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FREE

VOICE

P A P E R

BEACH OPENING 2026

OKINAWA MARCH ★ APRIL Bulletin

THE REVIEW OF A PLACE
SMILE FACTORY RIN



www.voice-paper.com

Issue 27 >> March 11, 2026



FIND YOUR FAVORITE BOWL!



麺や偶
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VOICE PAPER

VOICE PAPER features Okinawa's local events, off-base locations, and U.S. military activity on the island and across the Asia-Pacific region.

Duty on the island

31st MEU: Lima Company conducts field operations training



(U.S. Marine Corps photo by Lance Cpl. Gerardo Mendez)
 U.S. Marine Corps Lance Cpl. Ryder Dimartino, a machine gunner, with Lima Company, 3rd Battalion, 1st Marine Regiment, 31st Marine Expeditionary Unit, maintains security at landing zone Dodo, Camp Hansen, Feb. 18. The Marines trained their situational awareness in a simulated fast paced, high stress environment. The 31st MEU is a persistent, combat credible force operating aboard the ships of the Tripoli Amphibious Ready Group in the U.S. 7th fleet area of operations routinely interacting and operating with our allies and partners to contribute to deterrence, security, crisis response, and combat operations in the Indo-Pacific region.

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広告掲載・冊子のお問い合わせは
voice.paper.okinawa@gmail.com



USO OKINAWA March ACTIVITES

Check out these GREAT events during the month of March with USO Okinawa at the following locations:

Intro to Photography @ USO Kadena
March 9th 5:00pm -7:00pm

Cornhole Tournament @ USO Schwab
March 13th 5:00pm- 7:00pm

Bake me, I'm Irish @ USO Foster
March 17th 11:00am- 1:00pm

Open Mic/Karaoke Night @ USO Hansen
March 20th 5:00pm- 9:00pm

Trivia Night @ USO Kinser
March 27th 5:30pm - 6:30pm

Car Meet @ USO Futenma
March 28th 10:00am - 2:00pm



For more details, please visit the Facebook page of the respective center.

USO COFFEE CONNECTIONS

USO OKINAWA COFFEE CONNECTIONS



USO Coffee Connections are gatherings happening around the world to connect military spouses with new friends or reconnect with old ones! Join USO Okinawa for Coffee Connections at the following locations:



[USO.org/CoffeeConnections](https://www.uso.org/CoffeeConnections)

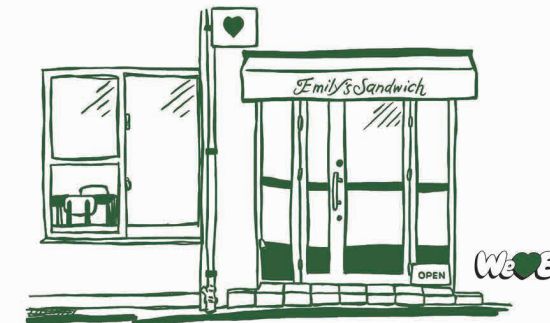
Mar 12th USO Kinser @10:30am
Apr 14th USO Kinser @10:30am
Apr 21st USO Kadena @10:00am
Apr 24th USO Schwab @10:00am

Emily's Sandwich



With love, We ♥ E.

This sandwich shop opened when our daughter Emily was just two years old. Keep enjoying life in your own way.



PICK UP & DELIVERY



SCAN ME

SISTER STORE



PIZZA STAND NY



Renny's Diner



5-33-21, Chibana, Okinawa City
Tel 098-923-2233
Hours 9am-6pm
Closed Wed & Thu



JOIN US FOR SOME MUNCHES!



Check out these yummy events with USO Okinawa at the following locations:

Cooking with Schwab: Yakisoba @ USO Schwab
March 5th 5:00pm- 7:00pm

Balanced Bites @ USO Kinser
March 9th 11:30am - 1:00pm

Foodie Thursday @ USO Foster
March 12th 11:30am - 1:00pm

Shamrock Shakes @ USO Hansen
March 17th 11:00am - 1:00pm

Tasty Tuesday @ USO Kinser
March 24th 11:00am -1:00pm



For more details, please visit the Facebook page of the respective center.



GET STARTED TODAY!

VOLUNTEERS NEEDED

Be a part of the legacy!

For over 80 years the USO has been supporting our service members and their families around the world.

We Need Help With:

- Center Support
- Program Support
- Administrative Support
- Event Support
- Content Creation



Contact your local USO for more information

USO Kinser
USO Kadena

USO Futenma
USO Hansen

USO Foster
USO Schwab

MARCH APRIL bulletin

AAT!

ISLANDWIDE

第43回
沖縄花のカーニバル
2026 1月→5月

からだ充ちる、こころ躍る

Okinawa Islandwide Flower Carnival 2026

January – May 2026

HIGASHI

第44回 東村
つつじ祭り
2026
3.1日~22日

主催: 東村つつじ祭り実行委員会

Azalea Festival
March 1 – 22

GINOWAN

琉球海炎祭
第23回
2026.4.11 sat
開演 15:00 開演/19:00

Ryukyu Kaiensai - Fireworks Festival
April 11

ONNA

第9回琉球古典芸能OIST公演
RYUKYU TRADITIONAL PERFORMING ARTS
SOUNDS OF RYUKYU 郷音

3月21日 Sat, March 21
OIST講堂 入場無料

Sounds of Ryukyu
March 21

NAHA

ライトアップ×プロジェクションマッピング
夜首里城
YORU SHURIJO

2026.3.14 SAT - 5.10 SUN

Yoru Shurijo
Light Up + Projection Mapping
March 14 – May 10
Weekend events

NAKIJIN

つくろ・知る・楽しむ 今帰仁酒造の2日間!
蔵まつり

3月14日(土) 15日(日)
10:00~17:00

Kura Matsuri
March 14 & 15

IE

第29回 沖縄伊江島
ゆり祭り

4/25(土) 5/5(日)

Ie Island Lily Festival
April 25 – May 5

OKINAWA

Okinawa Zoo and Museum
ART WITH ZOO 2026

2026/3/21, 22 開催
販売・展示・ステージパフォーマンス
出展者募集中

Art with Zoo
March 21 & 22

CHATAN

FREE ENTRANCE
Sunset on the Beach 2026

4.18 SAT 7.18 SAT
9.19 SAT 11.14 SAT
at CHATAN SUNSET BEACH
15:00-20:00

Sunset on the Beach
April 18

NAHA

首里の朝市
3.29 8:00-12:00

第6回 首里の朝市

龍潭通り (龍潭通りを含む首里町全域)

首里の朝市実行委員会
paper: photo / 写真: 阿部 / KUIOP
photo: GRIFFIN / PAPER: CAFE / 写真: 阿部

Shuri No Asaichi -Morning Market at Shuri-
March 29



NISHIHARA

OKINAWA VINTAGE CULTURE MARKET
-ヴィンテージに恋する週末-
Every item carries a story
→ glimpse into the lives and cultures of generations past, inviting you to discover and experience the spirit of another era.

2026.3.22 SUN
11:00AM - 5:00PM
西原さわふじマルシェ
沖縄県中頭郡西原町字小波津480

Vintage Culture Market
March 22



URASOE

JAPANESE SWORD SHOW
2026
4.4-5
4/4 OPEN 10:00 - 17:00
4/5 OPEN 10:00 - 16:00
Organizer : SANTOURYU
Cooperation : MUSOUAN KIRAKU
Place : i'm Universe Tedako Hall

Japanese Sword Show Spring Sale
April 4 & 5



TOMIGUSUKU

GIRLS GROOVE INNOVATION 2026
2026 4.25 SAT - 26 SUN
豊崎海浜公園 美らSUNビーチ | 北風エリア特別ステージ
4.25 SAT 4.26 SUN
4.25 SAT 4.26 SUN

Girls Groove Innovation
April 25 & 26



GINOWAN

Osaka Shion Wind Orchestra
ドラゴンクエストコンサート
In Okinawa
2026 4.25 SAT
オオサカ・シオン・ウィンド・オーケストラ
4.25 SAT 18:00開演 / 19:00開演

Dragon Quest Concert
April 25



NAGO

香祭 KABAASAI
2026.3.29(sun) 11:00 - 16:00
会場: なごアグリパーク
Farmers Marche | Food & Drink | Workshop
MORE INFORMATION - <http://kabaasai.jp>

Kabaasai Food Festival
March 29



ONNA

アートと世界の虫
美し世界 IN OIST
2026.2.14 - 3.29
THE WONDERFUL WORLD OF BUGS

The Wonderful World of Bugs
Feb 14 - March 29



YOMITAN

読谷やちむん展
2026 2.7 - 3.22
9:00-18:00 (最終入場は17:30)

Pottery Exhibit 2026
Feb 7 - March 22



TOMIGUSUKU

ORION ISLAND WAVES
Beachside Music Festival
2026.4.18 sat - 19 sun
OKINAWA SENAGAJIMA

Orion Island Waves -Beachside Music Festival-
April 18 & 19



Project Hail Mary

Based on the global bestseller by Andy Weir. Eight billion lives are at stake, and the only solution is a middle school science teacher. In the vastness of space, he will not face the crisis alone.

Director: Phil Lord & Christopher Miller
Starring: Ryan Gosling, Sandra Hüller

IN THEATERS MARCH 20

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CINEMA Q
SOUTHERN PLEX**

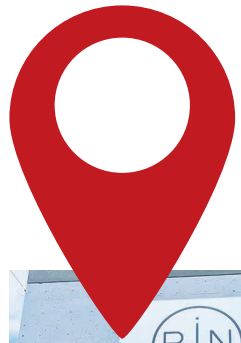


ライアン・ゴズリング

80億人の命をかけた、人類最後の賭け。

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3.20 [金・祝]
FILMED FOR IMAX



THE REVIEW

OF A PLACE



Right near the Camp Foster's Commissary Gate.



A wide variety of popular bagels. Get 5% off when you buy 5 or more, 10% off for 7 or more, and even a single bagel is 10% off on Fridays. Don't miss it!

The store is filled with the aroma of freshly baked bread, so inviting.



You can eat and drink here, and there's even a bagel vending machine!!!



Smile Factory RIN
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 Wednesday closed
 ¥ Cash / Credit Cards



1-11-4 Kitamae, Chatan

AAFES Ships More Than 210,000 Boxes of Girl Scout Cookies Overseas

1/29/2026 – DALLAS - For service members and their families overseas, a familiar taste of home arrived in the form of Girl Scout cookies after the Army & Air Force Exchange Service shipped more than 210,000 boxes to military communities abroad.

Councils in more than 45 overseas military communities, including Germany, Italy, Japan and Korea, received cookies in January to sell outside participating Exchange stores. Selling season begins on Jan. 30.

"Supporting military families goes beyond everyday services. It's about maintaining a sense of normalcy wherever they're called to serve," said Air Force Chief Master Sgt. Rich Martinez, the Exchange's senior enlisted advisor. "This collaboration allows military children overseas to fully participate

in the Scouts program while the community enjoys a sweet taste of home."

For more than 25 years, the Exchange has supported USA Girl Scouts Overseas (USAGSO) by facilitating the shipment of cookies. Order requests were provided in October, then placed with the vendor's bakery in Louisville, Kentucky. Cookies were then shipped overseas and delivered to the Exchange's distribution centers in Germany and South Korea.

For 21st Theater Sustainment Command's Maj. Doraine Pierre-Louis, at Panzer Kaserne in Germany, the collaboration exemplifies how the Exchange takes care of military families stationed overseas.

"I think having Girl Scout cookies builds morale," Pierre-Louis said. "It is another example that

shows what the Exchange does for military communities and our families abroad."

Kristin Kerekgyarto, Camp Foster community coordinator, said Scouts rely on their earnings to fund badges, campouts and other activities while learning new skills.

"The Girl Scout cookie program encourages girls to become entrepreneurs, meet goals and be social while their manning their booth. As a community, this is really our only fundraiser for the year," Kerekgyarto said. "Because of the Exchange, we're able to get the cookies here and sell them at the store. It's very much appreciated."

Shoppers may purchase cookies from booths set up in front of participating PXs, BXs and other locations on overseas installations. Shoppers can contact their local Exchange for more information.

More Than 30 Varieties of Delicious Bread!



Smile Factory BAKERY / SWEETS

8:00-18:00
Closed on Wednesdays

1-11-4 Kitamae, Chatan



Araha Beach Sea Wall, Camp Foster Commissary Gate, Naha, Camp Lester

¥ Cash VISA



Tartine



Melon Bun



Garlic Toast



Pizza



Blueberry & Cream Cheese



Bacon Epi



Cinnamon Roll



Bacon Mustard



Bacon Egg



Ham Cheese



Strawberry & Cranberry Bagel

\$/¥ Cash VISA

CHATAN Open: 8:00-22:00
098-926-5068
 2-198 Miyagi, Chatan

Lemonade Churros Nachos Spicy Chicken
 Bacon Egg Burrito Okinawan Burrito
 Herb Chicken Steak Burrito
 Shrimp Burrito Vegetable Burrito

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 ROLLUP BURRITOS
OKINAWA CHATAN

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 Wed - Sun:
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 Dinner: 17:00 - 21:30

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 090-6851-0436

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 208 Hamagawa, Chatan
 098-952-5973

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 げんまい

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Genmai

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Bacon Cheese Burger



Okinawa Green Chilli Spicy Burger



Avalanche Burger



Mozzarella Mushroom Burger

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Weekend & JP Holidays : 11:00-17:00

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1663 Kanna, Ginoza

¥ cash



Terrace Seating



VOLCANO SPICY NOODLE

Level 1 > 1000



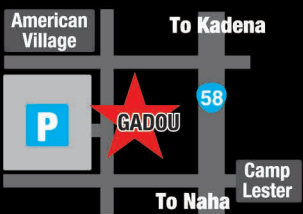
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(L.O. 9 p.m.)

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☎ VISA



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HelpOki.org

#OkinawaFoodBank





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Parklife

Araha Park / Beach
(Chatan Town)











BEACH OPENING 2026

Please check the official beach website or town information for the latest beach opening schedule.
(Beach opening dates are tentative and subject to change.)

- 1**  OKUMA BEACH
MARCH 22
- 2**  UPPAMA BEACH
APRIL 1
- 3**  EMERALD BEACH
APRIL 1
- 4**  SESOKO BEACH
APRIL 11
- 5**  KARIYUSHI BEACH
MARCH 5
- 6**  KANUCHA BEACH
MARCH 29
- 7**  KISE BEACH
APRIL 1
- 8**  ZISEIKI NO MORI BEACH
END OF APRIL
- 9**  SUN MARINA BEACH
OPEN YEAR AROUND
- 10**  MANZA BEACH
MARCH 14

- 11**  NABII BEACH
APRIL 1
- 12**  TIGER BEACH
APRIL 1
- 13**  ZANPA BEACH
APRIL 1
- 14**  NIRAI BEACH
MARCH 15
- 15**  SUNSET BEACH
APRIL 11
- 16**  IKEI BEACH
OPEN YEAR AROUND
- 17**  TROPICAL BEACH
APRIL 18
- 18**  SERAGAKI BEACH
MARCH 20
- 19**  CHURASAN BEACH
APRIL 4
- 20**  BI BI BEACH
MARCH 20



- 21**  KIN SUNRISE BEACH
EARLY APRIL
- 22**  AZAMA SUNSUN BEACH
APRIL 19
- 23**  MOON BEACH
APRIL 1
- 24**  KOURI BEACH
APRIL 25
- 25**  BUSENA BEACH
OPEN YEAR AROUND
- 26**  ARAHA BEACH
APRIL 10
- 27**  NASHIRO BEACH
MARCH 13
- 28**  NISHIHARA KIRA KIRA BEACH
MARCH 13
- 29**  NAMINOUE BEACH
APRIL 5

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CHATAN

Ren+

Homemade Sauce

Sauce
Plain

Yangnyeom
Kalbi
Spicy Mayo
Honey Garlic

Powder
Honey Butter
Cheddar Cheese

You can choose
between bone-in or
boneless!

Korean Chicken



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17:00-19:00
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INSTAGRAM



GOOGLE MAP



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The Miracle of WATER

Dr. Ceabert J. Griffith

The Centers for Disease Control and Prevention characterizes clean water as an indispensable foundation of human health and wellness. Indeed, water comprises an estimated 65-75% of an adult's body and about 75-80% of a child's body, depending on age. As a universal solvent, water facilitates almost every biochemical process in the body. Disaster survivors teach us that humans can survive weeks without food but only

a few days without water—hydration is non-negotiable. Water accounts for a substantial portion of the body's hydration. Unfortunately, medical experts estimate that approximately 50-60% of Americans are chronically dehydrated. Dehydration can negatively affect critical biological functions, including cellular function, body temperature regulation, cognitive and physical performance, and the management of various diseases.

Cellular Function: Water is a major contributor to maintaining the optimal structure and function of each cell. Water forms the fluid medium that transports nutrients, enzymes, hormones, and oxygen into the cell, and supports detoxification pathways, such as removing cellular waste to the kidneys for excretion. Chronic inflammation—now considered the basis for most chronic diseases—damages the cell membrane, making it less permeable to water.

Body Temperature: Water plays a crucial role in thermoregulation, the body's ability to maintain internal body temperature within normal ranges. When internal body temperature rises due to physical exertion or external heat, the body cools itself by sweating. Dehydration is therefore a major contributor to conditions linked to overheating.

Cognitive and Physical Performance: Even mild dehydration can lead to fatigue, short-term memory loss, reduced attention, and impaired problem-solving. Reduced hydration reduces muscle strength and coordination. The water-rich synovial fluid requires water to effectively lubricate the joints.

Disease Management: In a 2019 study published in the American Heart Association, researchers demonstrated that drinking mineral-rich water can lower blood pressure. Numerous studies have shown that proper hydration lubricates joints and can help reduce the symptoms of arthritis and other joint diseases. Dehydration can prevent the mucous membranes in the eyes, nose, and mouth from producing enough moisture to resist environmental irritants.

Optimal Hydration: What is optimal hydration, and how do you know if you are consuming enough water? Check with your healthcare provider before making changes to your current water/fluid intake. One of the most popular recommendations for optimal hydration is to drink eight 12-ounce glasses of water daily. Clear urine also signals adequate fluid intake. Finally, drinking enough water to urinate every 3 to 4 hours while awake is another way to gauge adequate hydration.

Conclusion: Water is fundamental to life. This miraculous liquid helps regulate the body's temperature, delivers a large menu of nutrients throughout the body, supports tissue and organ function, and supports disease management.



ABOUT THE AUTHOR: Dr. Ceabert J. Griffith is trained in public health and family medicine and is an Adjunct Professor of Health Sciences at Touro University Worldwide. He lives in Okinawa and is the author of the book "15 Power Habits of Wellness" and co-author of "11 Power Habits to Defeat High Blood Pressure." Both books can be purchased from Amazon.com.

OFF-BASE Please call before visit the hospital / medical clinic.

Local Hospital & Medical Clinic DIRECTORY



General	Urasoe General Hospital	1-56-1 Maeda, Urasoe / 098-878-0231	Emergency
	University of the Ryukyus Hospital	1076 Kiyuna, Ginowan / 098-894-1301	Emergency
	Chubu Tokushukai Hospital	801 Higa, Kitanakagusuku / 057-098033	
	Nakagami Hospital	601 Noborikawa, Okinawa / 098-939-1300	

Internist Clinic

Life Care Clinic Nagahama	1530-1 Nagahama, Yomitan / 098-982-9000
Nishihira Clinic	2-2-2 Akamichi, Ginowan / 098-896-1116

Eye Specialist

Gushiken Eye Clinic	1371-1 Gushikawa, Uruma / 098-975-1010
Hayakawa Eye Clinic	2-2-2 Nodake, Ginowan / 098-893-8155

Pediatrics

Aiwa Clinic	766-2 Ikeda, Nishihara / 098-946-5558
Matsushima Clinic	894-2 Senaha, Yomitan / 098-958-6888

Gynecology & Obstetrics

OBGYN Yui Clinic	2444-3 Noborikawa, Okinawa / 098-989-3801
-------------------------	---

Dental Clinic

Sunabe Smile Dental Clinic	1-105 Miyagi, Chatan / 098-926-4618
Yara Dental Clinic	2-17-6 Chatan, Chatan / 098-936-7515
Sakura Dental Clinic	4-7-9 Mihara, Okinawa / 098-989-9986
White Dental Clinic	813-2, Kamisedo, Chatan / 098-989-3780
Nakawaka Dental Clinic	468-3 Kuwae, Chatan / 098-926-4180
Komesu Dental Clinic	4-18-2 Matsumoto, Okinawa / 098-939-6123
Grace Dental Clinic	364-1 Minamiuehara, Nakagusuku / 098-895-6868

Physical Therapy

ABC Physio	4-9-9 Yamauchi, Okinawa City / 090-2203-9524
Okinawa Sports And Spinal	1-477 Miyagi, Chatan / 050-4560-4830

VERSES FROM THE HOLY QUR'AN

Al Maa'idah (The Bountiful Meal)
With The Name of The One True *G-D,
The Merciful Benefactor, The Merciful Redeemer

They change the Words (of their scriptures) from there (right) places and forgot a good part of the (Divine) Message that was sent to them; nor will you cease to find them - excepting a few - ever bent on (new) deceptions:

But forgive them, and overlook (their bad deeds): For The One G-D love those who are kind.

From those too, who call themselves Christians, **WE did take a Covenant. But they forgot a good part of the Message that was sent to them:

So WE separated them, with hostility and hatred between each other, to the Day of Judgement.

And soon will G-D show them, what it is that they have done.

0 people of the Book (Torah/Gospel)! There has (now) come to you **OUR Messenger, revealing to you much that you previously did hide in the Book, and passing over much (that is no longer valid).

There has (now) come to you from G-D a (new) Light and a perspicuous Book - wherewith The One G-D guides all who seek HIS Good Pleasure to ways of Peace and Safety.

And leads them out of darkness, by HIS Will, unto the Light - guides them to a Path that is Straight

[End of Part 2]

*G-D instead of God. God when spelt backwards is *dog*. This is not a proper spelling for a word, that is used for The All-Mighty Creator of the Heavens and Earth.

** WE, Ourselves, US as revealed in the Qur'an is a reference to the Angels who have been assigned by The Creator to control everything in HIS creation.



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Yahya Abdullah



Translation of the
Qur'an in Japanese
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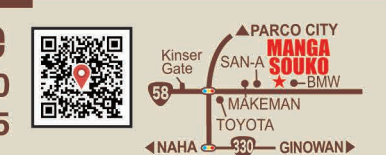
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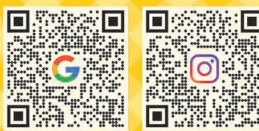
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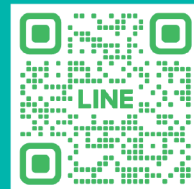
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- The Japanese Society of Aesthetic Dermatology (JSAD)

Brief Background

Dr. Morello was born in South Carolina in 1989. His unique upbringing has given him a global perspective and the skills to communicate with both English and Japanese.



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Dr. Austin Morello

Morello Surgical Arts (MSA) is a boutique cosmetic & plastic surgery clinic in Naha, Okinawa. We provide free, doctor-led consultations in English and Japanese with Dr. Austin Morello.

Our specialties include precision fillers (botox, hyaluronic acid), rhinoplasty (nose surgery), and facelifts using deep-plane concepts. We also offer Rejuran, Juvelook, HIFU, RF tightening, and laser/peel options for tone and texture.

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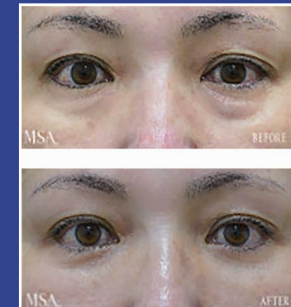


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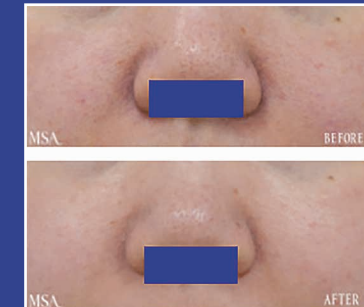


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