels *causing red spots* on your skin.

Step 3: Drink Plenty of Water

Drink as much water as possible *every* day. Water not only helps clear your skin, but it also makes your body healthy,

Keep in mind that coffee, tea and soda do *not* count as these beverages often contain caffeine which makes your body get rid of water.

A good benchmark is to drink 6 to 10 cups of water every day.

Step 4: Exercise More

Your skin needs to breathe as well. Just a little exercise like jogging or walking can increase the blood circulation and bring more oxygen and nutrients to your face and the rest of your body.

Step 5: Reduce Stress

Stress is very bad for your body and skin! It can indirectly affect your hormonal system which can lead to more skin problems like *breakouts and acne*.

Try to look at the things in your life which make you anxious and put them in perspective. Often the stress you feel about many things is blown out of proportion.

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Step 6: Get Enough Sleep

Hey, this is easy enough. If you want a *fresh and healthy look*, get your full 6 to 8 hours of sleep every day. It will reduce your puffy eyes and tired look as well as the constant yawning. You could perhaps drink a glass of warm milk or eat an early dinner to help you sleep more easily.

Step 7: Maintain Your Skin With A Good Skin Care Regimen

Cleanse your skin every day to remove dirt, oil, make-up and dead skin cells that cause skin to look dull and clogged.

Use products that contain **Vitamin C** to help protect your skin from oxidants in the air and to promote collagen growth.

Hydrate your skin with *good* moisturizer. One of your skin's most important functions is to protect from moisture loss. When skin becomes dry, it becomes less efficient at retaining moisture and loses water at a faster rate resulting in extreme dryness and flaking. Moisturizers help you minimize moisture loss.

Ask about the new amazing skin care products that contain human growth factors that can actually *help repair sun damage and restore your skin's youthful glow*.

But what if all this isn't enough? What if your skin is *still* not as beautiful as you want?

Fortunately now there are many cosmetic skin procedures that can help give you the most *beautiful skin* you've only dreamed of until now. These special treatments can be done non-surgically and with no or very little discomfort. You don't need to miss time away from work or your family and the results can be *absolutely amazing!*

Here are just a few of the skin conditions I have helped hundreds of people with and can do for you too:

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Wrinkles, Lines, and Creases

Non-invasive lasers like the StarLux can *painlessly* replenish the collagen underneath your skin and **naturally** fill in fine lines and wrinkles giving your skin a *smoother and younger appearance*.

Natural fillers including Restylane and Juvederm can be injected into smile folds and the corners of your mouth to make you *look years younger instantly*. This filler can also enlarge and shape your lips leaving *them full and luscious*. Botox can take away that “angry look” and smooth out the frown lines, lines in between the eyes and “crows feet”.

Microdermabrasion is a *painless* lunchtime treatment that can help erase fine lines, reduce the size of pores and restore that youthful glow.

Loose and Sagging Faces and Necks Droopy Eyebrows and Eyelids ... and Fat

Enhanced Skin Rejuvenation is a non-invasive *laser* treatment that tightens the deeper tissues in the face, neck and hands by triggering *natural* collagen production.

Botox is now used in a very precise way to position your eyebrows exactly where they used to be! I also use it to get rid of neck bands and lip lines. Frequently I also finish removing those lip lines with Restylane or Juvederm -with immediate results! Best of all you can go out to the movies or to dinner the same night after this non-surgical treatment!

Thermage tightens the skin of the face, lifting eyebrows and sagging faces *without* surgery and no marks!

Injection Lipolysis, a technique that uses a very fine needle to inject fat melting *natural* substances, is the latest breakthrough in non-surgically *getting rid of the fat* in the neck, jowls, and anywhere else there is fat that can't be removed by diet or exercise. Who loves those ‘love handles’ and rolls anyway?

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Acne and Acne Scarring

Acne is the most common skin disease in the world! And contrary to popular belief it does not affect only teenagers. Acne is a disease of all ages and can strike at any time!

Many people, despite good skin care, still have acne breakouts and this often leads to scarring. Studies have shown that people with acne and acne scarring are less confident and often feel insecure about themselves. Many people can't take medication for this condition because of side effects or allergies to medications. And once you have acne scarring *medications don't really help at all.*

Fortunately, there are FDA approved **non-invasive lasers and resurfacing treatments** which can *reduce acne breakouts* and also *get rid of acne scars.*

For very deep scars there are injectable fillers that can *eliminate the scars* for very long periods of time.

And there are some new revolutionary cosmeceutical products (only available in certain physician's offices) that are remarkable when it comes to treating acne.

Brown Spots, Facial Veins and Red Flushed Faces

Many people have brown spots (age spots, liver spots) and blood vessels on their skin as a result of sun exposure. Others have rosacea which is a very common skin condition that causes facial redness and flushing sometimes worse after eating spicy foods.

Now there is a *new treatment* called Intense Pulse Light (IPL) that can eliminate these imperfections in a kinder, gentler *non-surgically* and with *terrific results!* These photorejuvenation treatments are simple office procedures that usually take just a few minutes and can correct uneven and dull skin tones and get rid of unsightly blemishes.

The new and wonderful **StarLux** treatments rejuvenate skin in minutes, with no pain or downtime - truly a lunchtime procedure.

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Unwanted Hair

For hundreds of years women have plucked unwanted hair from their faces and men have been embarrassed by unwanted hair on other body parts like their back. That constant plucking leads to irritation and scars and doesn't do a thing to permanently reduce the hair anyway.

Now with Laser Hair Removal, FDA approved for permanent reduction, you can be free of unwanted hair for long periods of time and enjoy a hair free smooth silky appearance to your skin. Just a few simple office treatments can leave your skin smoother, shinier, and free of stubble.

Now here's what those same patients had to say after getting some treatments....

“One laser treatment did more for my acne and acne scarring than everything else I did in the past combined!”

- Kathy F.

“After 3 StarLux treatments on my face, the lines around my mouth and eyes are almost gone and my skin glows like it did when I was a teenager!”

- Stacy M.

“I followed Dr. Dohner's 7 steps to beautiful skin and also had 4 facial photorejuvenation treatments and I'm amazed at how the brown spots and veins on my face have all but disappeared.”

- Richard T.

“After my full face Portrait peel treatment I felt like my skin was transformed. I was thrilled to see the fast results and my boyfriend was able to notice an amazing difference.”

- Carol R.

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Frequently Asked Questions

Q: Do any of these treatments require time away from work or my normal routine?

A: All of the cosmetic treatments we perform for beautiful skin are non-surgical and you can return to your normal activities immediately after treatment. You may be asked to wear a sunscreen for a few weeks after some of the laser treatments.

Q: Are the treatments painful?

A: Most of the treatments we perform are either painless or cause very little discomfort. Your comfort is extremely important so if necessary we can give you a topical anesthetic cream or something else so that you are entirely comfortable.

Q: How much do these treatments cost?

A: The cost for cosmetic treatments depends on many factors like the size of the area to be treated and the number of treatments necessary. We'll be happy to outline our fee structure at your consultation. Financing is available for the convenience of those who desire it.

Q: How do I choose a qualified doctor of surgeon?

A: When choosing a qualified doctor or surgeon look for someone who has taken additional training in cosmetic and laser treatments of the skin. See if they have written or lectured about cosmetic procedures.

Choose a doctor who makes you comfortable, someone who can communicate with you and listen to you. The decision to have a cosmetic treatment is a personal one. No one can decide this for you.

Many people worry what others will think or say after your procedure is done. Keep in mind your procedure or consultation will be completely confidential, so your decision to tell anyone is completely up to you. These treatments can make you **feel more confident** about yourself and can **help you achieve the beautiful skin you've always wanted!**

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Complimentary Consultation

I hope you've found this report educational and helpful. Unfortunately, this straightforward communication is *rarely* available. This is why I make you this special offer.

Although my practice is quite busy, I'd like to give you a complimentary consultation, *without any obligation whatsoever*. We'll discuss your specific situation in detail. Please consider this an opportunity to get together and see if we have the best options for you.

Before you put down this report call 607 431-2525 and tell our receptionist that you received this special report and would like to schedule a complimentary consultation. She'll take care of everything from there!

I've helped a lot of people get the beautiful skin they have always wanted and I hope I can do the same for YOU! I look forward to seeing you soon.

Sincerely yours,
Eric Dohner, MD

P.S. Are you still hesitant? Why not call our world class staff and ask any questions you may have! They'll be delighted to answer them!

P.P.S. **Don't** forget to call now! We're usually booked for weeks but we have reserved a few spots for people who receive this special report. We don't want you to be disappointed!

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