

soi



medic art

Anne-Charlotte Carteyron's beauty routine,

CLINICAL DIRECTOR EPIDERMA MAISONNEUVE



PURE CLEANSING
MILK



TRIPLE ACTION
GENTLE EXFOLIATOR



FIRMING SERUM C



LIFTING IVORY
CREAM



1. PURE CLEANSING MILK

The Pure Cleansing Milk purifies the skin gently without dry it out, remove make-up on the face and the eyes, leaving the skin soft and revitalized. Every days, even if the time is missing, it's a step cannot be overlooked.



2. TRIPLE ACTION GENTLE EXFOLIATOR

Once or twice a week, after cleansing, apply a small amount of the Triple-Action Gentle Exfoliator on the forehead, cheeks, chin, neck and the neckline.

This foaming cream and fondant makes it possible to a real "satin finish" of the skin.



3. FIRMING SERUM C

To say goodbye to stains pigmentary, do not neglect the application of our Firming Serum C.

Before applying your cream, apply a few drops of serum on the face, neck and chest. Firming Serum C regenerates the skin and strengthens the hydrolipidic barrier brightening and illuminating complexion while diminishing hyperpigmentation.



4. LIFTING IVORY CREAM

To conclude this routine beauty, don't forget the last step and not the least: hydration.

Finally, apply the cream on your face, around your eyes and your neck. The Lifting Ivory Cream creates a lifting effect for your face, contour of your eyes and your neck in bringing to your skin the hydration it needs.

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04 — A WORD FROM OUR PRESIDENT

Check out the new issue of SOI. It's all about rebirth and renewal.

Inspire

06 — HERE COMES THE SUN

Spring brings a freshness that we never get tired of. What does the bright season have in store for you this year?

08 — OVERLOOKED SUMMER TREASURES

Some less known, locally grown berries that deserve a place on your plate this summer!

10 — LEARN TO DRINK MINDFULLY

It's absolutely possible to drink intuitively!

12 — BACK TO THE ESSENTIALS AFTER MONTHS OF UPHEAVAL

Celebrating the woman within the mother can also be important for our children's future. So, shall we?

14 — 3 NEW WAYS TO GET ACTIVE

Let's get out in new ways this summer. Which activity will you try?



Meet

16 — INTERVIEW WITH ISABELLE RACICOT

An interview with a host who is loving life and being entirely herself.

18 — A 36TH MEDICART CLINIC THANKS TO DR. STÉPHANIE MORIN

Dr. Morin has been sharing her passion and expertise in aesthetic medicine for nearly 20 years.

20 — INTERVIEW WITH DR. ÉLIZABETH MORENCY

A pioneer in aesthetic medicine and phlebology, Dr. Morency is the go-to specialist in the field.

Inform

22 — LEARN ALL ABOUT FIRMING SERUM C

An essential in Medicart's product line, Firming Serum C provides a host of benefits for your skin.

24 — NEW ELOS PLUS (SRA) TECHNOLOGY AT EPIDERMA

The latest photorejuvenation treatment to try for healthy, glowing skin.

26 — 5 WAYS TO RECHARGE YOUR BATTERIES

Summer is right around the corner. To make the most of it in the best shape possible, you need to boost your energy!

A word
from our
president



A BREATH OF FRESH AIR

By Julie Bédard

President and Chief Operating Officer, Medicart Network

Spring is the season of rebirth and renewal. Every year you feel it in your whole being. The arrival of warmer weather gives you wings and you feel alive again! It also signals the return of Sunday family brunch, nights out with friends to soak up some culture, and vigorous outdoor activities.

Spring is the ideal time to get your body moving. Dust off those New Year's resolutions that were set aside after a few weeks (oops!) and choose a new type of activity to get motivated. Why not try a different sport?

Something outside the box? It's a great idea that can encourage you to actually want to be active while having a thrilling experience. We've got three suggestions for you in this issue. Have you tried any of them?

And you can renew yourself too. Choose a targeted treatment to brighten your complexion, make you look younger and give you unshakeable confidence. It's spring. You want to sparkle too! Give yourself some love and enjoy life!

Happy reading!



Inspire

What inspires well-being? For some, it's enjoying the outdoors, a nice glass of wine at a restaurant, or a day at the spa. For others, it also includes well-being at work. Find the best tips right here!

HERE COMES THE SUN



The nice days are back! Spring, the annual symbol of renewal, joy and blossoming, is the perfect time to make a new start.

Did you know that the word “spring” comes from the Old English word “springan”, meaning to burst forth, to emerge, to happen? The new season could be a sign to let an inner desire to fruition, like taking on a new project, job or sport. And this link is not coincidental. In the spring, as the first buds are getting ready to blossom, you’re also filled with a sense of renewal. You want to feel alive again! The warmth of the sun and the chirping of nestlings awaken all your senses. What if you let a desire emerge and take you toward a new accomplishment?

The nicer weather is an invitation to get moving, and runners come out in droves to get their winter-heavy legs pumping. And when it’s really nice, why not head out in shorts?



"The more pleasant days also stimulate your neurons and creativity."



GOOD FOR YOU

Even without moving much, spending more time outside can boost your energy and morale. Just like the sap starts flowing in the trees, you feel your energy surge, and attracted by the abundance of fresh produce on the shelves, you start eating lighter, healthier foods.

As soon as the sun is out, the body starts absorbing vitamin D. It doesn't even take that much exposure. Just 15 minutes is enough to recharge your batteries (while protecting your skin and eyes from UV rays, of course!). Rich in vitamin D, the sun's rays give your immune system, and skin colour, a boost.

And what about mood? More natural light helps ward off seasonal depression, which affects a fair number of people. In 1984, American psychiatrist Norman Rosenthal showed the direct link between the lack of light and depression.¹ Since then, further studies have demonstrated that exposure to sunlight (or to a similar type of light) also helps activate the secretion of melatonin, serotonin and dopamine—hormones that help regulate mood.

THE NEED TO SOCIALIZE

The longer days with more sun also spur you on to change your behaviour. You want to go out! Whether you're enjoying leisure activities or cultural

or outdoor events, this is the time to leave your den and be with others. Feeling out of practice? Don't worry. Take it at your own pace, one outing at a time.

According to many studies^{2,3}, socializing reinforces the feeling of well-being. But you have to be doing it away from the screen, so forget about Zoom, Teams and Facebook. In-person socializing has a positive effect on mental health and reduces the risk of depression.

OPEN UP TO CREATIVITY

The more pleasant days also stimulate your neurons and creativity. Get out your paintbrushes, pick up a new project or sign up for a dance class... There's no limit to your imagination. This summer, let your desires lead the way!

¹ Norman Rosenthal, MD. "What Is Seasonal Affective Disorder?" online: <https://www.normanrosenthal.com/about/research/seasonal-affective-disorder/>

² Psychology Today. "The health benefits of socializing." (2016), online: <https://www.psychologytoday.com/us/blog/living-mild-cognitive-impairment/201606/the-health-benefits-socializing>

³ Psychology Today. "Face-to-face social contact reduces risk of depression" (2015), online: <https://www.psychologytoday.com/us/blog/the-athletes-way/201510/face-face-social-contact-reduces-risk-depression#:~:text=The%20study%20also%20found%20that%20when%20comparing%20face-to-face,frequent%20face-to-face%20contact%20with%20friends%20reduced%20subsequent%20depression10>

Overlooked summer treasures

The berries available here in the summer are always flavourful, fresh and rich in antioxidants. Some cutting-edge and courageous Quebec farmers are producing less known berries that most certainly deserve more attention. On their own, in a sauce or in one of your favourite desserts, these little delights will win you over!



By Isabelle Huot
Ph.D. in Nutrition
isabellehuot.com



Fig. 1

SOUR CHERRIES

Despite their name, sour cherries are delicious! Rarely on offer fresh, they are easily found preserved, dried or frozen. With five times the antioxidants in sweet cherries, sour cherries also contain anthocyanins, which studies have shown to reduce the risk of new intestinal tumours and slow the growth of cancer cells in the colon. Try drinking sour cherry juice after a workout for better muscle recovery.

SEASON: Late July to early August



Fig. 2

BLACKCURRANTS

Well adapted to our harsh climate, blackcurrants are still not grown regularly here. Fewer than 20 farmers grow blackcurrants in Quebec! While the berry is quite fragile, it has wonderful characteristics. Given its somewhat tart taste, consumers prefer blackcurrants in products rather than fresh. Loaded with antioxidants, they are rich in vitamin C and can be used to replace cranberries in most recipes. If you're curious about giving them a try, be quick about it! The season only lasts about 10 days!

SEASON: About July 20 to August 5



Fig. 3

ELDERBERRIES

These small, dark purple berries taste like a juicy cross between blackberries and blueberries. Their antioxidant power outperforms both cranberries and blueberries. They are also high in vitamins C and A. Effective against the common cold and some viruses, elderberries and elderberry leaves are also known to stimulate the immune system.

SEASON: The month of July for the flowers and in September for the berries



Fig. 4

SASKATOON BERRIES

These tiny berries, also known as juneberries or serviceberries, are very popular in western Canada. Although they are sweeter and contain more antioxidants than blueberries, they are much less known. High in vitamin C and iron, Saskatoon berries' dark colour comes from the antioxidant anthocyanins they contain.

SEASON: Mid-July to mid-August



Fig. 5

HASKAP BERRIES

Originally from Russia, these berries have been grown in the Lac-Saint-Jean area for several years now. Haskap berries have a unique sweet-and-sour taste and are used in an array of products like jam, herbal tea, gum, ice cream and wine. Rich in vitamin C and containing anthocyanins and polyphenols, haskap berries are an excellent source of powerful antioxidants.

SEASON: Late June to early July



FROZEN YOGURT AND QUEBEC BERRY BARS

Recipe by Isabelle Huot
Ph.D. in Nutrition

Servings: 6
Preparation: 10 minutes
Freezing: 3 hours

INGREDIENTS

2 cups (500 ml) plain Greek yogurt (0% M.F.)
3 tbsp. (45 ml) maple syrup
2 tbsp. (30 ml) lemon, orange or lime juice
Citrus zest, to taste
Fleur de sel, to taste

TOPPINGS

Your choice of Quebec-grown berries
Pistachios and mixed seeds (sunflower, pumpkin, sesame)

DIRECTIONS

In a bowl, stir together the yogurt, maple syrup, citrus juice, zest and fleur de sel.

Pour this mixture onto a cookie sheet lined with parchment paper. Top attractively with berries, pistachios and seeds.

Place the sheet in the freezer for 3 hours or until the mixture has hardened. Remove from the freezer and break into chunks to serve.



Learn to drink mindfully

With the return of dinner parties, barbecues with friends and picnics in the park, it's easy to feel the urge for a glass (or three) of wine. Did you know it's possible to drink responsibly without restriction with an intuitive approach? And that drinking mindfully could bring you one step closer to overall wellness?



By Jessica Harnois

Sommelier, master's student at the Université du Québec à Trois-Rivières (UQTR) and member of the Loricorps research group at UQTR. Her research examines intuitive wine drinking, under supervisor Johana Monthuy-Blanc.

“Drinking mindfully helps us enjoy life without feeling guilty.”

TRUST YOUR INTUITION

These days, health trends are veering away from food restriction. These approaches have not proven effective in weight management and, in fact, are based on false beliefs. The same goes for alcohol. It's better to drink what we like in reasonable amounts, and especially to enjoy it, than to deprive ourselves for the wrong reasons.

The goal of intuitive eating is to encourage a healthy relationship with food, the body and the mind by consuming mindfully. And the idea of enjoyment is right at the heart of this approach. Drinking mindfully can be learned and practised in daily life. Instead of classifying alcoholic beverages as good or bad, they can be imbibed intuitively without excess. And that's the key to rediscovering the pleasure of eating and drinking while maintaining a healthy balance!

How do you do it? We need to pay close attention to our body and mind using mindfulness. That means we need to listen to and follow the physiological signals that tell us what our body needs. That is how we can create a healthy relationship with all foods, solid as well as liquid, by reconnecting to our senses and our bodily sensations. Drinking mindfully helps us enjoy life without feeling guilty. It's another step towards a healthy, balanced lifestyle.

DRINKING INTUITIVELY

Diet should be considered holistically, including both food and drink. Even though we mainly use the term “intuitive eating,” we should understand that it encompasses a full diet, meaning drinking as well. So can an intuitive approach be used for alcohol? Yes, it can, but there's an important nuance. In some cases, intuitive drinking seems impossible to imagine, as in the case of alcoholism, for example. A person suffering from or recovering from serious drinking issues has a good deal of work to do before even imagining being able to drink intuitively. But for those who have a healthy relationship with alcohol, is there a way to reconcile alcohol, enjoyment and health? We believe there is, as long as the intake is reasonable.



Drinking less and more suitably can be done by being attentive to our needs and desires, and by accepting those insights without judgment. Of course, alcohol can alter our judgment, so we have to maintain awareness to drink intuitively. That might mean drinking one glass of wine with dinner or having a glass to relax after a hard day at work if it is enjoyed mindfully and in moderation. So let yourself have the glass of bubbly to celebrate a success! There's no point in finishing the bottle. You'll see that by combining pleasure and health, you can increase your sense of well-being. Like many other pleasures in life, it's about finding balance.

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Back to the essentials after months of upheaval

By the Centre de pédiatrie
sociale de Québec

It is essential that we, as a society, make children a priority and put their interests front and centre in our decisions. We all have the responsibility to ensure that children's rights are respected and that they can develop to their full potential. As long as inequalities exist and children are living in vulnerable situations, we want to be there to help them by supporting and guiding them through our unique, specialized services adapted to their needs. By sharing our expertise with partners and the community, together we can lead children along their path to success.

Two entrepreneurial moms have immersed themselves in this cause while raising awareness among other mothers in Quebec. Celebrating the woman within the mother and honouring her need to try a different way is the vision of the virtual gathering *Mamans Urbaines & Confettis*, an event supported by Epiderma to benefit social pediatrics in Quebec.

The event's fourth edition, built on generosity and collaboration, will be held as a round table, with four guests discussing the importance of going back to the essentials and kindness. Meggie Bélanger, mom of three, journalist and host of the podcast "À la hauteur de nos tout-petits" will lead the discussion on

- > The key to mental health: sleep
- > The key to physical health: prevention
- > The key to balance: decluttering
- > The key to family harmony: positive parenting

All "urban mamas" have a need to share with other moms their common experiences with their little ones, as well as to learn about subjects that affect their daily lives. They experience similar situations in all spheres of their lives as mothers, partners and especially women.

On Friday, May 13, 2022, at noon, we will bring Quebec's moms together to support children living in vulnerable situations around the province.

Join us for this lunch conference featuring and honouring #mamansconfettis! It will be a place to exchange views on the themes that affect mothers today and an opportunity to get back to the essentials.

As long as there are inequalities and vulnerable children, social pediatrics will be there to help, support and guide them.



For more information
or to register:
mamansurbaines.ca

3 original ways to get moving

Bored of running? Have you and your bike had a falling out? It's time to get your rump in gear and try a new sport. Solo or with others, something fresh will motivate you to get active this summer, and who knows, maybe you'll discover a hidden skill!

TAKE YOUR ZEN TO THE WATER



1

Now that you're comfortable on your paddle board, it's time to change it up and try some yoga postures. SUP yoga is a new way to enjoy yoga while also finding balance. The board will respond to the tiniest movement, so this is a great way to work on your stabilizer muscles (and get your Zen on!).

2

Imported from California, slackline is now everywhere. Whether hung between trees in a city park or poles at a climbing centre, the wide elastic strap invites you to try your hand at tightrope walking. While it does take patience and perseverance, it's relatively easy to get started.

FIND YOUR BALANCE



TRAVEL THE TREETOPS



3

Aerial courses are gaining ground! With rope courses, zip line, via ferrata and more, there are a host of ways to do this outdoor activity that will help you conquer your fear of heights. Perched high in the trees, aerial courses are completely safe and can be done at your own pace and level.



Meet our precious employees, passionate people who love sharing beauty secrets and talking about their world. Meet our inspiring people through discussions about beauty, well-being and ambition.



MEET

Meet Isabelle Racicot

AN ACCOMPLISHED HOST HAPPY JUST THE WAY SHE IS

Aging is a privilege. For Isabelle Racicot, who lost her mother when she was only 12, this expression really hits home. Not long after her fiftieth birthday, Racicot is relishing this new stage of life.

“I always said that my fifties would be my best decade, and I believe it will be! I’m happy with who I am and much less concerned about my image than I used to be. I can use my experience to my benefit.”



“I’ve got good genes!” It’s the first thing out of the host’s mouth during our interview the day after her birthday. “I have four grey hairs and just about zero wrinkles!” A happy mom and unparalleled communicator, Isabelle Racicot’s zest for life is contagious. In her opinion, her smile is one of her best assets. And she attributes her glowing skin to a beauty routine she follows religiously. “I like to take care of myself and create wellness rituals.”

A NEW LIFE STAGE

Isabelle Racicot is grateful to be aging while looking and feeling good. “I always said that my fifties would be my best decade, and I believe it will be! I’m happy with who I am and much less concerned about my image than I used to be. I can use my experience to my benefit.” But that doesn’t keep her from getting glitzed up for the red carpet in the latest fashions by Quebec designers.

THROUGH THE VIEWFINDER

After traveling the globe to interview the world’s biggest stars—including the likes of Sir Paul McCartney, Tom Cruise and Céline Dion—and covering the best-known cultural events—the Oscars, Cannes, the Grammy Awards, the People’s Choice Awards and more—Isabelle is now presenting life from the other side of the camera.

Two years ago, she shook up audiences with her documentary on systemic racism (*Pour mes fils, mon*

silence est impossible). Riding on the urgency awakened by the Black Lives Matter movement, she felt pulled to address this delicate and polarizing issue. “I couldn’t stay quiet. I made the movie for my sons. I needed to say something, but especially to show different realities. If I didn’t have kids, I’m not sure I would have gotten into it so deeply,” confided Racicot, who has been speaking regularly about the film since its release.

The host especially enjoys meeting people who inspire her. She was enthralled by each exceptional person featured in a show she organized earlier this year, “Les dix de 2021.” “I wanted to do this project for three years and I’m so happy it finally came to fruition.” She hopes to bring it back again in the future.

FUELLED BY CHALLENGE

For now, she’s still taking the mike every day on the radio, one of her favourite co-hosting job. “Radio is spontaneous and fires me up! It keeps me up to date with the news and social issues, and I love that. I also feel driven by the younger generation that questions everything—and that includes my two boys. It’s so stimulating.” It’s no wonder the media is clamouring for her services as a host, throughout English Canada as well as in Quebec. She loves this kind of atypical freelance work that keeps her on her toes. “At 50, I get charged up by new challenges and I love it!”

MEET

DR. STÉPHANIE MORIN



A 36th clinic in the Medicart network

At her clinic, Dr. Stéphanie Morin and her team have been proud to share their passion for and expertise in aesthetic medicine for nearly 20 years. Dedicated to providing patients with personalized care in a serene and welcoming environment, the Clinic offers a limited number of treatments so Dr. Morin and her team can remain focused on their specialization.



Dr. Stéphanie Morin, Medical Director of the clinic, is a recognized leader in aesthetic medicine. She has built a reputation that extends beyond Canada's borders as a physician specializing in injections.

DR. MORIN, HOW DID YOUR PASSION FOR AESTHETICS COME ABOUT?

I knew at a young age that I wanted to be a doctor. My mother was an orderly, and she cared for her patients as if they were her own family members, and I wanted to do the same.

My specialization in aesthetics happened very naturally. Twenty years ago, I was at a spa in Tremblant when I saw an ad for injections. On impulse, I called the number provided and said I was a doctor and wanted to be trained in administering injections. Thus began the last twenty years!

Aesthetic medicine fits my personality: meeting people, seeing them regularly, getting to know them. I enjoy being able to help using a general approach and to empower people to feel confident and good in their own skin.

WHAT IS YOUR FONDEST PROFESSIONAL MEMORY TO DATE?

My fondest memories would be of all the fun moments and laughter

that I have with my patients. The atmosphere in our clinic is rather festive; the staff is always laughing and having a lot of fun with the clients who come visit us.

I also like to remember my first office, where the patients sat in chairs lined up along the wall. It is very gratifying to see how the clinic has progressed over the years and to realize how far we have come from where we started.

WHAT DO YOU THINK SETS YOUR CLINIC APART?

The energy! When clients come to the clinic, they feel like they are visiting their girlfriends and having fun. The waiting room is like our living room, and the treatment rooms are our kitchen. Our philosophy at the Clinic is to treat our clients as if they were members of our own family.

If I refuse to perform a treatment on myself or a loved one, I do not offer it in my Clinic.

IF THERE IS ONE PIECE OF ADVICE YOU COULD GIVE TO ANYONE WHO WANTS TO START TAKING CARE OF THEMSELVES, WHAT WOULD IT BE?

We often forget that 80% of all illnesses can be treated with the tools that we ourselves control.

Simply put, my most important piece of advice would be to eat well,

be active and of course, feel good in your own skin!

My patients know that diet, exercise and healthy living are my favourite topics when the office door is closed.

You can meet Dr. Morin and her team at the clinic located at 1550 Montée Champagne in Laval.

CARE OFFERED

Neuromodulator injections
Hyaluronic acid injections
CoolSculpting®
Double chin treatment
Hyperhidrosis
Belkyra treatment
Hand rejuvenation
Facial rejuvenation
Anti-aging treatment
Microneedling
Hair loss

medicart.com

DR. ÉLIZABETH MORENCY, A PIONEER IN AESTHETIC MEDICINE AND PHLEBOLOGY

As Medical Director at Medicaart Quebec, Dr. Élizabéth Morency specializes in aesthetic medicine and phlebology, and has over 25 years' experience in the field.



**MEDICART QUEBEC IS LOCATED AT
2954 LAURIER BOULEVARD, SUITE 620,
IN QUEBEC CITY.**

Book an appointment or access the online
store at medicaart.com

Upon graduating from medical school, Dr. Morency's interest in aesthetics led her to pursue further training in phlebology. She began practicing family medicine, while also making her first forays into phlebology. Technological advances prompted her to take an interest in various anti-wrinkle injection techniques. She attended the most widely acclaimed training courses in order to keep her practice up to date in these areas.

As a complementary service, Dr. Morency and her team offer a variety of state-of-the-art medical-aesthetic treatments to meet the needs of her patients.

WHAT TECHNIQUES DO YOU RECOMMEND FOR PATIENTS WHO WANT TO SLIM DOWN THEIR FIGURE?

I would recommend CoolSculpting®, which utilizes cryolipolysis technology to rapidly absorb and freeze fatty tissue. This process entails killing fat storage cells. The purpose is to get rid of unsightly lumps around the belly, sides, back, thighs, arms and beneath the chin.

IF YOU HAD TO NAME ONE TREATMENT IN PARTICULAR THAT DESERVES MORE ATTENTION, WHAT WOULD IT BE AND WHY?

PRP (platelet-rich plasma), which stimulates the dermal stem cells that produce collagen and elastin. This treatment can rejuvenate and beautify the skin around the eyes, face, neck, neckline and hands, as well as treat certain imperfections. Plasma contains growth factors that promote the skin's natural regeneration processes. A highly effective treatment that allows you to transform your body by using your own body!



Inform

Our mission: decrypt trends, and present proven care methods, demystifying their scope and benefits, as well as the lexicon used in the marvellous worlds of dermatology and aesthetic medicine.



FIRMING SERUM C: AN ESSENTIAL PRODUCT IN THE MEDICART LINE

Medicart products
are made in Quebec,
do not contain
gelatin, and are not
tested on animals.

With summer coming and sun exposure becoming more frequent, we need to make sure that our skin is prepared and that our product kit is fully stocked to keep us well protected. Looking for a serum that improves the appearance and texture of skin damaged by the sun, and reduces the inflammation associated with it? Medicart has exactly what you need!

Firming Serum C from our “Nature” line regenerates the skin and strengthens its hydrolipidic barrier by clearing and brightening your complexion while reducing hyperpigmentation. It helps fight early signs of aging.

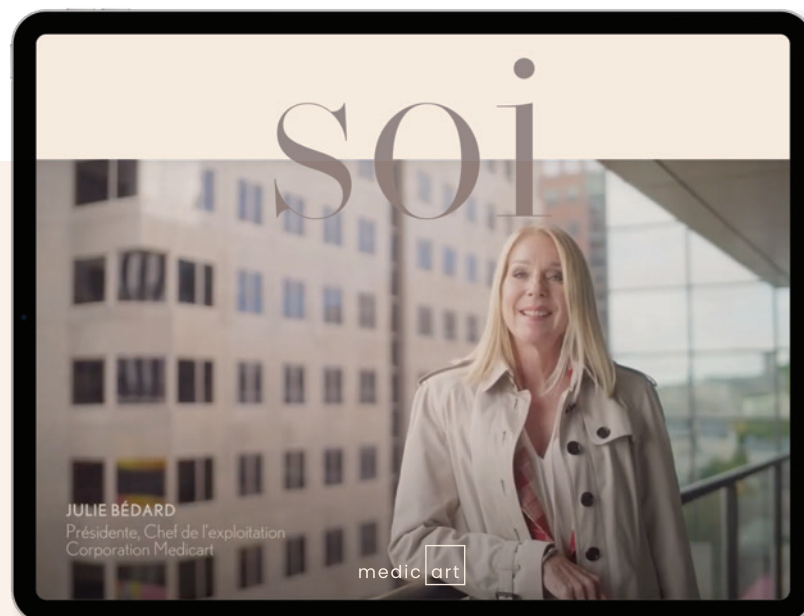
In addition, it neutralizes the harmful effects of free radicals, improves the appearance and texture of skin damaged by the sun, and increases the efficacy of the active ingredients in sunscreen. Say goodbye to dark spots!

FIRMING SERUM C

Apply to face, neck and neckline in the morning, before your moisturizing day cream. Can be used at night either before your night cream, or instead of it for sensitive skin. Apply a few drops to your skin before using your moisturizer.

epiderma.ca/boutique

SOI: a web series and podcast to discover



In the *SOI* web series presented by Medicart, Julie Bédard, president and Chief Operating Officer, of the Medicart network, talks to inspiring people who are passionate about holistic health and aesthetic medicine. This is a unique opportunity to get the best advices for aging beautifully.

COMMITTED AND INSPIRING CONTRIBUTORS!

Dive into some very interesting discussions with **Dr. Thi Nhu Mai Ho**, a general practitioner specializing in aesthetic medicine who has been with Epiderma for over 10 years. Dr. Mai Ho shares with you how she fell in love with the field of aesthetics and reveals a touching moment related to her practice while demystifying anti-wrinkle injections.

Julie Bédard also talks to **Isabelle Huot**, a successful entrepreneur and columnist with a doctorate in nutrition. In this episode, you'll learn more about healthy eating, the Mediterranean

diet and foods to incorporate into your daily routine to slow down aging, and ward off certain types of diseases.

Stay tuned! New episodes are coming soon with none other than **Jessica Harnois**, an influential sommelier in Quebec and abroad, and **Dr. Élizabeth Morency**, Medical Director at Medicart Quebec. Read about Dr. Morency's professional background and her practice on page 20 of this magazine.

Want to know more? The extended version of the *SOI* web series is also available on Medicart's YouTube channel and in podcast format on Spotify.



ELOS PLUS (SRA) TECHNOLOGY MAKES ITS DEBUT AT EPIDERMA



Over time, skin changes depending on a number of factors, including age, genetics, certain illnesses, and types of medication. Stress, pollution, sun and a lack of hydration can also have long-term negative effects on your skin, which is why it is important to take good care of it. Epiderma now offers photorejuvenation treatments with Elos Plus Technology (SRA) to restore skin's healthy appearance and even tone.



Photorejuvenation devices have indeed gained popularity due to their effectiveness in fighting the effects of aging on your skin. The Elos Plus technique (SRA), which acts directly on the three layers of the skin (epidermis, dermis and hypodermis), also treats benign pigmentation problems, superficial melasma, as well as smaller vascular issues.

Dr. Alexis Du Cap, Medical Director at Epiderma, explains that “long-term exposure to the sun’s rays with little or no sun protection is closely linked to the appearance of photoaging of the skin. As a result, skin loses its elasticity and tone, and develops redness and age spots.”

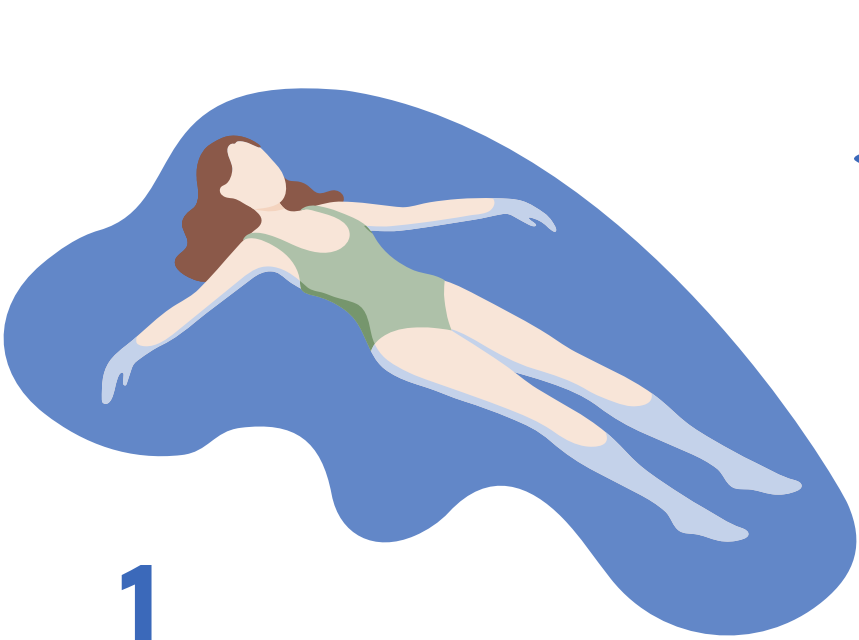
A PAINLESS AND EFFECTIVE TREATMENT

Epiderma clinics have recently been equipped with the SRA handpiece used with the Elos Plus device. “The photorejuvenation treatment is performed with a laser using intense pulsed light

(IPL). The principle is similar to laser hair removal,” explains Dr. Du Cap. The light is converted into thermal energy as it reaches the collagen layer beneath the skin’s surface. Results: this treatment, which is always carried out with medical approval at Epiderma, restores the skin’s healthy appearance and radiant complexion.

“Five days after my treatment, I noticed that the dark spots on my face were lighter and my skin was radiant. I’m really impressed with the results, so much so that I’ve decided to treat myself each season to maintain my glowing complexion!”

— Alejandra O, Epiderma client



1

Float

Some say that floating in a bath of Epsom salt for one hour is as relaxing as four hours of sleep. We'll take two, please! Where can you go to float in peace?



2

Sleep

Gift yourself a night's stay at a hotel in your area, with breakfast in your room and access to a hot tub. Everything you could ever want, right?

5 ways to recharge your batteries

With warmer weather on its way, here are five healthy ways to recharge and increase your sense of wellness.



3

Sweat

Let the stress and pressure evaporate as you relax in an Aufguss sauna, where a professional pours water and essential oils on the hot stones.



4

Meditate

There's no better place to unwind and reboot than a meditation retreat with a unique approach to relaxation and holistic health.



5

Relax

Relax and take time for yourself by establishing your summer beauty routine. Our Medicart Soothing Mask is perfect for firming and relaxing the skin!

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