

## Water, Water....



We all know how important it is to drink “8 glasses of water” a day to keep the skin beautiful and hydrated. However according to the recent book by Dr.Howard Murad, the trick is to “eat water” not drink it. It appears if we just drink water by glasses it is quite easy for it “to escape” or get “wasted” and then we just run to the bathroom or get puffy eyes and ankles. However when we eat foods rich in water because this way the moisture will get directly into the cells and connective tissues making cells function at their highest capacity. Try eating watermelon and cucumbers that are 97% water or tomatoes and zucchini which contain 95% of water. Dr Murad promises that “you’ll feel more energized in 10 days, see plumper, brighter skin in 4 weeks, and have a leaner more hydrated body after 10 weeks.

source - Harpers Bazaar August 2010

## Bioscor Christmas Lunch & Kris Kringle



It was a huge Christmas lunch at Bioscor where we ate more than was good for us.

Presents were exchanged for our annual Kris Kringle. With good food, good company and general merriment Santa was forgiven for not putting in an appearance.



Dear Patient,

Another summer and autumn has come to an end and we hope you have been using plenty of sunblock! The winter months ahead are often trying on our skin so make sure you stay hydrated and use plenty of moisturiser for the colder and dryer weather.

Wishing you good health & beauty!

Bioscor  
Newsletter  
Autumn 2011

In this Newsletter:

- **PRP treatment results**
- **Half-price Hair Removal!**
- **Mother's Day Resku Offer**
- **Beauty Foods**



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Melbourne  
Head Office  
182 Huntingdale Road,  
East Oakleigh, VIC 3166  
Tel: +613 9544 2852  
Fax: +613 9543 5293

Suite 3, Level 3  
Lansdowne House  
182-184 Victoria Parade  
East Melbourne, VIC 3002  
Tel: +613 9662 2477

Perth  
Bioscor Perth Clinic  
190 Hay Street  
East Perth WA 6004  
Tel: +618 9380 6868  
Fax: +618 9380 6869

## PRP Treatment Results

Platelet Rich Plasma Therapy is truly a revolution in Aesthetic Medicine. Bioscor's PRP Therapy has yielded some truly promising results in skin rejuvenation and problem correction. It also complements our Natural Hair Regrowth Program with wonderful results on patients!



30/09/10



13/01/11

*In addition to overall skin rejuvenation PRP treatment is also beneficial for chronic skin inflammatory problems; this particular patient's skin psoriasis cleared up after a successful treatment plan.*



*With additional PRP Therapy treatment complementing our Natural Hair Regrowth Program, this patient has gained extra growth and thickness in his hair.*



## 50% off Hair Removal!

Show this coupon during your next hair removal and get 50% off the price for that session.

*Bookings are essential. Valid only one per patient per booking.*

## You Are What You Eat. 3 foods for a Beauty Boost.

### OLIVE OIL

Essential fatty acids, in particular, and other healthy fats keep us hydrated, supple, youthful and beautiful. Fat sounds like a four-letter word today, but the right fat in the right amount will feed your skin, as well as your brain and your cellular membranes, like no other nutrient.

### HONEY

Nature's sweet wonder! When consumed, its antibacterial, antiviral and antifungal properties can protect your body. Daily consumption of this sweet additive boosts the level of polyphenolic antioxidants in the blood, improving blood flow to the skin.

### PAPAYA

The rejuvenating enzymes and vitamin A found in papaya can benefit many skin issues. This tropical fruit also contains the skin-loving vitamins C and E. Vitamin C promotes healthy cell turnover and aids in the formation of collagen and elastin. Vitamin E is also vital because it's an important way the body wards off sun damage, such as age spots and wrinkles.

## We ♥ our Mums!



Spoil mum with this amazing offer for Mother's Day!

Throughout April until Mother's day (May 8th) Get the Resku Total Rejuvenation pack:

- Day Time Concentrated Cream
- Night Time Concentrated Cream
- Multi-Vitamin Serum
- Firming Eye Gel

**all for only \$300!** (more than 40% off rrp)

reSKU  
The medical cosmetic perspective