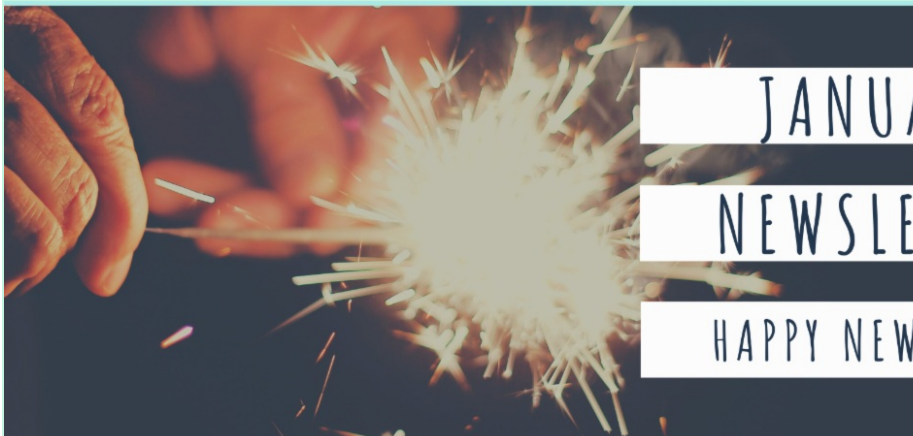




PHOENIXVILLE
DERMATOLOGY ASSOCIATES



JANUARY

NEWSLETTER

HAPPY NEW YEAR!

***Wishing you and your
family a
Happy & Healthy
New Year***

As we start the new year we want to take a moment to reflect on the past year and be thankful for the support of our loyal patients. We wouldn't be here without you.



We strive to provide our community with quality care, educational information, and some fun! We are excited to continue to serve you in the New Year.

Cheers to another great year! If you have any questions, please don't hesitate to contact us. We're always happy to help.

Sincerely,
Your Friends at Phoenixville Dermatology Associates



January Products of the Month

Winter can be harsh on sensitive skin. We've got you covered with this month's products:

All DHS and Free and Clear Products!

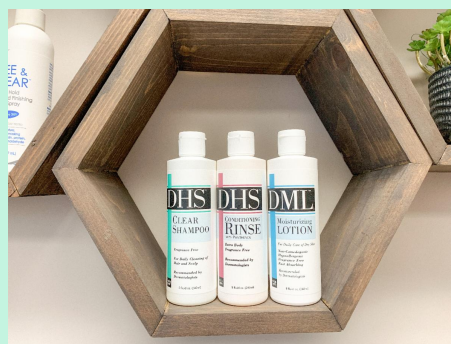
20% off all month long



Free and Clear Hair Products

Why we love it:

- mild and gentle
- fragrance free
- ideal for sensitive skin
- free of formaldehyde and formaldehyde releasers
- preservative-free
- no botanical extracts or essential oils
- no harsh cleansing agents
- sulfate-free, protein-free, and gluten-free
- pH balanced



DHS Products

Why we love it:

- designed for hypersensitive skin
- great for daily hair and scalp cleansing
- shampoo is rich and lathering
- cleans and conditions the hair and scalp
- no harsh detergents
- maintains the skin's pH level to minimize irritation
- ideal for those with dandruff, psoriasis, eczema, and seborrheic dermatitis

New Year's Resolutions



Need help coming up with your New Year's Resolution?
Here is a short list compiled by NBC News.

1. **Set a daily intention.** *It can be as simple as deciding not to overreact if your kids or another family member gets on your nerves — or take a walk over your lunch hour instead of not leaving your desk. If you feel like you're living on auto-pilot, starting your day by setting a daily intention can help you feel more in control of your life and your actions.*
2. **Cross off the toughest task on your to-do list first.** *Figure out the toughest, most important or most intimidating task you want to get done by the end of the day and tackle it first. That way it's done, so it's not hanging over your head or stressing you out the rest of the day.*
3. **Start a belly breathing habit.** *Shallow breathing keeps our bodies in that high-stress, fight-or-flight mode. But deep belly breathing sends a message to our brains to relax. Slowing down your breath can slow down the chatter in your head, and reduce stress and anxiety. (You may also find yourself thinking more clearly and sleeping better.) How to do it: You can literally do this anytime and anywhere. Just, stop. Focus your attention on your breath. Let all your air out and take a deep inhale, then exhale, then repeat.*
4. **Tell a family member or friend one thing that went well every week.** *Too often we get hung up on the little things that go wrong from day to day, rather than focusing on everything that's going right and what we have accomplished. Talking (out loud) about something that we've achieved helps us remember our true potential and the impact we're having on the world around us.*
5. **Take 10 minutes every day to do something for YOU.** *It's easy to get caught up in the whirlwind of work emails, after-school schedules and life's countless obligations. Spending 10 minutes of quality you-time could mean reading a magazine, meditating or playing with your pet. Focus on activities that not only make you feel good, but also relieve stress and improve your well-being.*

Skin Care Reminder

Sunscreen is key! Even in the winter months!

Don't forget to wear your sunscreen and to re-apply - even during the winter months! Sun damage can occur while driving in your car, on the ski slopes, even from sunlight while sitting in your home!

The first step to maintaining younger, healthy looking skin is sunscreen.



And the winner is....

Thank you to everyone who participated in voting for our gingerbread houses!



1st Place Winner!

