

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Winter 2011

~ Contour Dermatology Opens New Office Building in Rancho Mirage ~

Strong, clean horizontal lines, stunning mountain views from every room via floor-to-ceiling glass,



spacious interiors and ample parking are just a few of the highlights of Contour's new mid-century modern office building in Rancho Mirage.

Natural red limestone facing gives contrast to the white building exterior and a dark taupe textured wall lines the entry as a ground-level bubbling fountain softly welcomes. The soothing fountain continues inside providing ambient sound. At the reception area, patients are greeted by friendly staff seated against a red limestone backdrop framed by rift oak columns and a dark green quartz counter. Ceramic tile that has the look of bamboo is the primary flooring. Cabinetry is done in a Zanzibar wood tone.

The spacious lobby offers comfortable black leather chairs with spectacular views of the Santa Rosas and a peek-a-boo view of the San Geronio Mountains. A cozy fireplace provides a focal point year-round as well as warmth on cooler days. There also is an outdoor patio for enjoying fresh air and natural scenery. For cosmetic patients, a

VIP lobby with its own exit provides privacy and easy departure following procedures.

The new facilities include seven exam rooms and

three procedure rooms. Additionally, there are four handicapped-accessible private restrooms, medical provider and administrative offices, a medical storage area and a staff lounge.

Continuing the contemporary theme as well as adding local flavor, canvas prints of artistic images of desert area scenery and nostalgic landmarks by photographer Gary Dowthy are hung throughout the building.



Having helped thousands of people achieve a more aesthetically pleasing appearance, Dr. Jochen finally had the chance to apply his aesthetic eye to architectural design. Collaborating with David Prest of Prest-Vuksic Architects, Dr. Jochen helped design the look, features and flow of the new building. Interior Designer David Reed selected the furnishings.

(Continued on page 4)

~ Lines, What Lines? The Who, What, When and How Long of Injectable Fillers ~

As we age, we lose both volume and elasticity. Dermal fillers can fill in wrinkles, scars, plump up lips and help restore facial volume as well as create a temporary non-surgical rhinoplasty.



Dermal fillers also can be used in the hands. Which filler or combination of fillers is best for you? You'll need to come in for a complimentary cosmetic consultation to talk with us one on one, but in the meantime, here is an overview of the FDA-approved fillers we use. One other option is fat transfer, filling in or restoring volume with a patient's own fat.

Get Great Savings with Mail-in Rebates

Several manufacturers currently are offering mail-in rebates through March 31, 2011. Restylane is offering \$100 back with minimum of two syringes; Perlane is \$130 rebate with two syringes. Sculptra is \$100 off each vial for up to three vials via mail-in rebate. Juvéderm also has a mail-in rebate of \$75 with two syringes if Botox is purchased at the same visit. (Juvéderm deut rebate is valid through May 31, 2011).

Restylane®: 3 to 6 months

Restylane and Restylane-L® (with lidocaine) are best used for fine lines around the mouth and specific fine lines. Restylane contains a gel formulation of hyaluronic acid which naturally occurs in the body and is slowly absorbed over time.

Perlane®: 4 to 6 months

From the same manufacturer as Restylane, this filler has a larger particle size to fill nasolabial folds, cheeks, under the eyes and deep wrinkles. To sign up for the rewards program for either Restylane or Perlane. Visit www.restylaneusa.com.

Juvéderm XC: 3 to 6 months

Juvéderm is a hyaluronic acid filler manufactured using HYLACROSS™ technology. Where other fillers have a granular consistency, Juvéderm features a smooth-consistency gel infused with lidocaine to improve comfort during treatment. Juvéderm also has done studies which prove its safety in patients with dark skin. It is available as Juvéderm Ultra and Ultra Plus – for both fine and deep wrinkles. Incentives are offered through their rewards program: www.brilliantdistinctions.com

Radiesse: 1 to 2 years

Radiesse is a long-lasting filler made of calcium



hydroxylapatite which contains calcium microspheres in a water-based gel. Radiesse

does more than fill in wrinkles, it revoluminizes and stimulates your body to generate new collagen. Good for loss of volume, prominent wrinkles, in the hands and for those wanting longer results.

Sculptra Aesthetic®: 2 to 5 years

Sculptra is purposely designed not to be an overnight sensation or quick fix. The power of Sculptra lies in its gradual, subtle results, providing a natural look over time so as not to give away that you've had a treatment. The injectable poly-L-lactic acid stimulates your body to replace lost collagen. Sculptra is best used in the deep nasolabial folds, marionette lines and chin wrinkles.

Silikon 1000: Considered permanent

This filler is a medical-grade composition of silicone oil and is injected via microdroplet. Created for the treatment of detached retinas, it is also used off-label for cosmetic enhancement. At Con-tour Dermatology, we primarily use Silikon for treatment of facial wasting due to lipodystrophy.

You're Invited
Day of Beauty
 Lucky Casino Theme *Saturday, March 5, 2011*
10 a.m. to 4 p.m.

Refreshments • Hors d'oeuvres • Prize Drawings
Reservations Required. RSVP: 760-416-6971
Bring a friend and enjoy a fun day with great specials, food, and prize drawings.
 Event held at our Rancho Mirage office: 42-600 Mirage Road

PROCEDURE	SPECIAL PRICE	REGULAR PRICE
Botox®	\$9 per unit	\$10 per unit
Dysport®	\$3 per unit	\$3.33 per unit
Restylane® (Rebate offered*)	\$375 per syringe	\$500 per syringe
Perlane® (Rebate offered*)	\$400 per syringe	\$525 per syringe
Laser Hair Removal - Upper Lip, Chin & Underarms	\$79 per area	\$99 per area
Laser Hair Removal - Bikini/Brazilian	\$199 per area	\$340 per area
Total FX™ Fractional CO ₂ Laser	\$750 per area	\$999 per area
Fraxel® Laser	\$450	\$500
IPL™ Foto Facial™	\$299	\$399
Juvederm® (Rebate offered*)	\$375 per syringe	\$500 per syringe
Sculptra® (Rebate offered*)	\$575 per vial (3 vials for \$1,500)	\$700 per vial
Radiesse®	\$525 per syringe	\$600 per syringe
BetaLift Peel	\$50	\$90
Re-Vitalize Peel™	\$85	\$125
TCA Peel	\$300	\$499
Green Tea Infused Vibradermabrasion	\$50 face only	\$125 face only
Custom Facials (by Aesthetician)	\$75	\$125
VelaShape II™ Laser (by Aesthetician)	\$99	\$149

* Manufacturer mail-in rebate offered. See page 2 of Skinny for complete details.
20% off all Skin Care Products

~ Upcoming Seminars at Our Rancho Mirage Office ~

To educate, as well as inspire you, we are hosting a series of lectures at our Rancho Mirage office on select Thursdays from 6 to 9 p.m. Enjoy engaging presentations with plenty of time for your ques-

tions. Cocktails and hors d'oeuvres will be served. Cost to attend is \$15 per person. Proceeds benefit the Children's Discovery Museum of the Desert. Reservations required. RSVP (760) 416-6971

Date	Topic	Speakers
March 24	Facial Rejuvenation.....	Dr. Jochen, Kara Crane, NP-C, La Rue Cole
June 23	Contour's Top 10 Which ones are right for you?.....	Dr. Jochen, Elaine Woo-Gallagher, NP-C, Kara Crane, NP-C
September 22	A Beautiful Balance: Body, Mind, Spirit.....	Dr. Jochen and Guest Speakers
December 15	Light Years Younger with Lasers.....	Kara Crane, NP-C, Laura Moroney, RN

~ Contour Dermatology Opens New Office Building in Rancho Mirage (continued from page 1) ~

Not only is the new 5,500-square-foot building more comfortable for patient visits; it's a great space for hosting receptions. Day of Beauty and other special events will now be held at the new Rancho Mirage location. If you haven't had a chance to tour the new offices,



please stop by at 42-600 Mirage Road.



~ Contour Dermatology Rolls out the Red Carpet Staff Holiday Party Features Hollywood Theme ~

What does a cosmetic dermatology office do to celebrate the holidays? They glam it up, of course! Contour staff enjoyed a festive party complete with "gag" Academy Awards!



Having a ball at Contour's Hollywood Night of Stars!



Laura Moroney, RN, and her husband, Terrance



Dr. Timothy Jochen (left), Lee Erwin (right) and Kara Crane, NP-C and her husband, Stephen.



(L-R) Marisol Leal, Dr. Timothy Jochen and May-Lissa Kanitz, MA



(L-R) La Rue Cole, Lee Baimonte and Yesenia Romero.

~ Welcome Anne Marie Johnson Contour's New Aesthetician ~



"I love every aspect of skin care. My number one passion is chemistry of the skin and how products can help skin ailments," states Anne Marie Johnson, Contour's new Aesthetician. Anne Marie joined Contour in January

and sees patients in the Rancho Mirage office. An Aesthetician is a skin care specialist who is licensed by the state. Aesthetic services are focused on beautifying the skin.

At Contour, our aesthetic services include Custom Facials, Chemical Peels, Vibradermabrasion, Laser Treatments to reduce cellulite and inches with the VelaShape II™ and Waxing. Anne Marie can review your skin type with you and help you understand the condition of your skin and what you can do to improve it. Anne Marie is trained in facial massage, not only to help you feel good, but to maximize lymphatic drainage, and to improve your complexion. She also is passionate about helping people get through the hardships of acne and erase the remnants of acne scars.

Born and raised in Palm Springs, Anne Marie has more than seven years of experience working with other medical practices, salons and resorts in Southern California, including The Viceroy in Palm Springs where she worked for two years. Beyond her aesthetician license, she has taken continuing medical education courses at the Dermal Institute in Tustin and the Medical Skin Therapy Institute in San Marcos, CA.

"I am excited about Contour Dermatology because I thrive on knowledge. Dr. Jochen is adamant that his staff is up to date and able to distinguish between cosmetic trends and scientifically proven facts. A majority of skins conditions are due to genetics, as well as environmental factors. My mission is to prevent, and reverse damage as well as aid the skin's natural abilities to be resilient and beautiful," she comments.

Anne Marie lives in Palm Springs with her husband, Sean Wheeler – lead singer of the punk rock band Throw Rag, and their four-year-old son, Desmond. In her leisure time, she enjoys spending time with her family and desert hiking.

~ Clarisonic: Sonic Skinnovation ~

The Clarisonic Pro for face and body and its counterpart for the delicate eye area, the Opal Sonic Infusion System, are now available at Contour Dermatology. Both are in-home personal skin care devices powered to sonically deep clean your skin, removing makeup, dirt and oil that regular washing just can't reach. It better prepares your skin to fully absorb moisturizers and anti-aging serums. You'll also notice a reduction in visible pore size. Those who use the Opal have noticed an 83 percent reduction in the fine lines and wrinkles around the eyes, a significant reduction of puffiness and 95 percent reported firmer, tighter skin.



"My skin is smoother and softer. The Clarisonic makes my skin feel more like my daughter's," states Lynette Quarterman, receptionist at Contour Dermatology. "One week after using it, I noticed a difference."

The whole process takes just a minute. The sonic massage feels great and you can choose from four speeds for the face and two

for the body. The Clarisonic Pro is only available through medical offices.

Stop by one of our offices this week to purchase your personal Clarisonic Cleansing System.

~ Contour Dermatology: The First 10 Years ~



Timothy M. Jochen, M.D

our loyal patients all these years. Others, we have welcomed along the way.

Contour Dermatology began in 2001 with a staff of two. We now have a team of 27, including two nurse practitioners: Elaine Woo-Gallagher, NP-C and Kara Crane, NP-C; two registered nurses: Laura Moroney, RN and Ludim Camacho, RN; an excellent support team of medical assistants; and an incredible administrative team headed by Lee Erwin, Executive Director of Contour Dermatology.

We have grown from one office in Palm Springs to four Southern California locations now serving more than 30,000 patients. In December 2002, we opened our first Rancho Mirage office. In 2009, we established our Santa Monica location and just last year we began seeing patients at our Newport Beach office.

We also have expanded our services over the years. In addition to medical and cosmetic dermatology, we have acquired the largest inventory of lasers in the area to provide specialized laser technology through our comprehensive Laser Center.

This is an exciting year for all of us at Contour Dermatology. We just opened our new building in Rancho Mirage and throughout 2011 we will be celebrating the milestone of our 10-year anniversary. A decade in the desert! Some of you have been

In 2007, we added hair transplants to our menu of services and effective this past year, I now perform mini facelifts.

Aside from my first year in private practice in San Francisco and a year in Orange County, the majority of my professional practice has been in the desert. I really love the desert and now with a daughter in school and getting more involved in the community, I don't think I could have found a better place to develop my practice. It's been an amazing 10 years and I look forward to the next 10.

The best part of the whole journey has been the people I have met. I am blessed to have a really great staff and many friends. At Contour Dermatology, we are grateful for the numerous referrals from physicians and we are equally appreciative of our patients' continued trust as evidenced by your loyalty and the referral of family members and friends. ***My heartfelt thanks to each and every one of our patients***

for helping us become such a thriving practice and allowing us the privilege of caring for your skin care needs and helping you age well.

10-YEAR ANNIVERSARY PROMOTION

As part of our 10-year anniversary celebration, we are inviting all of our patients and their friends to celebrate with us and to participate in a fun promotion. For the next 10 months, we are giving away one procedure each month. For your chance to win one of the prizes, please visit **www.contourderm.com/10year** and e-mail us and you'll automatically be entered.



Contour Dermatology Locations

Rancho Mirage

42-600 Mirage Road,
Building A-1

Palm Springs

555 E. Tachevah Drive
Suite 2E-106

Santa Monica

1260 15th Street,
Suite 600

Newport Beach

1401 Avocado Avenue,
Suite 605

760-416-6971 • 888-977-SKIN

Be a Perfect 10

in 2011

We're celebrating our 10-year anniversary and giving you a chance to win one of 10 select cosmetic procedures each month!

Just visit our website at www.contourderm.com/10year to register by e-mail and you're in!

Rules can be found on website and our Facebook page.

Prizes

Tumescent Liposuction
Laser Cellulite Treatment
Lunchtime Liquid Facelift
IPL™ Laser Face Brightening
CO₂ Laser Wrinkle Removal
Spider Vein Removal
Upper Eyelid Surgery
Lower Eyelid Surgery
Laser Hair Removal
Laser Tattoo Removal

CONTOUR
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Complimentary Consultations.

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