

# Real Changes

Debra's

C O R N E R

## Happy New Year,

As I hang the new calendar of Hawaiian beaches, I am reminded how the months fly by. I want to thank all of my clients for making Parrish Cosmetic and Plastic Surgery Center and myself #1 in Restylane and Perlane purchases in 2010 for all of Oregon! We have had this distinction for three out of the past four years. I am very grateful to all of you for making this possible. I hope this new year brings each of you fulfillment, great health and adventure. *All the Best, Debra*

## Latest Patient Testimonial:

"I had a delightful afternoon on Thursday, while Debra did all the work! She educated, enriched, and entertained, until I didn't want to leave! I am very happy with the results, and the totally painless procedure."

Debra is a graduate of the Physician Assistant Program at Stanford University School of Medicine. She has been with the Parrish Cosmetic and Plastic Surgery Center since 2003. Debra has been in the plastic surgery field for over 30 years and has seen the evolution of non surgical techniques using dermal fillers.

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! Winter 2011

## A New Year, A New You!

As the old year gives way to the new, the Parrish Cosmetic and Plastic Surgery Center would like to help you **SHINE** in 2011. Offering a comprehensive range of cosmetic procedures including surgical and non-surgical, our center has helped men and women look and feel terrific for over 30 years.

Dermal fillers like Restylane® and Perlane® can give you a more youthful, refreshed look instantly. Sciton™ Laser treatments can take years off your face with little or no down time. Body contouring can help with those problem areas that are resistant to diet and exercise, so now you can have that figure you've long desired.

Whether you want a healthy glow or just to have your clothes fit a little better, we can help you fulfill your new years resolutions.

Cosmetic consultations are always complimentary. Come see what we can do for you!

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1-800-458-0684

## Featured in...

Dr. Parrish is featured in the January issue of New Beauty Magazine. New Beauty is the world's most unique magazine devoted exclusively to "everything beauty." We are proud to have Dr. Parrish featured in what is heralded as the Ultimate Cosmetic Enhancement Guide. Stop by the office today to pick up your complimentary copy.



Earl H. Parrish, M.D.

Certified by the American Board of Plastic Surgery

701 Golf View Drive, Medford, OR 97504

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## Medi-Spa Specials

### \$100 Rebate on Sculptra® Aesthetic

Sculptra® Aesthetic is an anti-aging facial injection treatment that can give you subtle results over time. As you age, your body's collagen production decreases, and you may begin to see wrinkles. Sculptra® Aesthetic works to correct shallow to deep facial wrinkles and folds as it replaces lost collagen, which can help provide a refined, more youthful appearance. Treatment consists of up to 3 separate appointments, scheduled 6 weeks apart.

Now through March 31st receive \$100 rebate on each treatment, for up to 3 treatments, a \$300 value. Schedule a complimentary consultation with Debra for more info, or pick up a complimentary DVD in our office.

### Complimentary Eyebrow Design with purchase of Jane Iredale Eyeshadow Kit

The New Year is a perfect time to create a new look in makeup! That's why our January Product of the Month is "Jane Iredale Eyeshadow Kits." These highly pigmented powders are everything that shadows should be - fashion colors in matte or shimmer that enhance and brighten, creating gorgeous natural looking eyes. The "Daytime Eyeshadow Kit" includes 5 colors - Oyster, Almond, Cappuccino, Dark Suede and Charcoal. Almond is ideal for a daytime glow and Oyster can be used not just for the eyes but for highlighting the cheekbone as well.

The "Nighttime Eyeshadow Kit" includes 5 colors - Kiss, Supernova, Khaki, Dusk and Merlot, all fun shimmery colors to help you be ready for any party.

**Receive a complimentary eyebrow design when purchasing any Eyeshadow Kit through January 31st.**

Since brow shaping further increases the beauty of your eyes, take advantage of this: With the right eye makeup and eyebrow shape your eyes will look better than ever!

## VALENTINE'S DAY FUN

When you purchase any skin care or makeup product now through Valentines Day, you can save 10 - 25% off. Pick a "Herseys Kiss", look on the bottom and see what your discount is. Fun fun!

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, so let's say you have a Dysport treatment which costs \$330, you will be entered 3 times! We will pick 2 lucky winners! Drawing to take place on Valentine's Day! Love is in the air!

## Upcoming Educational Seminars

Join us in-house for our series of **NEW YEAR, NEW YOU** evening seminars.

We'll be discussing Facial Surgery, Body Contouring, Non-surgical procedures and more. Dr. Parrish and his staff will be on hand to answer your questions. A before and after photo presentation will be shown and a tour of our facility will be given.

### Wednesday, January 26 - Let's Face It

**Look as good as you feel!** Learn more about Facelifts, Eyelid & Browlifts, Nose Reshaping and other facial procedures.

### Wednesday, February 9 - Body & Soul

**Learn to love your body again!** We'll be discussing Breast Surgery, Liposuction, Tummy Tucks and other body procedures.

### Wednesday, February 16 -

#### Softer, Smoother, Lovelier *Smooth out the past!*

Get the latest information in non-surgical procedures - Laser Treatments for face and body, Restylane and other dermal fillers, Skin care and much more.

*This is a great way to get educated regarding specific procedures. Seminars start at 7pm. Food and drink will be served. Seating will be limited. To register please call the office at 541-779-7275. We look forward to seeing you!*

We are in the process of scheduling out of town seminars as well.

We tentatively have the following dates set:

**Wednesday, March 30 in Grants Pass**

**Thursday, April 28 in Klamath Falls**

**Thursday, May 26 in Roseburg**

We will have more information coming soon. If you are interested in any of these dates please call the office and let us know and we will call you as soon as we have all of the details finalized.

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## New Year's Resolutions

Here's what some of our staff are hoping for this year:

**Jackie** - I want to be better at taking my vitamins and exercising.

**Diana** - I would like to be less of a wine connoisseur and exercise more!

**Anne** - I would like to be a more patient mom. With children that are 26, 18 and 6, needless to say, I'm not so patient anymore!

**Debra** - My goal is to become the #1 trainer on the West Coast for Restylane and Perlane, and I want to be able to ride my horse with grace and beauty.

**Susan** - I always vow to try and eat healthier, lose 10 pounds and exercise on a regular basis. I also want to try to be more patient, less stressed about things I have no control over and to make sure my family feels more loved than ever each day.

## On a Personal Note

This past December Dr. Parrish and his staff wanted to make Christmas a little brighter for children in need. It was decided that 10% of all Esthetician services and 10% of all skin care product and make-up sales during the month of December would be donated to The Children's Advocacy Center of Jackson County. We've tallied up our December totals and \$1765.37 is the amount Dr. Parrish will be donating. On top of our donation, the family of our Esthetician, Kacie Kantor, is donating \$234.63 to make the total donation an even \$2000. In addition to this, our office collected over 60 toys for The Children's Advocacy Center.

Dr. Parrish & his staff would like to extend heartfelt thanks to all of you who joined us in making the lives of children happier this holiday season. The Children's Advocacy Center's Executive Director, Marlene Mish, quotes Nelson Mandela as saying "There can be no keener revelation of a society's soul than the way it treats its children." We couldn't have said it better. Thank you everyone!



## WHAT'S NEW

### Chocolate Power Skin Rescue Peel

Labeled the "BEST NEW TREATMENT" by GlyMed Plus this peel combines 50% lactic acid along with cocoa, resveratrol and acai berry - powerful antioxidant-rich polyphenols to deliver superior refining, anti-aging and skin restorative benefits. This unique formulation influences collagen and glycosaminoglycan production thereby improving skin hydration, elasticity and tone.

### Pumpkin Pomegranate Peel

This exclusive Lactid Acid formulation contains Pumpkin Enzyme, a super exfoliation accelerator and powerful antioxidant that re-texturizes the skin, and is enhanced with an active collagen inducing peptide. The additional collagen boosting properties of Pomegranate Extract make this a superb peeling treatment for mature skin, restoring skin hydration, tone and firmness.

## Visit Us Online

Click on the link below to visit our website, where you'll find descriptions of all our services, meet our staff and check out our facilities:

<http://dr-parrish.com>

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