

training. Since 1999, I've been the ballet mistress with Ballet Memphis, which involves teaching, coaching and conditioning of the dancers, and our Pilates program has become an important tool for them.

I chose STOTT PILATES® for its professional, detailed, cutting-edge approach to Pilates, and used it as a foundation for starting the Pilates Centre of Ballet Memphis in 1999. Ten years later, we have 14 instructors and the only licensed training and certification center for STOTT PILATES® in Tennessee.

STOTT PILATES® is a more contemporary approach to Pilates, focusing on restoring the natural shock-absorbing curves of the spine while also strengthening the core muscles to provide stability and agility. Also, the STOTT method has more tailor-made exercises suitable for almost anyone.

If you've seen Pilates, it may look strange to you at first. In some respects, Pilates is similar to yoga with deep breathing and flowing movements. However Pilates concentrates more on strengthening while stretching and on dynamic stability (moving) rather than on specific poses. STOTT PILATES® is anatomically based and very specific. Pilates also adds resistance training with various pieces of unique equipment.

At the Pilates Centre of Ballet Memphis, we see people of all ages, levels of fitness and many with health concerns. We offer both mat classes and equipment classes, group sessions or private. Mat classes are a great way to start conditioning your body and are geared toward a variety of fitness and experience levels. Our equipment classes allow you to further condition and develop your strength by using some of the unusually named machines, such as The Reformer, the Cadillac and the Chair. With their pulleys, springs and platforms, they provide another set of exercises with limitless possibilities to help clients correctly position the spine and develop full-body strength.

SKIN

Love the Skin you are in for 2010! Anti-aging options that will keep your skin glowing like a Pearl

By Mona Sappenfield of *Mona Spa & Laser Center*

There is a growing demand among the true "grit" (girls raised in the South) for a more aggressive treatment to address wrinkles and uneven skin texture caused by too many days in the sun, pregnancy mask and post-acne, which would also minimize the recovery time. Our experience from other ablative technologies and messy chemical peels have taught us "out with the old", and Pearl Laser is "in" with New Year's resolutions.

Pearl® Skin resurfacing can be relatively simple and get you back to your social calendar in just 4 to 5 days. In providing a safe technology to satisfy a busy working professional or active Mom, the Pearl treatment maximizes the ratio of cosmetic benefit to social downtime. After three years of use at Mona Spa, the Pearl Laser has earned a positive report from dozens of men and women that return once a year to "get Pearled" for anti-aging therapy.

Three mechanisms of treatment must be included when considering skin resurfacing for fresher, younger-looking skin:

The safe removal of a portion of the epidermis is achieved with a controlled amount of vaporization. 10-30 microns of epidermis are vaporized in this process. You will not experience oozing, bleeding or skin crusts.

Simultaneously, sufficient heat to produce coagulation is generated in the remaining epidermis. Depending upon selected energy, the coagulation region can vary from partial to full epidermal damage. This coagulation

region creates a natural protective dressing on the skin that remains intact during the restorative process and naturally minimizes downtime.

Finally, residual heat in the dermis generates new collagen growth.

Clients see additional benefits, such as the targeted fine line areas of delicate lips, around the mouth and eyes resolve to smoother, re-modeled and fuller skin. The LimeLight Facial is ideal for any part of your face, neck and décolleté with skin redness, telangiectasia (tiny veins) or brown spots. Light (low contrast) brown spots, which were previously difficult to resolve, respond very well to treatment. A customized LimeLight Facial, gauged to your skin type will selectively treat the areas of your skin preparing it for the Pearl Laser treatment or maintaining a healthier skin because of your outdoor lifestyle.

New brown spots, telangiectasia and diffuse redness may appear with new sun damage; however they too can be maintained with Solar Genesis including Limelight Facial and Laser Genesis touch-up visits to the spa. Remember to always apply broad-spectrum sunscreen when outdoors to minimize sun damage and the appearance of new spots and diffuse redness.

Your fantastic new beauty goals can be achieved with the appropriate technology, wavelength, and settings in the beautiful, medically-supervised Mona Spa and Laser Center - Memphis. Every trade secret is lavished upon you by nationally certified medical Aestheticians, R.N.s and physician care to help beautify the skin that you love and to keep it glowing like a Pearl.

Mona Sappenfield has been a Beauty Expert to her clients and editors for 30 years. CIDESCO Diplomat and NCEA Certified Aesthetician, she actively pursues her passion to safely blend high-tech treatments with soft touch spa therapy to beautify all men and women that seek the most up-to-date anti-aging solutions.



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SPA

&

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It's a Wonderful LifeStyle

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Call for a complimentary skin care or laser consultation on winter packages and specials.

Mona Sappenfield
CIDESCO Dipomate, Licensed & NCEA Certified Aesthetician