

# Real Changes

What's new in helping you look as young as you feel from Dr. Earl H. Parrish and the professional staff of the Parrish Cosmetic & Plastic Surgery Center.

*Enhancing your beauty... from within!* Valentine's Day 2013

## VALENTINE'S DAY FUN!!!

When you purchase any skin care or makeup product now through Valentine's Day, you can save 10-25% off. Pick a "Hersheys Kiss", look on the bottom and see what your discount is.



Also, when you spend \$100 on any of our Medi-spa services you will be entered into a drawing for your choice of a FREE Facial or a \$100 Gift Card. 1 entry per \$100. That means if you spend \$300 you'll be entered into the drawing 3 times! We will pick 2 lucky winners! Drawing to take place on Valentine's Day! Fun, Fun!

## Treat Yourself for Valentine's Day!

How about a Facial, maybe Eye-lash Extensions, or some new Jane Iredale Makeup? (Or drop a hint to your hubby that we have Gift Certificates available - wink, wink).

## Visit us online

Click [Here](#) to visit our website, where you'll find descriptions of our services, meet our staff and check out our facilities.

Become a fan of Dr. Parrish on Facebook by clicking [Here](#)

## Love the skin you are in!

Now that the New Year is here, it's the perfect time for a fresh start. Think skin! There is no better way to feel good about yourself than to LOVE THE SKIN YOU ARE IN! So what do you do? Here's some tips (and great specials, TOO) to help you glow all year long!

### Tip #1 CLEANSING & CLARISONIC: Enjoy 25% OFF Clarisonic!

Cleansing is the first step! And the Clarisonic Cleansing system removes 6x more makeup & 2x more dirt and oil than manual cleansing alone, allowing your skin care products to work like they should! Cleaner skin equals healthier skin & healthier skin is smoother, more radiant & more beautiful!

### Tip #2 SUNSCREEN: Enjoy a FREE Lip Drink with purchase of any Sunscreen

(Lip Drink is a moisturizing lip balm that really is a drink for the lips!) The #1 cause of wrinkles is sun damage, that's why it is so important to use sunscreen daily, even in the Winter! We have many sunscreens available for all skin types.

### Tip #3 MOISTURIZE: Enjoy a Moisturizing Facial for \$60! (Reg. \$80)

Moisturizing is an absolute to repair dry winter skin. But that's not all moisturizing does - it helps to protect sensitive skin, improve your skin tone & texture, & mask skin imperfections. Our Moisturizing Facial is an hour long facial including warm towels, relaxing massage to hands, chest, neck & face, a creamy moisturizing mask and a blend of moisturizing serums. Your skin will say Ahhhhhhhh!

Non-surgical body contouring:  
What it can do for you! (see page 2)

PARRISH  
& PLASTIC



COSMETIC  
SURGERY

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541-779-7275  
1-800-458-0684

[www.dr-parrish.com](http://www.dr-parrish.com)

701 Golf View Drive, Medford, OR 97504

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Get fuller, more proportional lips that you've always wanted. Lip augmentation with Restylane or Juvederm offer beautiful, natural looking results.

Debra says, "Eyes are the window to the soul. Lips are a focal point for the face. From the time of Cleopatra, lips have been a symbol of youth. My goal with lip augmentation is to restore lost volume due to natural aging and improve vertical lip lines."

"By restoring your lips to a more youthful you, they again can be a focal point, diminishing other facial changes, acting to balance the observer's eye between your beautiful eyes and beautiful lips."



Patient of Debra Allen, PA-C  
- Before and after 1cc of Restylane

"As you can see from this patient's lips, the change is subtle. I like natural looking lips, full is fine as long as it isn't, 'ducky, fishy, or beakish.' We go for beautiful!"

**Pucker up... Just in time for Valentine's Day!**



## From the desk of Dr. Parrish

**Q: Mommy Makeover - What is it?** A: Mommy Makeover is a phrase describing a group of procedures that have risen dramatically in popularity in the past few years. Typically this includes a tummy tuck with liposuction and breast augmentation or breast lift or a combination lift and enlargement. The procedures are designed to help deal with the bodily changes women experience after one or more pregnancies. Some of these changes women struggle with: stretched skin in breasts and abdomen; loose abdominal muscles and deeper tissues; loss of breast volume; stretch marks; and excess fat deposits.

We can address all of these concerns by combining procedures specifically designed for you that will help to restore a more youthful appearance and help you feel rejuvenated. Often these procedures can be done in a single surgery with just the one recovery period. Call our office and schedule a complimentary consultation to see how we can help you.

**Mommy Makeover Patient:** "For 20 years I have been upset with my stomach. I never got my figure back after having my two children. I felt I had high expectations for my results. I was so afraid I would be disappointed. Today, 9 months later, I couldn't be happier. My results are even better than I had hoped for. I feel so much more confident. My clothes fit better. Along with the tummy tuck I had a breast lift and implants. For the first time in my life I feel like I look in proportion. After having the surgeries I feel so much younger. My only regret is I didn't do this sooner. So many people have told me how much happier and confident I look. I wouldn't hesitate to recommend Dr Parrish!"



Patient of Dr. Parrish - before and after Breast Augmentation, Breast Lift and Tummy Tuck.

## Join us for a Cool Night Out!

**WEDNESDAY, MARCH 6 at 4 pm, 5 pm & 6 pm.**

**JOIN US TO LEARN MORE ABOUT COOLSCULPTING - A REVOLUTIONARY NON-SURGICAL BODY CONTOURING**

**TREATMENT THAT FREEZES STUBBORN FAT.** No needles, no special diet, no supplements, no surgery. And most importantly, no downtime. It's safe, FDA-cleared, effective, and does exactly what its supposed to do. Undeniable results after just one treatment! We'll have a video presentation, questions and answers, mini-consultations will be available, and one night only special event pricing! 3 different presentation times - **4pm, 5pm, and 6pm** - pick a time and bring a friend! RSVP required. We hope to see you there!



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BEFORE 60 DAYS AFTER ONE COOLSCULPTING TREATMENT

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