



6,7 Specials this month



5 Stuffed Mushroom Deliciousness



3 Caring for your skin in the Winter

...a dedicated center of excellence

ALABAMA VEIN & RESTORATION MEDSPA

February 2022

Hoover - Tuscaloosa - Clanton - Oxford - Fultondale

1.877.268.8346

www.alabamaveincenter.com

ALABAMA VEIN & RESTORATION MEDSPA

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At Alabama Vein & Restoration Medspa, our goal is to improve the quality of life of our patients. We utilize cutting edge technology and the most advanced venous procedures to establish an accurate diagnosis and for successful treatment.

We strive to provide compassionate, comprehensive vein treatments for patients with venous insufficiency, venous ulcers, and spider veins. As a team comprised of physicians, physician assistants, and other medical staff, we work from the top to the bottom to achieve our goal of taking care of our patients in the most pleasant and efficient way possible.

Conditions Treated

Varicose Veins • Spider Veins • Venous Ulcers • Stasis Dermatitis

Vein Treatments Offered



- * Ultrasound Guided Sclerotherapy
- * Varithena
- * Microphlebectomy
- * Veinwave
- * EVLA
- * Cosmetic Sclerotherapy
- * Compression Therapy
- * Venoseal

C. Austin Hunt II, M.D., F.A.C.S., RPVI * Sylvia Eldridge, PA-C * Jamie Gober, PA-C



The cold weather outside combined with harsh heat from indoors can take away the moisture from your skin, making your skin feel tight, dry, and lose its' glow. In extreme cases, your skin may become so dry, areas like your hands or feet may start to flake or crack. Here are our solutions to combating the dry wintry air and to keep your skin looking and feeling soft, supple, and radiant.

ADJUST YOUR SKINCARE ROUTINE

When the seasons change, it is a good time to adjust your skincare routine and products to help manage your skin's needs during the new season. During the winter, choose moisturizers, cleansers, soaps, and body washes that add moisture back into your skin to keep it hydrated and supple.

Be mindful of products containing alcohol, salicylic acid, and retinol as they can be too drying if overused during the winter months. For dry skin on your face, layer your moisturizer with a hydrating serum that contains glycerin or hyaluronic acid.

Continue to wear sunscreen during the winter to protect against harmful UV rays. Even on cloudy days or in snowy conditions your skin can be damaged by the sun's rays.

If you are trying to stay warm at night with your heater, make sure you remember to add moisture back into the air with a humidifier to prevent your skin from drying.

Ask us about what products and treatments we offer that can help prevent moisture loss, soothe irritation from the dry air, and restore hydration to your skin.

MOISTURIZE

Lighter lotions and facial moisturizers may not be enough to keep your skin hydrated during the winter depending on where you live.

The best way to prevent dry skin is to moisturize daily, at least twice a day, in the morning and night before you go to bed. However, a good rule of thumb to follow is if you feel your hands or other areas of skin becoming dry, reapply. Buy products that are non-clogging oil-based as opposed to water-based so the product can add a protective layer on your skin to help retain moisture more than a lotion or cream.

No one wants cracked or chapped lips! Use a lip balm to replenish lost moisture and protect them from the dryness of cold outdoor air and indoor heat.

Hydration facials and dermal infusions are excellent treatments to help restore hydration to your skin to get back your glowing appearance.

SKIP THE HOT WATER

Though a hot water bath or shower may be tempting to warm you up from the cold outdoors, the intense temperature can strip your skin of natural oils which can lead to dryness. Instead, choose a lukewarm temperature and try to spend less than 15 minutes in the shower. Afterward, pat your skin dry with a soft towel and moisturize immediately. Use Epsom salts, oatmeal, bath oils, and essential oils to add extra hydrating properties to your bathwater.

If you are worried about dry winter skin, consider scheduling an appointment with your aesthetician. We will discuss your skin concerns and goals, offer advice on which products are right for your skin's needs this season, and recommend treatments that will leave you glowing this holiday season



GIVE THE GIFT OF GORGEOUS SKIN

Forget the chocolate for Valentine's Day and treat your loved ones to SkinPen® treatments.



SkinPen
BY BELLUS MEDICAL

SKINPEN.COM

Recipes

Recipe from Angie Gorkoff,
at allrecipes.com

Mouth Watering Stuffed Mushrooms



Ingredients:

- 12 whole fresh mushrooms
- 1 tablespoon vegetable oil
- 1 tablespoon minced garlic
- 1 (8 ounce) package cream cheese, softened
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon ground cayenne pepper

Prep 25m

Cook 20m

Ready in 45m

Directions:

1- Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with cooking spray. Clean mushrooms with a damp paper towel. Carefully break off stems. Chop stems extremely fine, discarding tough end of stems.

2- Heat oil in a large skillet over medium heat. Add garlic and chopped mushroom stems to the skillet. Fry until any moisture has disappeared, taking care not to burn garlic. Set aside to cool.

3- When garlic and mushroom mixture is no longer hot, stir in cream cheese, Parmesan cheese, black pepper, onion powder and cayenne pepper. Mixture should be very thick. Using a little spoon, fill each mushroom cap with a generous amount of stuffing. Arrange the mushroom caps on prepared cookie sheet.

4- Bake for 20 minutes in the preheated oven, or until the mushrooms are piping hot and liquid starts to form under caps.

Tips: Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

February 2022 Specials

Bio-Identical Hormone Replacement - \$50 OFF

\$50 OFF consultation with Full Labs for hormone replacement therapy

Revanesse Versa - \$50 OFF

Versa is a FDA approved hyaluronic acid dermal filler used to treat moderate to severe facial wrinkles and folds and for lip augmentation

InLei Lash Lift and Tint - \$125

Purchase our Lash Lift and Tint for dark long lasting curled lashes and receive a FREE InLei Mascara or Lash Conditioner



Juvederm Special just in time for Valentines!

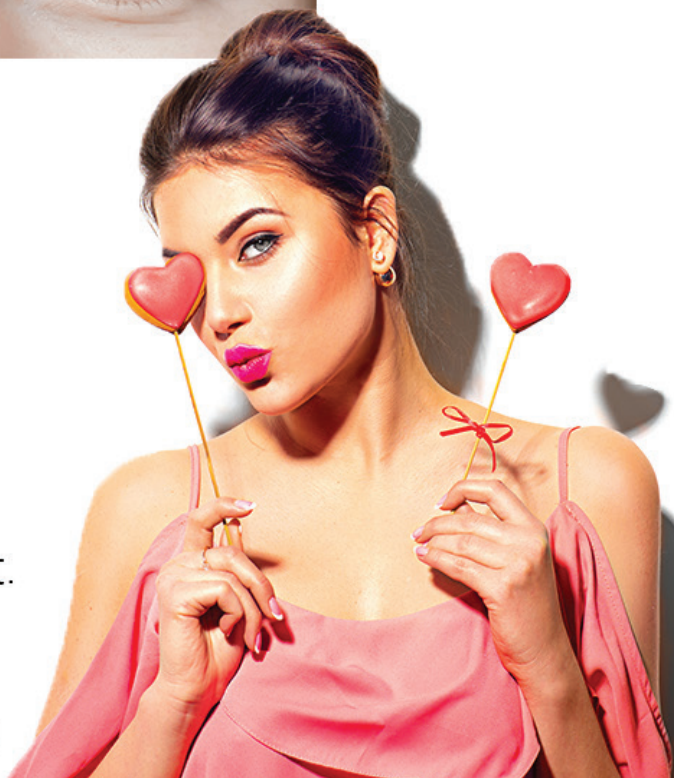
Lose your lines, love your lips!

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Combine with Botox and
save \$50 OFF your Botox treatment.

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VelaShape III is a non-invasive body contouring treatment for circumferential and cellulite reduction.

VelaShape III provides dramatic results without downtime or significant discomfort*.



VelaShape \$250 / area

Package pricing amount can be determined at your consultation. 6-10 treatments for best results completed once a week followed by maintenance treatments once a month or as needed to maintain results. VelaShape has no downtime but patients must avoid exercise or heat to the area for one day.



Ask us about it today!

877-268-8346 • AlabamaVein.com • Hoover, AL

Recommended Businesses in our Spotlight:



Baha Burger
Contact Info
Website : baha-burger.business.site
Phone: (205) 682-6980
Address: 4745 Chace Cir
Hoover, AL 35244



Ashley Mac's
Phone: (205) 259-5044
Address: 4730 Chace Cir, #100
Hoover, AL 35244



Brandi Carbonie, CRNP
Phone: (205) 682-6077
Address: 5295 Preserve Pkwy
Suite 210
Hoover, AL 35244



24e Health Club
Phone: (205) 824-4243
Address: 1550 - B Montgomery Hwy
Hoover, AL 35216

Thank you for all of your loyalty and support. Without you all we would not be where we are today. We are very grateful to every one of you and hope that we can continue to provide vein care for you and and your loved ones. If you have any problems, questions, or concerns, you can contact us anytime. Have a great month! 205-823-0151