



## Summer Newsletter July 2021



Hello Friend,

"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer."

—F. Scott Fitzgerald, *The Great Gatsby*

### *What's New at Enzer & Associates, PC?*

#### **NEW: Introducing Text Messaging for Appointment Reminders!**

You, our patients, are important to us! In order to provide you with the best possible care, we will be sending friendly appointment reminders through text messaging, as well as notifications about sudden office closures, ie: severe weather. If you need to cancel or re-schedule an appointment please call the office a minimum of 24 business hours in advance, in order to avoid any missed appointment fees. We hope you find this new system helpful and easy to use.

#### **Coronavirus In-office Updates**

*Q: Have you tested positive, loss your sense of smell or taste, or feel sick with any symptoms of COVID-19 in the last 14 days?*

*A: If you have an elevated temperature, or if any of the questions are answered yes, Enzer & Associates' might have to delay access to our office. We will discuss your situation with Dr. Enzer, and you will be notified about your appointment.*

**A face mask must be worn at all times while in our office** Per CDC guidelines, even fully vaccinated persons must still wear a mask in health care settings. We are continuing Curbside Check-In, so please call 401-274-4464 upon arrival and before entering. A staff member will then give your further instructions.



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#### **A NEW Team Member has Joined Us!**

**Kyley St. Hill** recently graduated with a Bachelor of Science in Neuroscience and Psychology from Tulane University. She just took her MCAT exam in July and is in the process of applying to medical school. Prior to graduating, Kyley

worked as a support provider in a girls group home, as a research assistant in a neuroscience lab, and as an intern in a non-profit home for survivors of human trafficking. During her gap year, Kyley will work as a *cosmetic provider clinical assistant*. She is eager to learn from Dr. Enzer and Ashley Wright, FNP, and become comfortable in a clinical setting.

In her spare time, Kyley enjoys reading, listening to true crime podcasts, going to the beach, and playing the board game Catan. Kyley's bright, young energy and comforting personality are a perfect match for our office. Please welcome Kyley when you meet her!



## *The Perfect Summer Accessories*

### **Pairing Cosmetic Injectables + Products**

Who doesn't love a wonderful cosmetic treatment before the holidays or a big event? Dermal fillers such as Juvederm® or Restylane® are affordable alternatives to surgery, and can soften facial creases and lines to restore youthful fullness. [Neuromodulators](#) (Botox®/Dysport®) are also a popular treatment for treating facial wrinkles and work well in conjunction with dermal fillers.



We all enjoy a fine glass of wine, especially when paired with the perfect meal. Similarly, pairing the right skincare product is vital to enhancing aesthetic treatment results. Protect your investment by making sure your skin is receiving all the wonderful products and nutrients so that it can look its absolute best. In between these treatments we can actively enhance the results of our treatment with quality at-home skin regimens. Dr. Enzer recommends [Epionce Renewal Facial moisturizers](#)! Rich moisturizing lotions and creams, expertly formulated with natural herbal extracts, they help reduce the visible appearance of fine lines, wrinkles and other signs of skin aging by improving clarity and radiance. We also recommend hydrating our body with eight glasses of water a day to enhance our skin's texture and decrease the "crepey" look of dry, dehydrated skin. The combination of using one of our daily anti-aging Epionce Renewal creams and one of our cosmetic injectables--Botox/Dysport/Hyaluronic Acid Filler by Dr. Enzer or Ashley Wright, FNP will give you optimal results and leave your skin ageless for years to come.

### **Pairing Renewals + Your Skin Type**

- Renewal Facial Cream, Renewal Facial Lotion and Renewal Lite Facial Lotion are safe and effective moisturizers that are tailored for every skin type. The main difference in each formulation is their degree of emollience, which indicates how light or heavy the product feels on the skin.
- Renewal Facial Cream was created to have the most benefit for dry and sensitive skin. This clinically proven anti-aging moisturizer is a must-have for mature skin to help boost hydration, which is easily lost as we age due to decreased natural oil production.
- Renewal Facial Lotion is a medium-hydrating moisturizer for the needs of normal skin.
- Renewal Lite Facial Lotion is the lightest formula and is ideal for oily skin.

### **Get Your Personalize Skin Care Regimen**

Talk to an Enzer & Associate's team member to learn how an Epionce Renewal product can benefit your skin.

## *Bat Those Lashes Ladies*

Summers are short in New England and many of us want to maximize our fun outdoors and in the water. Ditch the mascara and try [Latisse®](#) Eyelash Growth Solution: all-natural results that last with easy daily treatment!

One of the most well-known eyelash growth solutions, Latisse is an FDA-approved topical treatment that can help natural lashes grow fuller, longer, and darker with regular use. Fun fact: Latisse was discovered by accident—it was originally used as a glaucoma treatment. Patients were reporting eyelash growth after use, and the rest is history!

For optimal results, Latisse must be applied once daily to the upper eyelids (it only takes a few seconds per eyelid). Most patients experience noticeable lash growth after less than eight weeks of regular use, with the most dramatic improvements occurring after 16 weeks. Because results last indefinitely with daily use, Latisse is a great option for everyone who wants beautiful full lashes.



#### Benefits of Latisse®

- Latisse is a once a day topical treatment you do yourself.
- Latisse reliably and safely grows lashes...thicker, longer, darker.
- Latisse does not replace mascara...it complements it!
- Latisse corrects hypotrichosis (not having enough lashes).
- Latisse is seen on TV, in Beauty magazines, and in our office!

**Latisse®**  
(bimatoprost ophthalmic solution) 0.03%

## Product Spotlight: Sunscreen



While we're all practicing social distancing to help prevent the spread of COVID-19, it's still important to protect ourselves from harmful UV rays. Yes, that means wearing sunscreen anytime you leave the house. Even driving for local errands exposes you to the harmful ultraviolet rays as standard glass is not adequate protection.

Exposure to UV rays can lead to several skin issues like hyperpigmentation, inflammation, fine lines, and most importantly skin cancer. Therefore, finding a good sunscreen is a must! First, you'll want it to be at least SPF 30. You'll also want to consider a mineral or "physical" sunscreen to deflect the sun's harmful rays. Apply about a shot glass's worth for the entire body and a dime-sized dollop for the face, which should be reapplied every two hours.

#### **\*Staff Favorites\***

**Coola Mineral Sunscreen:** The mineral collection is airy and also helps minimize free radical damage while plant stem cells and niacinamide helps promote radiant, youthful skin. All the organic mineral sunscreens provide hydrating, chemical-free sun protection for all skin types. They are hydrating yet, non-greasy and glide on smoothly for a sheer, lightweight feel. They are also, oil-free, fragrance-free, dermatologist tested, vegan, non-GMO, gluten-free, paraben-free, Hawaii Reef friendly sunscreen oxybenzone and octinoxate free!

**Elta MD:** Get the feeling of complete protection from their comprehensive line of zinc-based, broad-spectrum physical sunscreens for all skin types, conditions and lifestyles. Elta MD's facial sun cream contains hyaluronic and lactic acids to calm and hydrate sensitive skin types. Formulated to be noncomedogenic, sensitivity-free, fragrance-free and paraben-free, so every "body", can live freely under the sun.

Thank you for reading our newsletter. Let's be honest, it's has been a rough year. Now summer is finally here, and in Rhode Island the sun is shining, the waves are lapping, and the clam cakes are frying. We're ready to explore it all! Here's some our favorite [things to do this summer!](#) Stay tuned for more news and updates soon.

**INSIDER TIP: Epionce Chemical Peel Specials are coming this Fall!**

**YOASH R. ENZER, MD, FACS**

*Cosmetic, Laser, & Oculofacial Plastic Surgery*

**ASHLEY L. WRIGHT, FNP**

*Aesthetic Nurse Practitioner*



**Are you interested in learning about a particular treatment or product?  
Let us know! [Chat with our office staff!](#)**

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