

Clear away the signs of aging with Clarity



BOTOX, lasers and a flurry of new treatments are causing more people to delay or forego surgical cosmetic procedures like face-lifts. Clarity Medical Spa opened its doors almost five years ago to cater to the growing population of both men and women opting for non-invasive, anti-aging skin therapies. Years ago, patients were more apprehensive about cosmetic treatments but according to Amy Lee, business director of Clarity and a proud Filipina, patients of various demographics are now more willing to turn back the “aging” clock using FDA-approved, innovative products and procedures.

Many people still do not know the difference between a medical spa and a traditional day spa. Medical spas provide medically oriented alternatives to looking younger without invasive surgical procedures. These non-surgical healthcare alternatives include cosmetic laser treatments to help with sun damage, age spots, freckles, broken capillaries, unwanted hair, wrinkles, and acne scars. Medical spas like Clarity offer injectable procedures like Botox to relax and reduce frown lines, crow’s feet and forehead lines. Dermal fillers like Juvederm, Restylane and Radiesse have gained popularity, both to soften the “parentheses” lines on the corners of the nose and mouth and to replace volume lost with age. These procedures are non-surgical services that have been popularized as “lunchtime” cosmetic procedures because they require

little or no downtime.

Dr. Donna Lee, Clarity’s medical director and a true advocate of skin cancer prevention, continually explains the dangers of UV rays and their effects on skin. Furthermore, she explains the plethora of sunscreens in the market and ensures that everyone understands what ingredients to look for. “Many people focus on the estimate that 95% of extrinsic aging is caused by the sun, but the more important reason to wear sunscreen is that 90% of non-melanoma skin cancers are also caused by the sun,” states Dr. Lee.

What sets Clarity apart from other medical spas is its commitment to excellent patient care. At most medical spas, technicians and aestheticians do all of the procedures and the supervising physician is rarely, if ever, around. In contrast, Dr. Lee is not only on site most days, she is the one performing the laser procedures and injectables. Safety is the first concern at Clarity. Amy Lee stresses that “through this unsettled economic time, we never lose sight of our focus: patient safety and customer service.”

Through past recent years, Clarity has coveted industry awards such as “Best Place for Botox Injection” from a survey conducted by San Jose Mercury News. They have been awarded “4 Diamond Partner” by Obagi Medical Products. They were also recognized as “Best Medical Spa” by Evergreen Times in 2008 and 2009. Through all these accolades, Clarity takes

pride in giving back to the community by supporting ongoing events and fundraisers in several local schools. “We are blessed that we can give back to the community that has supported us these past 4 1/2 years”, says Amy Lee.

Clarity’s patient demographics include men and women of all ages and nationalities. Many teenagers come for acne and hair removal treatments. Asians make up 30% of the patients and many are drawn to Obagi, a prescription skin-care system that is popular for treating brown spots and sun damage. Men make up 10% of Clarity’s patients, with Botox being the most sought-after treatment! While Clarity is located in San Jose, several patients do come from afar. One patient we interviewed said she drives from Vallejo because she likes the continued personal care and attention she gets from the staff.

Clarity’s next free skin care seminar is scheduled on Saturday, March 12, 2011 at 10:00AM. This event will focus on the Obagi prescription skin care system. The medical staff will discuss how Obagi can help transform aging skin by improving brown spots, sun damage, wrinkles, acne and skin tone/texture. RSVP is required as this has been a very popular event in the past. Please call (408) 270-3877

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WBO and IBA...

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the ring physician to check on gutsy Julaton, who wanted to keep on fighting. Though bloodied and battered, Julaton continued to smile and wave at the appreciative Canadian crowd, and threw more punches that failed to hit their mark. She managed to survive the 10 rounds with Brown, but lost her chance to win the vacant World Boxing Association (WBA) female super bantamweight crown.

“We’ve never seen a boxer so determined to just keep on fighting,” said Angelo Reyes, her manager. “Her cuts required 14 stitches. Like a true Filipino, she never lost heart. She kept fighting to the end. She may have lost the fight, but she won the hearts of the people.”

Ana told *Asian Journal*, “There were 8 million people watching me fight Lisa Brown from 95 countries. I had two cuts from head butts and I was bleeding so much that the doctor wanted to stop the fight. But I didn’t want to quit. I wanted to finish the fight.”

Ana’s father, who watched the fight on TV, from his vacation in the Philippines, said, “My son (Caesar III) was there at ringside. It was very painful to see her battered and bruised. And if I was at her corner during the fight, I would have asked her trainers to stop the match.”

Julaton shared that her parents had different reactions to the fight. “My father, when he sees me get hurt, [gets] worried and wants the fight to stop. My mom, on the other hand, gets mad when my opponent hurts me and wants me to finish off the opponent,” said Ana.

After a few months, Julaton redeemed herself with a win over Maria Ellena Villalobos from Mexico in Ontario, Canada. Trained by Freddie Roach, Julaton found Mexican Maria Villalobos a tough nut to crack, but came through with telling blows to win the close fight coming out on top of the judges scorecards in a split decision. With the victory, Julaton became the undisputed queen of the 122 lbs. division, having simultaneously holding the IBA and WBO Super Bantamweight championships.

Shortly after that victory, Ana visited her homeland for the first time. The first day she arrived in the Philippines, she got an invitation from no less than the President Benigno S. Aquino III for a courtesy call in Malacañang Palace. President Aquino congratulated “The Hurricane” Julaton who presented to him the Everlast boxing gloves she used in defeating Villalobos.

Her current position makes Ana so aware of her responsibility to be a good role model for Filipinos everywhere, especially the youth. She said, “When I first won a world championship, a group of Filipino-American kids came up to me and asked for an autograph and to have pictures taken with me. It then hit me what a responsibility I was tasked with. To represent my homeland and be a role model to the young people. I know countless