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A word
from our
president



FINDING BALANCE

By Julie Bédard

President and Chief Operating Officer Medicart Network

Finding personal balance in our overbooked, busy lives is an objective that many share but, let's admit it, that is not so easy to achieve.

Balance is intangible and vague but a highly sought-after concept, nonetheless. Balance, or the idea one has of balance, varies from one person to another. Each person's path differs, varying between family life, professional fulfillment and personal well-being.

This fragile balance varies over time. The balance we're after between the different parts of our lives is not the same in our twenties, our forties, or our sixties. Nevertheless, it is equally important

during the different stages of our lives. You occasionally must revisit your priorities and allow yourself to make mistakes on your way to achieving your objectives.

To help you find the balance that's right for you, we share some inspiration, tips and tricks in this winter issue. Not to mention ideas to get you moving, playing outside to enjoy the fresh air and optimizing your productivity at work. With the holidays coming up fast, we also have some gift ideas for your loved ones, so that they can also find this famous balance.

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!

The Balanced Way to Work from Home

Working from home has its benefits: no more driving through rush hour traffic, long commutes, and microwaved lunches. But there are also limitations. With this new reality comes a new quest for life balance, namely knowing when to log off.

Marie-Helene has never worked as much as she has since she set up her home office. As soon as she wakes up, she texts her colleagues and answers her emails, a habit she continues even on the weekends and her days off. Her phone has literally become her assistant, or even a colleague. However, this way of functioning, also called 'hyperconnectivity' can have harmful effects on Marie-Helene's and other remote workers' lives. According to studies, it is a source of stress, performance anxiety, and depression.



THE RIGHT TO DISCONNECT

More and more experts are proclaiming the right to disconnect. For workers to have that right, teleworking and hybrid models need to be better regulated. Québec's order of certified human resources advisors is calling for each organization to create a clear and consistent policy so that guidelines and boundaries between personal and professional lives will be the same for all employees. And why not legislate a solution and pass a law on the right to disconnect? France did it four years ago, and Québec could follow her leads since a bill was tabled in the National Assembly in June 2020. However, even before a law is adopted, it is possible to establish some practices in order to bring balance to remote working.



"Even when working from home, it's important to maintain relationships with coworkers."



ORGANIZING YOUR DAY

How? First, by scheduling working hours, meetings and time for deep focus in advance. But this also applies to details. For example, add a note at the end of your emails stating you will reply only during work hours. Block access to your emails during evenings and weekends or go for a walk during breaks to avoid going online again. All these little gestures will help you disconnect from work but also be more efficient and productive when you're working.

HAVING A HEALTHY LIFESTYLE

Sleeping well, eating well, and exercising are the most common health tips we get. Being steps away from the fridge can be distracting (the temptation to snack is real), but it can also be an advantage when you have access to home-cooked meals and fresh produce. Work in front of a screen? Change up your position, go for a run during lunch time, and organize outside meetings.

BUILDING AND MAINTAINING CONTACT

Isolating yourself is out of the question! Even when working from home, it's important to maintain relationships with coworkers. Laughing with your team, recognizing successes, and talking spontaneously will not only reduce stress but also build team cohesion, and in the end, it will increase productivity while maintaining a healthy life balance.





By Isabelle Huot
Ph.D. in Nutrition
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A LOCAL FOOD DIET IN WINTER: IT'S POSSIBLE!

What do garlic, beets, carrots, celeriac, mushrooms, cabbage, butternut squash, endive, parsnips, leeks, rutabaga, and Jerusalem artichoke have in common? They are all local winter vegetables. In the province of Québec, contrary to popular belief, it is possible to eat locally, even in winter. And eating locally has many benefits.



Winter vegetables add flavour and texture to the delicious recipes that warm our bodies and souls during the harsh and cold winter season.



LOCAL ECONOMY

Buying local winter vegetables helps local producers and the local economy. One of the ways to do it in winter is to subscribe to a vegetable basket. These baskets are offered in different areas by different producers or organizations. It is also possible to buy local products at grocery stores. The “Aliments du Québec” logo helps you identify local vegetables more easily.

HEALTH

Eating local winter vegetables also has many health benefits. Vegetables are unprocessed, rich in fibre, vitamins, and minerals. Fibre helps with bowel function, reduces cholesterol levels, and controls blood sugar. As for the vitamins and minerals, they are both essential to our health and perform many functions in the body. For example,

vitamin C, which you can find in fruits and vegetables, helps with the absorption of iron from plant-based sources, and helps with scarring. Furthermore, according to the World Health Organization (WHO), eating at least 400 g of fruits and vegetables daily lowers the risk of developing non-transmissible illnesses such as cardiovascular disease and diabetes.

WHY IS SEASONALITY IMPORTANT?

Considering products' seasonality is important not only for the environment and our health, but also for taste. In fact, produce is at its best in terms of nutrition, aroma, and flavour when it is in season. Furthermore, when it is local, produce can be harvested at maturity and does not have to travel long distances, which allows it to stay fresh.

COMFORTING WINTER VEGETABLES

For many, vegetables are not synonymous with comfort. Nevertheless, winter vegetables are used in many comfort food dishes, such as: stews, gratins, and soups. In fact, winter vegetables, such as root vegetables, are well suited to the long, slow cooking of many comfort foods. Not only do they have many much-needed health benefits, but they add flavour and texture to the delicious recipes that warm our bodies and souls during the harsh and cold winter season.

Eating local seasonal vegetables is a very good habit to have, as much for the local economy and for our own health and the environment. So, this winter, enjoy cooking delicious meals showcasing local winter vegetables.

A creamy
and tasty soup
made of a
delicious mix
of autumn
vegetables



For seasonal recipes,
visit the local producers
Québec association:
www.mangezquebec.com

Grilled Vegetable Soup

**Recipe by Isabelle Huot
Ph.D. in Nutrition**

Servings: 4
Preparation: 15 minutes
Cooking: 60 minutes

INGREDIENTS

4 cups of peeled and diced
butternut squash
2 cups of peeled and diced carrots
1 onion, diced
15 ml (1 tbsp) of sesame oil
3 garlic cloves
Rosemary
500 ml (2 cups) of chicken broth
250 ml (1 cup) of milk
1 can (540 ml) of lentils

PREPARATION

Heat oven at 400°F.
Cover a baking sheet with parchment
paper. Put diced squash, carrots, and
onion on baking sheet.
Brush half the sesame oil on
the vegetables. Add rosemary.
Put garlic cloves in foil and add them
to the baking sheet.
Bake for 40 minutes.
Once the vegetables are done,
take them out of the oven and put
them in a big saucepan. Add the
remaining sesame oil and gently
stir the vegetables.

Remove garlic from foil. Press the garlic
cloves to remove the candied garlic.
Add the remaining ingredients
to the saucepan.
Add chicken broth and milk.
Bring to a boil.
When the mixture is boiling, reduce
the heat, add lentils, and cook
for 15 minutes.

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Snacks



Natural Wine: More Than a Trend

By Jessica Harnois
Sommelier
Wine Club Jessica Harnois
jessicaharnois.com

These days, healthy habits are a must. Everyone wants to eat organic food that is grown without the help of chemicals. The same line of thought applies to alcoholic beverages such as wine.

WHAT IS NATURAL WINE?

The idea of a natural wine is simple: it's a wine that is made using ancestral techniques with minimal interventions. There aren't any established rules, but generally, winemakers do not use pesticides or herbicides in their vineyards. They avoid putting additives in the wine, or if they do, they add only a little bit of sulfites (SO²) if needed. It is good to know that all wines produce SO² when they ferment. Therefore, natural wines also contain sulfites. Contrary to popular belief, sulfites are not responsible for headaches. The fault lies with ethanol, an alcohol derivative.

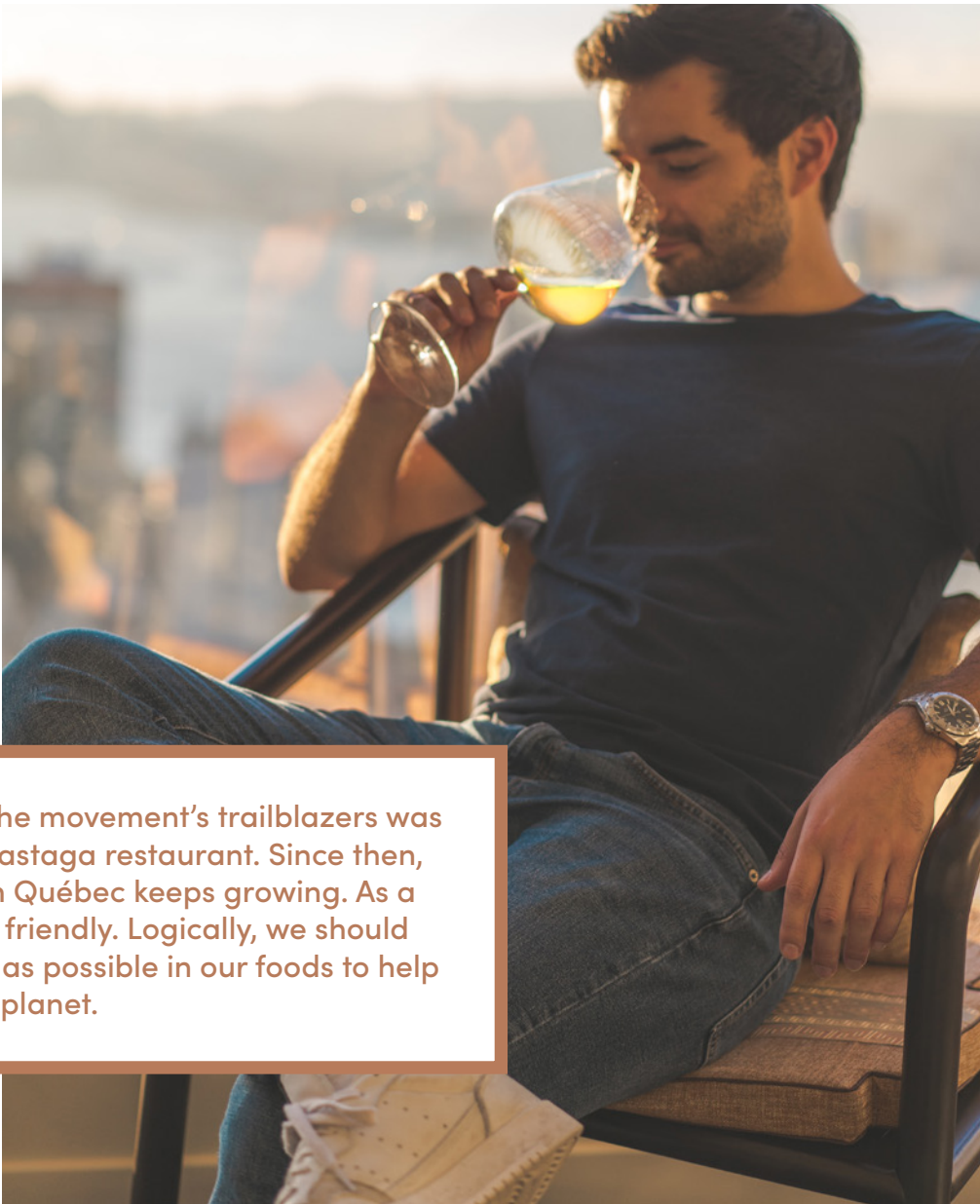
WHAT DIFFERENTIATES NATURAL WINE FROM THE OTHERS

Although the production methods for natural wines are unique and minimalist, in both the field and the cellar,

the wine should not, theoretically, taste any different. Nevertheless, some prefer them over other wines. Think about your garden tomatoes, how they can be tastier than other tomatoes that are not organic. It is the same for grapes. Some organic grapes are particularly juicy. What separates natural wine from others is the fact that they are not protected by sulfites or other additives. As a result, you can smell and taste what we call 'foxy' aromas with an animal scent that reminds you of the smell of leather, stables, or wild animals. Sometimes, you can even get a whiff of skunky aroma. Brettanomyces are responsible for these foxy aromas. "Brett" is a kind of yeast that gives wines peculiar aromas that are, often considered defects. Yet some have started to associate these aromas to natural wines and even appreciate them. This suggests that trends are constantly evolving, and that it's best to let nature take its course.

CAN YOU STORE NATURAL WINE?

Natural wines are not good candidates for the cellar. When a wine has no or few inputs, it has no protection to help it age well over time and risks spoiling in no time at all. Therefore, it's better to taste a bottle of natural wine when it's young in order to enjoy all its lively and fruity flavours. Once a bottle has been opened, the wine can quickly oxidize on contact with air. One good option is to go enjoy natural wines at a wine bar. Another idea would be to order a case of 6 or 12 bottles through private import. You can easily order these products online via wine agencies such as Ward et Associés, Calice, Le Vin dans les Voiles, and others. The cases you order will be delivered to a nearby SAQ. It is a very simple process.



Ten years ago, in Montréal, one of the movement's trailblazers was Martin Juneau, chef and owner of Pastaga restaurant. Since then, the infatuation with natural wines in Québec keeps growing. As a bonus, this trend is environmentally friendly. Logically, we should do our best to use as little additives as possible in our foods to help preserve our health and that of our planet.

Top 3 Natural Wines

Here are a few natural wine suggestions to introduce you to the world of natural wines.



BEEZZ FREE (\$18.00)
Québec Mead
This organic mead from Apicole Desrochers Farm is a delightful combination of apples and wildflower honey. Pay attention to how it feels as you drink it: you can feel little bubbles popping in your mouth. This mead is great when served chilled as an aperitif!

AVAILABLE IN SPECIALTY STORES



MEINKLANG KONTAKT 2020 (\$21.85)
Austrian Orange Wine
Affordable and very interesting, this Welschriesling, pinot gris and traminer blend is aromatic and perfect for a little afternoon gathering or with sushi.

SAQ 14509553



DOMAINE DES VIGNES DU MAYNES MÂCON VILLAGES (\$33.00)
A Natural Burgundy Wine
This delicious French chardonnay bursts onto the palate. It is pure and vibrant; this wine shows backbone; it opens up with yellow apple flavours. Perfect with chicken or pasta.

SAQ 14748597

Epiderma is proud to have partnered with the Québec Breast Cancer Foundation for 14 years as part of its annual awareness campaign. Each year, Epiderma pledges to donate \$20 to the Foundation for each selected package sold during the month of October.



BREAST CANCER: HOW TO LIVE WITH PHYSICAL CHANGES

One in eight women will receive a breast cancer diagnosis during her life¹. Each of these women will have to endure, sometimes aggressive treatments, that can result in hair loss, loss of one or both breasts, dry skin, and more. The reactions to witnessing body changes during treatments are different for each person as body image is subjective and depends on emotions, thoughts, and self-perception².

For Sylvie, the first change was hair loss. “Finding out I had breast cancer was a shock, but losing my hair was like a slap in the face,” she told us after having undergone chemotherapy and a mastectomy of the left breast. Despite everything, she grabbed on to the notion that her priority was getting rid of her cancer and that meant the treatments were necessary. All the physical changes she was going through were the key to “getting rid” of her cancer.

After her diagnosis of triple positive breast cancer (HR+ and HER2+), Pearl acquired a wig. “I didn’t like it. It was hot and uncomfortable. When I looked at myself, I felt like an imposter,” she recalled, explaining that she wore the wig just two or three times. From the beginning, she decided to own her new appearance.

While Sylvie and Pearl managed to keep a positive attitude, studies have shown that many women diagnosed with breast cancer have issues related to body image that should not be ignored^{3,4}. Depression, anxiety, sexual dysfunction, and isolation are possible effects that need to be discussed more openly and frequently.

Therapy helped Sylvie maintain a positive outlook during her fight. Pearl could count on her support system and even learned how to use her experience to help others. “I managed to live well with my new appearance. I met wonderful new friends who helped me to accept it. Sometimes, I think I’ve also done good; with my openness, I listened to others and demystified it for them.”

To lessen the stress tied to body image, there is a variety of resources available for people with cancer. For example, a nurse navigator can refer you to aesthetic resources like tattoo artists who specialize in nipple tattoos. On their end, the Québec Breast Cancer Foundation offers free psychological support, as well as a support help phone line for women with breast cancer, and many other free services.

Breast cancer can also teach us some beautiful lessons. “There were many victories with this cancer, but among other things, it gave me self-confidence,” Pearl said. “I was very critical of my body, my appearance. Then, I understood that my health was much more important. It was a silver lining throughout my illness.”

Have you been affected by breast cancer? Get support from the Québec Breast Cancer Foundation:
Psychological support
Support help line
My Active Health™
Pink Community™

To learn more about breast cancer, please visit the Québec Breast Cancer Foundation website: rubanrose.org/en



¹ QBCF, (2021) “Breast Cancer Statistics.” <https://rubanrose.org/en/inform-me/all-about-cancer/breast-cancer-statistics>

² C. A. White, “Body Image Dimensions and Cancer: A Heuristic Cognitive Behavioural Model”, *Psycho-Oncology*, V. 9, no. 3 (June 2000): 183–92, [https://doi.org/10.1002/1099-1611\(200005/06\)9:3<183::aid-pon446>3.0.co;2-I](https://doi.org/10.1002/1099-1611(200005/06)9:3<183::aid-pon446>3.0.co;2-I)

³ Pat Fobair et al., “Body Image and Sexual Problems in Young Women with Breast Cancer”, *Psycho-Oncology*, V. 15, no. 7 (2006): 579–94, <https://doi.org/10.1002/pon.991>

⁴ Michelle Cororve Fingeret, Irene Teo, and Daniel E. Epner, “Managing Body Image Difficulties of Adult Cancer Patients: Lessons from Available Research,” *Cancer*, V. 120, no. 5 (March 1, 2014): 633–41 <https://doi.org/10.1002/cncr.28469>

⁵ Fingeret, Teo, and Epner.

4 TIPS TO ENJOY WINTER

Winter does not mean you have to stay home. It's time to get some fresh air!

EXERCISE

It's a fact; engaging in physical activity will not only keep you in good shape but it will also keep you warm. When practising winter sports like hiking, snowshoeing and cross-country skiing, your body produces hormones such as endorphins, dopamine, and serotonin. They help you relax and keep you in a good mood for a healthy mind in a healthy body!

GET DRESSED

There's a saying that states there is no wrong weather, just wrong clothing. In other words, to enjoy Québec's winters you need to wear the appropriate clothes. You should choose what to wear according to the weather and the activity you're going to do. Is your winter wardrobe complete? Time to get ready!

HAVE FUN

Build a snowman with your little ones, go ice skating on a lake, jump on a sleigh, make snow angels or have a snowball fight. Simple pleasures are often the best. Winter fun means letting your inner child out.

EXPLORE

Winter is a great time to explore new trails. National and regional parks are open all year round and are well maintained during winter. Use this time to play tourist in Québec's most beautiful spots. Like the song says: "Mon pays... c'est l'hiver" which translates to "My country... it's winter."





Meet

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

MEET

Meet Chantal Lacroix

THE NEED TO CHOOSE ONESELF

Chantal Lacroix is emphatic: at 56 years old, she feels more beautiful and comfortable in her skin than ever. After going through difficult times, she appreciates the calm and takes the time to enjoy and cultivate her happiness.

“I decided I want to live. I want time for myself, my family and away from stress. I want balance.”

“For me, physical beauty starts with the way you look at yourself,” says Chantal Lacroix as we start the interview. It’s an idea she has thoroughly thought through and she is kind enough to spend an hour sharing her experience. Behind the seasoned businesswoman and producer is a lover and a mother, with her doubts and fears. As someone who is always ready to lend a helping hand and spread kindness, she asks if we’re forgetting about ourselves.

Her TV shows might be successful, but Chantal Lacroix did not always succeed. Two years ago, after separating from her daughter’s father, she felt the need to get professional help. “I talked with different professionals to understand what was wrong with me. I had everything to be happy, but I wasn’t.” That was the beginning of a long process of change. “I felt the need to choose myself. It’s an expression my mother often used, but I really understood it only at that moment” says the famous host who says she’s happier and more peaceful today.

LOVE YOURSELF

Crazy about moisturizers, Chantal Lacroix likes taking care of her skin and likes to show it off. She claims that accepting your differences, even if it is difficult, is the only way to be your unique self and live your own life. “Whether it’s my vitiligo becoming more visible, or my deafness, I am learning to not only accept my difference but to be proud of it.”

Last year, during the pandemic, Chantal Lacroix decided to close

her TV production firm. Enough with the crazy schedule. “I decided I want to live. I want time for myself, my family and away from stress. I want balance,” says Chantal Lacroix.

THRIVING ON CHALLENGES

That’s the reason why she started the soyonslasolution.com platform that groups web-based training on well-being. The latest one, launched at the beginning of November, aims to help reduce anxiety. “When I saw the popularity of the first program, AIME, I told myself I had to do more. I wanted participants to have the access to the same professionals who helped me through my process.”

Taken with this new project, the innovative host reassured us that the web allows her to respect her desire to slow down. “It is a lot lighter than TV projects, and it aligns perfectly with my vision and where I am in my life.”

Nevertheless, she has no intention of stopping. When there is passion, you must dare and take risks. “But now, I choose my battles!” she says.



MEET

WHEN EXPERIENCE MEETS PASSION

The Medicart Vein Clinic team is the most experienced in the Ottawa Valley, in both Gatineau and Ottawa. Our clinic has 9 physicians, 10 nurses trained in phlebology and sclerotherapy, a nurse practitioner, and attentive administrative staff who will meet your needs. Dr. Jason Leclair, Director of Operations and Innovation, is the Medical Director of the clinic. We met with him to learn more about his work and what inspires him.

WHAT MADE YOU DECIDE TO BECOME A DOCTOR?

Medicine was always something that interested me. I love the fact that I can combine my interests in science, evidence, and research and apply them to everyday clinical encounters where I can make a difference in patient's lives. Being able to perform procedures was something I grew to love during training, which is why I have made phlebology a large part of my practice.

WHO INSPIRES YOU?

Terry Fox, for his display of bravery, perseverance, and positivity in the face of impossible odds. He was truly amazing.

Dr. Jason Leclair

Director of Operations and Innovation, and Medical Director of the Medicart Vein Clinic in Ottawa



WHERE DOES YOUR PASSION FOR PHLEBOLOGY COME FROM?

Phlebology is the perfect combination of procedural and technical skills and clinical medicine. Not only that, but there are many different ways to treat the same vein, leaving a lot of room for the nuances of the “art of medicine.”

CAN YOU BRIEFLY EXPLAIN HOW VARICOSE VEINS ARE TREATED AT MEDICART?

The patient is assessed by our phlebology doctors and nurses, and a treatment plan is suggested. Some patients require only minor superficial vein treatments, while others need to start with ultrasound-guided injections of their deeper, more medically-significant varicose veins. Follow-up is extremely important as patients at risk of varicose veins will often produce new or recurrent veins requiring treatment.

WHAT DO YOU LIKE BEST ABOUT YOUR JOB?

While I love the procedures and the technical aspects of my job, it is the interactions with patients and the team that I enjoy the most. I love getting to know a bit about my patients, where they come from, and how our treatments can make an impact on their lives. We have a great group of doctors, nurses, and support staff at the Medicart Vein Clinic, and I get a lot of enjoyment from working with my team to serve our clients in any way we can.

WHAT IS THE MOST MEMORABLE MOMENT OF YOUR CAREER AND WHY?

Several years ago, I became very close with an elderly patient in my practice and helped him through some difficult times in his health and in his life. Before he died, he made a large donation to the Ottawa Hospital in my honour, and I can't think of a better way for him to thank me for the care he received. An unnecessary gesture, but it is something that reminds me every day how much of an impact we can make on our patients' lives.



Inform

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



The modern art of body contouring

In recent years, several technologies have emerged in the medical aesthetic world. Among these, several tend to satisfy the demand for body contouring, which is defining the contours of the body, while refining and sculpting the silhouette. Hot or cold, there are several options available.

COOLSCULPTING

This involves a medical aesthetic device that was developed by the company Zeltiq and has been approved by Health Canada since 2013. CoolSculpting is a process based on cold destruction. Through cryolipolysis, fat cells in well-targeted areas destroy themselves. Under the action of controlled cold, these cells crystallize and allow a process of programmed death to occur.

Cryolipolysis does not affect surrounding skin cells, muscles, or nerves. The process freezes fat, thus causing a reduction in body contour.

CoolSculpting works long term, from three weeks to three months following the treatment. The body works to make cells disappear through the macrophage cells responsible for removing dead cells.

CoolSculpting and VelaShape III, two body contouring technologies offered by Medicart, defines the contours of the body, while refining and sculpting the silhouette.

VELASHAPE III

The VelaShape III technology performs body contouring through a hot technique. It targets unwanted curves to achieve a smooth silhouette while toning the skin.

For body contouring, the VelaShape III, a non-invasive device at the cutting-edge of technology, works simultaneously on substance and form. It tightens the existing collagen fibres, promotes blood circulation and targets the atrophy of fat tissues. The treated areas gain in tone and lose volume. Their contours also become better defined.

The device combines infrared, radiofrequency, palpating-rolling, and suction for a significantly shorter treatment time and clearly better results. During treatment, light pressure is applied, allowing full contact of the tip with the skin of the treated region. It is a sensation similar to a hot deep-tissue massage.

Protect your skin, 365 days a year

Summer is behind us, but protecting your skin from the sun is still important. Medicart presents its brand new product: Fine Brightening Powder – SPF 50 Broad Spectrum.

Do you want to have a uniform complexion with a natural finish while being protected from the sun? Then this is the product for you.

Medicart presents a new powder that protects your skin against UVA, UVB, and infrared rays, as well as the appearance of wrinkles. The fine powder provides light makeup. You can benefit from for more than 250 applications.

The powder has a silky texture with a natural finish that is suitable for all skin types, including the most sensitive. It is a talc-free sun care product with mineral protection and infused with antioxidants.



FINE BRIGHTENING POWDER

Instantaneous 100% mineral UVA-UVB protection upon application

Effectively combats damage caused by UVA, UVB, IR, and visible light (including blue light)

Does not harm coral and aquatic life

Does not whiten the skin

Includes a convenient and easy-to-use applicator brush

THE LAST TOUCH

BALANCE FOR ALL

This Christmas, give yourself gifts that help you take time for yourself, exercise, and relax.



A Balance Board

No need to be an acrobat to find your balance on a B-Board! Handmade by an environmentally friendly business in Montréal that gives back, this board is an excellent addition to your exercise routine.

mtlbboard.com



A Refreshed Game

Bringing back the classic building blocks game, these wooden balancing stones encourage kids to use their creativity. They look so nice that even older kids will not be able to resist the desire to pile them up.

lesptitsmosus.com/collections/min-min-copenhagen/products/pierre-dequilibre-en-bois-de-charme-pastel



An Inspiring Book

"Life is not a race," said Léa Stréliski, an author, comedian, and columnist. In this feel-good book, she opposes the quest for performance and happiness at all costs by telling anecdotes that make you reflect.

quebec-amerique.com/collections/adulte/litterature/hors-collection/la-vie-nest-pas-une-course-10244



Medicart Anti-Stress Moisturizing Mask

This anti-stress concentrate provides intense hydration and reinforces the skin's defence mechanisms.

epiderma.ca/en/product/anti-stress-moisturizing-mask

Epiderma Gift Certificate

Gift certificates are valid on all products and services available at Epiderma clinics.

epiderma.ca/en/product/gift-certificate

**The
future
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