

MCC HEALTH XPRESS

The Healthcare experts

Welcome the monsoons!
Beautifully!
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Get rid of unwanted hair in a safe,
convenient and effective way!
Pg. 4

Our Products
Pg. 7

Manipal Cure and Care
launches a new store
in Pune,
at Connaught Place

Golden Peacock
Innovative Product /
Service Award 2007

ACHSI certification for
customer safety and
service quality

Manipal Cure and Care
has launched its 2nd store
in Bangalore
at Sarjapura Road,
Total Mall

Our centers at a glance

1. Nobel laureate Prof. Muhammad Yunus
visiting the Koramangala center
2. Andheri Launch
3. Pune Launch
4. Sarjapura Launch



Mr. Somnath Das
COO, Manipal Cure and Care

COO's Corner

Manipal Cure and Care (MCC) is India's first healthcare venture which offers preventive healthcare, wellness and beauty services and products, all under one roof.

MCC endeavors to establish Health & Wellness zones which focus on Preventive, Wellness and Beauty. We launched our first store in Ahmedabad on August 3rd, 2007. Subsequently five centers were launched in Bangalore, Mumbai and Pune. In the years to come, MCC is all set to launch centers across the country by 2011.

We are establishing these zones in shopping malls, hyper markets, health cities, mega cities and high streets. Mall environment eliminates the adverse feelings associated with hospital environments. We cater to the preventive healthcare needs of the entire family.

MCC is the first healthcare company in India to receive the Golden Peacock Award for innovative / product service and the Australian Council on Healthcare Standards International (ACHSI) certification for customer safety and service quality. These recognitions stand testimony to our commitment to excellence.

Manipal Education & Medical Group (MEMG)

Manipal group is the largest healthcare provider in South East Asia. Founded 5 decades ago by Dr. T. M.A. Pai, Manipal Group also has a strong academic focus. Manipal Health Systems, the Hospital Management Company of the Group treats over 19 lakh patients every year.

Our Services

Preventive healthcare includes a whole range of medical checks that are offered to our guests. We also offer quick Xpress Care for walk-in guests which usually takes less than 45 minutes.

Wellness services include immunizations, antenatal care, baby care, adolescent care, eye care, hormonal management, dietary counseling and sexual health advice.

Beauty services, which comprise of MASK & SMILE, include cosmetic dermatology, skin piercing, cosmetic dentistry and more.

Our services are backed by state-of-the-art equipments, technology and expert clinicians. We offer medical innovations such as A-M-P-L-E [Allergies, Medical history, Past history, List of medication and Emergency number] and Electronic Medical Records [EMR]. Our services are protocol driven and evidence based. Our in-house pharmacy fulfils the need for any medication.



1



2



3



4



How are you?

We at Manipal Cure and Care are here to ensure that you stay healthy - physically and psychologically. In a world where only the fittest survive, MCC offers a range of services that are designed to keep you and your family fit. We bring to your neighborhood a world of Holistic Wellness. We bring to you services that prevent and evade possibilities of illness, rather than waiting for them to arrive and cure them.

With experience and expertise of the best doctors and health care practitioners in India, we offer a plethora of superior and safe healthcare services in our state-of-the-art centers.

We offer a whole variety of services ranging from diabetic and cardiac care for the elderly, antenatal care for an expectant mother, well baby and well child services for tender lives, adolescent care for teens, diet management and stress management services, beauty and skin care services, and counseling for psychological needs, among others.

Our Xpress care services offer you a quick series of preventive checks, taking just 45 minutes of your precious time. Our MASK and SMILE services take care of your Cosmetic and medical skin care & dental needs. We also have exclusive products imported specially to take care of all your beauty and healthcare needs. Be a part of our Wellness Club and avail exclusive benefits tailored just for you!

Welcome to the world of holistic wellbeing!

Come! Experience the healthcare revolution!

Did you know?

1 Myth: Acne is caused by dirt.
Fact: Dirt does not cause acne. Acne is caused by excessive oil production in the sebaceous glands. Pores get clogged with too much oil, dead skin cells, and bacteria, causing acne.

2 Myth: The best way to deal with oily skin is to wash it out.
Fact: Never over-wash oily skin, even if your cleanser is gentle. Twice a day is usually enough. Too much washing will stimulate your skin to produce more oil.

3 Myth: Your skin pores open and close.
Fact: Pores are actually tiny openings in your skin that provide a way for the oil glands underneath to lubricate and protect the surface of your skin. Problems start when pores have to deal with more oil than they can handle. Pores expand under the pressure of excessive oil flow and become visible. Keep the pores clean to make them less noticeable and prevent their size increase.

P.S: On an average, there are 20,000 pores on one's facial skin.

4 Myth: Eating fried food or chocolate can cause acne.
Fact: Even oily, acne-prone skin can benefit from the daily use of a good moisturizer. Reading the label is the single most important step in choosing the right moisturizer. If you have oily skin or are prone to breakouts, choose a moisturizer labeled 'oil-free' and Noncomedogenic. Noncomedogenic products are much less likely to clog the pores and cause breakouts.

5 Myth: If you have oily skin, there's no need to use a moisturizer.
Fact: Even though skin may be oily, it needs moisturizer to protect against the environment. A good moisturizer helps skin breathe and shields it from cosmetics. It can also prevent rashes and itchiness in winter.

6 Myth: Sunscreen is needed only in the summer.
Fact: Sunscreen is needed all year round even if you're not constantly exposed to the sun. Sunscreen should be applied to any area that is exposed to the environment - face, neck, ears, hands, and bald heads. Sunscreens are essential for men, women, children and even babies. Amazingly, 50 percent of damaging rays can even penetrate a car windshield, may it be summer or winter.

Welcome the monsoons! Beautifully!

Monsoon is the time when our skin behaves a little strange. Because of humidity, our skin and hair easily attract pollution and dirt. Hence it is necessary that we take care of our skin & hair during this season.

Skin - Sticky, dull, oily-looking skin is common during the rainy season.

Face wash containing alpha hydroxyl acid helps freshen the skin, but do not use it more than twice a day.

Use a toner each time you wash your face to close the pores and restore your skin's pH balance.

Avoid heavy moisturizing creams or oily foundations and cream-based color makeup. Use a light mousse or a matte compact or simply a few drops of calamine lotion as a makeup base & apply your sunscreen as you normally

would. Use a cream/lotion that suits your skin type.

The biggest skin complaint during the monsoon is fungal infections. Fungus thrives in humidity - wet skin folds rubbing against each other get macerated easily, providing easy entry to fungi and yeast. Use plenty of dusting talc to prevent accumulation of sweat and moisture in skin folds. Fungal infections can also affect your feet, especially if you wear closed shoes all day. Prevent this by soaking your feet for a few minutes in a tub of lukewarm water with soap, thoroughly wash your feet with hot water, dry them completely and apply dusting talc in between the fingers. Wear sandals or floaters as far as possible.

Hair - Monsoon is a season to give your hair a break and keep them in natural

shape and style.

Gels and oil only attracts dirt and pollutants. So, it's better to avoid them.

Remember regular washing and conditioning helps you greatly in sailing through this season.

Avoid combing wet hair.

Applying little bit of good quality moisturizer helps in fighting against hairfrizz.

Oil massaging is good for maintaining the health of your hair. But make sure you do not leave oil for more than an hour on your hair.

To keep your skin & hair beautiful, it's best to work from the inside. Eat a balanced diet.

Have a healthy monsoon!

It's now safe to look cool.

Cosmetic Skin Peircing

Have you always wanted to have your skin pierced, but were confused if it is safe? We at Manipal Cure and Care make it safe to look cool!

Piercing eyebrows, ears, lip, navels, nipple, nose are popular ways of body piercing among the young crowd.

Body piercing may affect a person's health when operators use unsafe techniques. There are significant health hazards posed by contact with blood and body fluids such as the risk of transmitting blood borne viral diseases such as Hepatitis B, C and HIV. Operators and clients in the skin piercing industry risk contracting a range of infections.

We, at Manipal Cure and Care, understand how to protect our guests from the risk of infection. In addition, we reduce harm from skin piercing, and promote healthy skin piercing practices. Infection control procedures followed by us regulates this risk and prevents transmission of diseases.

We minimize the risk of transmitting blood borne and other infections by the use of standard precautions during skin piercing procedures.



Long Term Hair Reduction

Manipal Cure and Care (MCC) helps you get rid of the unwanted hair in a safe, effective, affordable and comfortable way. MCC's laser hair reduction services use Nd: YAG Laser, the latest and most advanced equipment, highly suitable for the Indian skin type. Proven to be the most efficient method to eliminate unwanted hair, it offers safe and rapid treatment for large areas with lasting results.

Flashes of broad spectrum light are applied to the target area. Light is drawn to the melanin in the hair, raising the temperature of the hair follicle. This disables the follicle from growing hair, which means that gradually over several treatments, there is a permanent reduction in the amount of hair in that area. The laser has been designed to treat only the hair follicle while leaving the areas around it unaffected. Our laser procedure safely removes unwanted hair without damaging the delicate pores and structures of the skin.

Our laser services are fine tuned for every one. Our services effectively treat women, men and teens. Women typically receive treatments to remove unwanted

hair on the face, underarms, legs and bikini line. Common areas for men include shoulders, back, chest and between the eyebrows.

The services are usually performed every 6-8 weeks depending on the growth cycle, a series of procedures is necessary to achieve effective results, averaging between 6-12 times over a period of 1-2 years.

Our services are very safe for the skin. There are many advances in technology that make it one of the safest hair removal systems available for all skin colors. There are no long term health hazards from light used as we have a separate apparatus designed for cooling the area to be treated.

The services are usually performed every 2 months for facial hair and 3 months for body hair.

Temporary pinkness in the skin lasts a very short time, and most people return to work or normal activities immediately after treatment. The treated area will "shed" some hair over the next 3-4 weeks, and you may experience a period of hairlessness in the area while you wait for your next treatment.

Many people have unwanted hair in various places on their bodies. Our system is the safest, most effective approach for hair removal. We guarantee our expertise in the field and offer the ultimate in care and satisfaction. Our goal is to make you feel better about yourself, and your appearance.



Removal of Warts, Tags, Moles using CO₂ Laser

Our Dermatologists use the ultra pulse CO₂ Laser for the removal of warts, tags, moles, etc. The CO₂ Laser offers a bloodless, low risk, effective alternative with minimal side effects. The CO₂ lasers gentle treatment ensures minimal discomfort and rapid recovery, enabling you to return quickly to your daily routine. The treatment is non-surgical.

Minimal time taken is about 15 minutes*.



CO₂ Laser machine- Dreampulse

Faze Acne

Let's face it, you are engaged in an ongoing battle when you are afflicted with acne. While treatments for mild cases of acne are usually successful, moderate acne is a greater problem. Several factors can contribute to the cause of acne. Such as changing hormone levels, hormonal changes related to pregnancy or starting or stopping birth control pills. They lead to plugged pores and outbreaks of lesions.

Stress or emotional tension, environmental irritants and frequent hard scrubbing makes acne severe.

The main goal of acne treatment is to prevent scarring. Early treatment is the best way to prevent acne scars. Living Proof's® Protective Micro-Cell Scrub acts as an excellent cleansing agent. You could also use Living Proof's (available at MCC centers) Hydra Mild Rinse-Off Cream Cleanser.

Many of the medicines used to treat acne can make you more prone to sunburn. Excessive sun exposure leads to rapid skin aging and a risk of developing skin cancer. Sunstop SPF

30+ (available at MCC centers) is a new generation sunscreen cream based on nano-particle technology and is hypoallergenic making it suitable for the most sensitive of skins. Proper acne skin care is a necessary addition to your arsenal for fighting your battle with acne and achieving clear skin once again.

Living Proof's hydra mild rinse comes first for every day use & scrub cleanser once a week can be excellent for skin cleansing in acne prone skin type.

Knowing your skin is easier than ever!



It is not said without meaning that knowledge is power. Knowledge makes it easier and simpler to arrive at solutions for any problem one may face. This holds good in solving all beauty related issues as well.

But in today's technologically advanced world, finding the truth is not as difficult. The VISIA Complexion Analysis System is one such technology that allows the user to get a complete layered analysis of his/her skin to identify all forms of imperfections that are mostly not evident.

The VISIA Complexion Analysis System identifies a range of facial imperfections, including wrinkles and sun damage. The photographic technology captures a clear, multi-dimensional image of selected facial areas, while examining the severity of

various age-related conditions.

Here's how it works: All it takes is the guest to sit right next to a computer screen as a nearby digital camera snaps 6 photos of user's face in about a minute.

The Visia computer system then analyzes guest's skin for six conditions - sun spots, pore size, porphyrins (a chemical footprint of acne), wrinkles, unevenness of skin tone and ultraviolet (UV) sun damage. The skin is then graded. After the analysis, six digital images appear on the computer screen with scores. Two of these images fluoresce and make the guest's skin aberrations appear to glow in the dark.

This provides a comprehensive report of the guest's skin identifying and recommending the spots that have to be concentrated by the dermatologist & skin therapist.

Based on one's complexion profile, a cosmetic dermatologist can recommend the appropriate skin

rejuvenation program to restore your skin's health and appearance.

This device acts as a perfect tool for a dermatologist to analyse and determine the condition of one's facial skin. It provides the dermatologist with the necessary knowledge for further skin routines to be followed.

If this sounds interesting to you, all you need to do is walk up to your nearest

Manipal Cure and Care center

to get a complete and

comprehensive skin

analysis done. We

will tell you how

healthy your

skin is and

how better you

can make it.



Race against time

The skin is the largest organ, and it's the most visible reflection of one's health. If you are experiencing environmental, hormonal or genetic aging, consider a combination of our revolutionary skin services-best option for non-surgical skin enhancement. Some improvements, such as the glow that comes from removing dead, dry skin cells and improving circulation to the skin will be noticeable immediately. Other, long term changes-diminished fine lines, fading of hyper pigmented areas, increased production of collagen-will begin to appear in about 5-6 weeks. And the improvement will continue as long as you follow the program.

Our anti-aging program includes

- Repairing collagen
- Boosting hydration
- Sun protection
- Food for the skin

These steps work synergistically, meaning the combination of the steps in the program is more effective than each single step alone. MASK offers skin enhancement services to help our guest's achieve their personal beauty objectives.

MDA (Micro Derma Abrasion) - Skin Polishing & Brightening or 'Micro-

dermabrasion' as it is commonly known, as one of the most effective yet safe technologies made available at MCC. It gives back your skin its natural radiance and clarity.

Micro-dermabrasion results in rejuvenation of aged skin with the reduction of fine lines, superficial wrinkles, superficial acne scars, enlarged pores, hyper-pigmentation and stretch marks. Results are cumulative, and improvement increases with the number of treatments.

Chemical Peels - A chemical method of exfoliating the dead cells on the skin's surface using organic acids or Fruit acids. Chemical peeling is the application of one or more chemical agents like TCA (Tri-chloroacetic acid) or GA (glycolic acid) in which rejuvenation of the skin takes place there by encouraging the shedding of old, sun-damaged surface skin cells. Our dermatologists will assess your skin type and use the preparation that is most suited for your skin type.

Photo Facial (Intense Pulsed light)- Facial done using intense light energy is referred to as photo facial. It is also used to eliminate unpleasant skin conditions, such as hyper-pigmentation, birthmarks, acne scars, broken capillaries, imperfections from sun damage and many more. Photo

rejuvenation for your skin can work wonders in case of hyper pigmentation on the face, neck, chest and hand.

BOTOX - A simple, non-surgical, physician-administered treatment that can temporarily smoothen moderate to severe fine lines over the forehead, between the brows, around the lateral side of the eyes & over the nose (bunny lines) in people from 18 to 65 years of age.

Fillers - Instantly softens aging lines or improves your looks by enhancing your natural features, such as your cheeks or lips. Derma fillers restore volume; improve skin elasticity, and smoothen niggling lines and imperfections. Long lasting but not permanent, Restylane allows you to stay in control of your looks.

Cosmeceutical Facials - The skin treatment that provides complete anti-aging effect with optimum protection against free radical environmental damage where products act in synergy to produce a replenishing & re-firming action by working on the collagen fibers. This will accelerate cell turnover and encourage healthy skin, unveiling an ever-greater improvement in skin's texture, tone and youthfulness with each treatment



Our Products

Manipal Cure and Care brings to you some of the best products in skin care from across the globe. Handpicked specially for the Indian skin, each of our products is customized to enhance results. Their usage will be advised by our beauty consultants, trained to give complete skincare advice on how to re-energize your skin and kick-start renewal and growth.



Living Proof® Harley Street, London is a Dermaceutical range of Phyto (plant) placenta based skin care products. Developed especially for Indian skin, the range includes cleansers, toners, moisturizers, whitening complex, anti-wrinkle gels, brightening masks and shower scrubs.

Living Proof - 'Cell Care before Skin Care,' is based on the philosophy of building up from the very basic of skin cells, it uses the medical science of 'GEMMOTHERAPY' a process of extracting actives from seeds and buds (the real embryos of plant life) to treat the human skin.

Living Proof products promise renewed cell growth for softer and younger looking skin. They help cells recover the vitality of their adolescent years.



UAS pharmaceuticals have introduced a range of skin care products in India. Dermavive products are unique as they contain Natural Colloidal Oatmeal and Sodium PCA making it smooth and effective for use. Being pH balanced, they are safe and gentle to use on the skin. Sunstop - new generation sunscreen

cream is based on nanoparticle technology, which allows better absorption and application

Manufactured by UAS Pharmaceuticals, a renowned Australian company specialized in superior quality dermatological products, these products have been developed especially for Asian skin. This is the first launch of these products under the brand names of Dermavive, Nutriderm and Sunstop in India.

dermalogica®

Dermalogica - the world's No.1 professional skin care brand is used by professional skin therapists worldwide. Founded in 1986 by skin care visionary, Jane Wurwand, Dermalogica prides itself on results-oriented approach toward skin health and the creation of professionally-recommended products that are free of irritating ingredients commonly found in mainstream brands.

Their product range includes cleansers, conditioners, moisturizers, masques, concentrated boosters and many more. Dermalogica has a wide presence in US, Canada, United Kingdom, Ireland, Germany, Australia, New Zealand and now in India.



Dermalogica's signature facial analysis based on ancient Chinese diagnosis divides your face into 14 zones so your skin condition can be effectively identified through sight and touch. This targeted analysis, directly shapes and personalizes Dermalogica professional treatment and prescriptive home care regime.

Laboratoires ^{PARIS} Robert Schwartz

In this day and age, more than anything else, our lifestyle leads to most of our health problems. Fast track lives and fast food culture has only left us behind with bad health and stress. For the same reason, Laboratoires Robert Schwartz has developed a whole range of products that help address the issues of daily life in modern society.

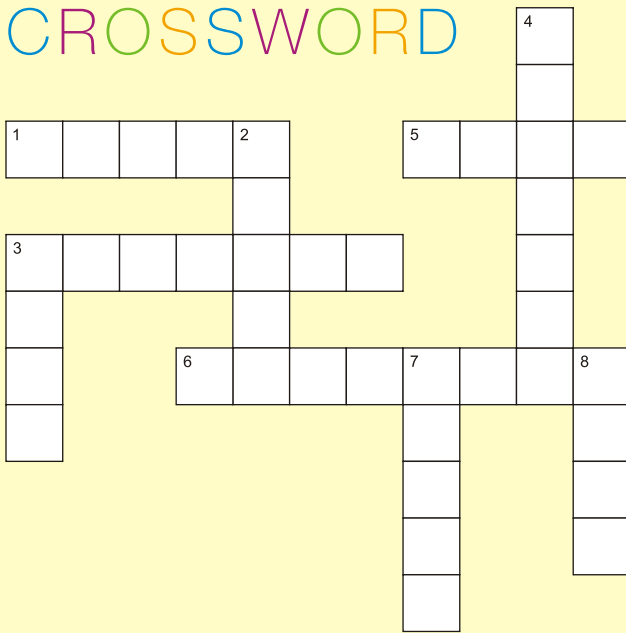
Laboratoires Robert Schwartz, introduces for the first time in India, a range of Physiocosmetics, Physioidiet and diet supplements for all beauty and wellbeing needs.

The new d'ORMIER range provides beauty performances based on scientifically tested processes.

1. Better protected skin by restoring the hydrolipidic film and stimulating the skin's defensive systems.
2. Invigorated skin through strong anti-radical action and filling in fine lines.
3. Redensified and toned up skin by fibroblastic activation and stimulating tissue healing.
4. Revitalised skin through microcirculation action and enhanced cell nutrition.



CROSSWORD



Across:

- Our _____ Complexion Analysis gives you a complete layered analysis of your skin to identify all forms of imperfections that are mostly not evident.
- MCC is a part of the renowned _____ group.
- Living proof - _____ care before skin care.
- Manipal Cure and Care steers your journey from illness to _____.

Down:

- Our medical innovation which details your Allergies, Medical history, Past history, List of medication and Emergency number.
- Our cosmetic dermatology services are called _____.
- Our anti-ageing solutions that reduce fine lines instantly.
- MCC's laser hair reduction services use _____ Laser.
- Your _____ is the best indicator of your emotions.

Walk into our centers at:

Ahmedabad:

Himalaya Mall, 2nd Floor, Drive-in Road, Near Indraprastha Towers, Ahmedabad - 380 052. Call: (079) 3989 3979

Bangalore:

Koramangala: #744, 80 Feet Road, 4th Block, Koramangala, Bangalore - 560 095. Call: (080) 3989 3979

Sarjapura: Total, III Floor, Sarjapura Road, Varthur Hobli, Bangalore - 560 037. Call: (080) 3989 3979

Mumbai:

Andheri: Mega Mall, 2nd Floor, S-9, Intersection of 90 ft. DP Road & Malad Link Road, Oshiwara, Andheri (W), Mumbai - 400 104. Call: (022) 3206 9558 / 583

Bandra: Link Corner, Plot No. 482, Corner of 24th & 33rd Road, Off Linking Road, Khar (W), Mumbai - 400 052. Call: (022) 3989 3979

Pune:

#327, Connaught Place, CTC #28, Bund Garden Road, Pune - 411 001. Call: (020) 3989 3979

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**Complimentary
Visia Skin
Complexion Analysis
and
Derma Consultation
worth Rs. 500/- each**

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Sex:

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