

SIMONE'S SKIN CARE SECRET

Simone Knight, 42, says the physical scars left after breast cancer surgery fueled her desire to find a safe skin care remedy that wouldn't interfere with cancer treatment.

Knight's aim: to get her sexy back after cancer.

"Being a young woman, I was concerned about scarring and ... skin care after radiation. I like to wear my tank tops [and a bikini] in the summertime," she says.

One year later, her scars are healed, thanks to the organic healing essential oil blends she developed. Knight, of Pembroke Pines, carefully crafted three product blends without sulfates, parabens or chemicals. They're safe, she says, to help heal the physical wounds of cancer treatment and other surgeries. The spirit-soothing oils are non-greasy and won't clog pores, as they work to supercharge the skin's natural healing process.



She started Secret Sexy by Simone after her doctors and nurses asked how she was healing so fast and so well. "They encouraged me to develop my products into something that would help other women," Knight says.

SIMONE'S PRODUCTS

- **Magic Mender** lightens and softens scars and stretch marks, while soothing with scents of lavender and rosemary.
 - **Pink Lemonade** helps protect skin, especially during radiation treatments. This blend of coconut and lemon essential oils also works to uplift the spirit.
 - **The New You** rejuvenates dry, wrinkled and blemished skin, with scents of bergamot and the healing power of antioxidant-rich chia seed oil.
- The price for sexy:** Blends start at \$29.99 for a 1-ounce bottle. Get yours by calling 954/699-7373 or by visiting secretsexybysimone.com.



Hangover Helper

Hung over? Feel the flu coming on? Dehydrated from sweating in the hot South Florida sun?

You might be one infusion away from easing the fatigue, headaches, cramps and seasonal blues.



Boca Raton cardiologist **Dr. John A. DiSilvestro** (pictured) launched Infuzio Med Spa last December to deliver intravenous therapies much like those used at hospital emergency rooms to treat profound dehydration.

Infuzio Med Spa provides that same level of basic therapy in a surreal, comforting environment at a fraction of the cost, according to DiSilvestro. The intravenous treatments, administered by paramedics,

are safe and painless, while replenishing what the body needs to fight debilitating symptoms from hangovers, jetlag and more.

"Vitamins, minerals and amino acids ... are amongst the various building blocks necessary to maintain homeostasis and a healthy immune system, thereby optimizing energy level and preventing illness," DiSilvestro says. "Booster shots of vitamin B12 and lipotropic B12 are also available. The benefits of these vitamins include increased energy, improved mood and weight loss."

Let's take the cascade of bad things that causes the traditional hangover, for example. Excess alcohol stimulates excess urination, triggers an inflammatory response, dilates blood vessels, lowers

blood sugar and increases stomach acid. The ugly results? Fatigue, weakness, dizziness, impaired concentration, headaches and nausea or vomiting.

Infuzio's answer: the iRestore treatment cocktail, fortified with minerals, electrolytes and vitamins. A quick infusion immediately rehydrates and restores vitamin and mineral balances, thereby relieving the misery.

IV infusions cost from \$95-\$255, and the company offers mobile services.

Infuzio IV Hydration and Wellness Med Spa
Fountain Square Office Park
2650 N. Military Trail, Suite 140,
Boca Raton
561/756-9251

THE BIG NUMBER

5

Stroke is the *fifth*-leading cause of death in the U.S. In recognition of Stroke Awareness Month in May, here's an easy memory tool to recognize the signs of stroke: **F.A.S.T.** That's **F** for face drooping, **A** for arm weakness or numbness, **S** for speech difficulty and **T** for time to call 9-1-1.

Source: American Heart Association/American Stroke Association