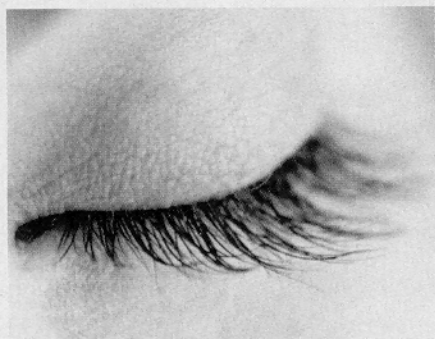


Bits and Pieces...

...Are silicone breast implants back? Despite what you may have heard, the U.S. Food and Drug Administration has **not approved silicone gel breast implants**. Silimed, a company that has no FDA-approved breast implants on the market in the United States, caused mass confusion with a press release saying, "Silicone Implants Are Back with FDA Approval!" The approval was for a clinical trial to test silicone implants.

...Looking for **advanced education for your estheticians**? Check out The Skin Care Study Center in Encino, California. Beginning in February, it will offer a variety of noncommercial advanced seminars, as well as routine product knowledge classes for Mark Lees Skin Care. For information, call 800/447-5770.



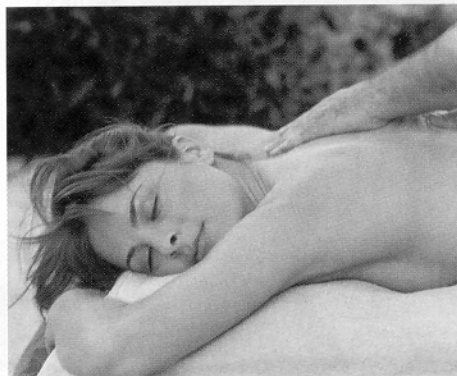
...The Bauman Medical Group (www.BaumanMedical.com) specializes in microsurgical hair restoration, using the Follicular-Unit Micrografting Technique to transplant 1,500 to 3,000 tiny grafts in a single session. The doctors use the same techniques for **eyelash transplantation** for those who have lost lashes due to trauma, but not for patients with alopecia totalis. Transplant recipients will need to trim and curl the new lashes regularly.

Flying Dry

If you're flying during the holidays, don't be surprised if people tell you how tired you look when you land. The dry air inside the plane, coupled with artificial pressure, puts tremendous stress on the body, especially the eyes. The body loses a significant amount of water during a long flight, and often the water consumed to combat dehydration gets absorbed by other parts of the body first, never making it to the skin and membranes of the eye. Puffiness and dark circles result when the eye tries to compensate by holding on to fluids. The solution? Take along a good eye cream, such as JUVENA ulti-max Eye with green mate extract (also known as yerba mate), which acts as a stimulus to naturally relieve the eye of trapped water and promote circulation. For more information, visit www.juvena.com.

Massage Converts

Stress isn't the only reason people seek out massage, according to results of the latest survey done by the American Massage Therapy Association, which were released in October during National Massage Therapy Awareness Week. The number of consumers seeking massage has risen steadily every year since 1997, and seniors



(those 65 and older) are increasingly using massage to help relieve stress and complement their overall health care.

"Research shows that massage is effective care for a

broad range of ailments, injuries and conditions," said Carolyn C. Talley, president of AMTA. "Our consumer survey gives us a real sense of how massage is now mainstream care and how often Americans receive massage." For all the results, visit the AMTA Web site (www.amtamassage.org).