



# Healthy Lifestyles

## Anne Maaden Cosmetic & Laser Centre

Anne Maaden Cosmetic & Laser Centre is one of the most unique medispas in the GTA, and is located right in the heart of downtown Milton. Owned and operated by Carol Van der Maaden, Natalie Van der Maaden and Judith Finn, the clinic offers more than just laser hair removal.

A trip to Anne Maaden will offer exciting and valuable understanding of the latest technology within the cosmetic industry. The owners of Anne Maaden have had their fingers on the pulse of the latest equipment since their opening November 8, 2004. They were the first in the area to offer Blue Light Laser Treatments with Levulan, in order to treat acne with phenomenal results. Results exciting enough to partner with local dermatologists and physicians to fight one of the most persistent skin conditions. Anne Maaden also offers Photo facials or IPL, one of their most popular treatments. Similar to Blue Light Laser therapy, this laser helps relieve the skin of conditions such as: rosacea and sun damage with the added perk of skin tightening.

Other services at the clinic include:

laser hair removal, microdermabrasion, 90 minute clinical facials, non-surgical face lifts, cellulite treatments, treatments for stretch marks, electrolysis and skin tag removal and also offering an infrared sauna as a new service. Their physician, Dr. Jennifer Bonnett, performs injectable treatments such as botox, restylane, perlane, collagen, and sclerotherapy for the treatment of leg veins.

The ultimate mission of the centre is not only the level of service that it offers to clients, but the education that the staff of Anne Maaden can provide. Anne Maaden is a leader in training and education as it is partnered with Sheridan College and offers the only course that results in a certification for laser hair removal. With many clinics opening up as the wave of cosmetic enhancement continues, it is often difficult to know what procedures will benefit you? What type of equipment is superior to another? What type of technologist should perform which kinds of treatments? It is important to note that not all cosmetic equipment is made equally. Just as the cost of treatments vary from centre to centre, so does the price of

the technology that's being used. You want to ensure that you will benefit from your treatments, which means you should select equipment that is medical grade; meaning a physician and nurse are on staff to prescribe treatments and monitor the usage of equipment.

The winter season can often lead us to feel tired, drained, and cause our skin to have a dull exterior. People try to combat this by taking a tropical holiday. There is now something offered to help with symptoms of SAD while: burning calories, relieving pain, improving the immune system, removing toxins, reducing stress and fatigue, and improving one's complexion. Infrared technology radiates heat tuned to the temperatures of our bodies and works like a sunny day. 93% of the energy penetrates up to 2" below the skin. The far infrared sauna can help improve many of our health concerns. Sitting in the sauna for up to 30 minutes causes your body to work hard at sweating, pumping blood and burning calories, causing you to burn up to 600 calories in 30 minutes. The sauna helps to relieve pain by helping peripheral blood vessels dilate, bringing relief

and healing muscle and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen depleted muscles, so they recover faster. Muscles relax most readily when tissues are warm for greater flexibility and range of motion.

The profuse sweating achieved after just a few minutes in your sauna session carries off deeply imbedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. Increases circulation draws your skin's own natural nutrients to the surface. You'll see improved tone, elasticity, texture and fresh colour. Increase blood circulation has also been shown to help reduce acne, eczema, psoriasis, burns, lesions and cuts. In addition, open wounds heal more quickly reducing scarring.

Relax in our Infrared sauna as the stresses and tensions of every day life melt away! Just a few minutes in the gentle warmth of your sauna session and you'll feel relaxed, rejuvenated, and renewed. Sauna only offered at the Anne Maaden Cosmetic & Laser Centre.

## Milton's Most Luxurious Cosmetic & Laser Centre

Anne  Maaden  
Cosmetic & Laser Centre

Knowledge, Experience, Results

13 Charles Street, Suite 103, Milton • 905-878-2770

Open Mon - Thurs until 9pm



Take Advantage of our New Infrared Sauna Packages of 10-30 minute sessions for

**\$200.00**

or single sessions for **\$25.00**

Services include:

- Laser hair removal
- Electrolysis
- Photofacial (IPL)
- Microdermabrasion
- Acne treatment
- Clinical facials
- Skin tags

- Blue light laser acne treatments
- Skin tightening
- Cellulite treatments
- Stretch mark treatments
- Botox
- Restylane
- Sclerotherapy

Call now to book your free consultation!