



BEAUTY & THE BEAM

Glowing skin. Even coloration. Smooth texture. Wrinkle free. Ah, the signs of youth. Who doesn't want that? Beauty has often been called skin deep, but it goes deeper than that.

There has been a rise in nonsurgical procedures, such as lasers and “injectables,” for facial rejuvenation over the past decade. Discussion with a knowledgeable professional is a must to optimize a treatment plan for your skin. The first step toward a brighter complexion and improving your skin is just a phone call away, but do your homework first. Find a reputable board-certified physician who has been treating skin problems for several years and then make a no-obligation consultation. The consultation is often free with a licensed esthetician (LE), aesthetic nurse or physician assistant, who often administer the procedures. With more severe conditions of aging, surgery may be the best option to meet your expectations; if so, cut to the chase. Make a consultation with a board-certified plastic surgeon who can discuss the pros and cons, and the spectrum of surgical and nonsurgical procedures.

Let me take you through a typical consultation appointment. The friendly staff will ask you what conditions you're interested in improving (complexion, acne, hair reduction, wrinkles, texture, color, aging appearance, etc.) and direct you to a provider, such as the aesthetician, nurse, physician assistant or with the doctor, depending on the procedure that will address your problem. The consultation is an opportunity to meet the staff, explain your concerns, and express your expectations and desires for a treatment. This is a chance to gather information so that you can make the most informed decision.

To help with the assessment of your skin, a complimentary computerized VISIA Complexion Analysis (canfieldsci.com) will examine your face for eight different factors, such as texture, pore size, wrinkles, UV damage, red and brown spots, vascular lesions, and melanin- and acne-prone areas. It will then generate a facial assessment report evaluating your skin condition and compare it to others your age. This may help you target the areas of concern and direct the treatment options (Fotofacial, BOTOX, skin resurfacing, etc.). The VISIA can also track treatment progress and compare your skin to earlier analyses. Then the options to treat the problem areas can be addressed. Perhaps a Hydrafacial (microdermabrasion) or a chemical peel may be beneficial to create a glow, firm the skin and control acne. The Micropen, using microneedling, is our latest offering to improve fine lines, acne scars, texture and tone.

There are many energy-based system such as lasers, intense pulsed light, radiofrequency and ultrasound. The application of energy or heat to the skin has a

rejuvenating effect by stimulating the formation of collagen, a protein that we tend to lose in our skin with age, and elastin to improve the elasticity of the skin. Each device is chosen based upon the treatment or the condition. Fotofacial RF is not a laser, but uses intense pulsed light (IPL) in combination with radiofrequency (RF) to treat hyperpigmentation, age spots and fine wrinkles. ReFirm, using ELOS technology as well, combines RF with infrared energy to tighten the skin, while eMatrix uses pure RF to treat textural irregularities, improve wrinkles and dyschromia. Ultherapy uses ultrasound energy that penetrates below the level of the skin to lift the tissues by tightening the facial level, improving the jowls and area under the chin for better jawline definition.

There is not just one “cure all” laser, but lasers have different wavelengths and specific applications. Vascular lasers, such as the VBeam Perfecta, treat a variety of redness and skin lesions, such as telangiectasias, and spider veins to small caliber veins. Larger vessel may require sclerotherapy. More comfort and longer-lasting results with laser hair removal using the Gentlelase is far less painful than the cheaper alternative of waxing (remember 40-Year-Old Virgin?). And if you are considering a Brazilian bikini line, I, personally, would opt for the most gentle procedure!

Do you have that tattoo (a permanent reminder of that temporary feeling) that you would like removed? The Revlite is a good solution for tattoo removal. There are also nonablative, subablative and ablative technologies increasing in the aggressiveness of the treatment, which correlates to recovery and downtime. While most treatments have little to no downtime, the most

aggressive, longest lasting, and most visible changes occur with the fractionated CO2 (carbon dioxide) laser, applying Active FX and Deep FX treatments. This procedure is very effective in tightening the skin, evening out the skin tone, and reducing the wrinkles by removing the superficial layer of the skin and promoting collagen regeneration. It takes about one week to heal with fresh skin, with improvements that continue for months.

Will it hurt? "No pain, no gain" is not just an old Chinese saying. But, topical medications applied to the skin before the treatment make the procedure more comfortable. A Zimmer cooling device also helps pass a cool breeze over the treatment area. Oral or injectable analgesics or relaxants can also help make you comfortable and relaxed in the spa.

Many of the skin treatments are complemented with a good skin-care regimen. An esthetician can go over

the variety of products such as Zein Obagi (ZO), Skin Medica, Neocutis and others. Sunblock is a must in anyone's regimen. Just look at the inside area of your upper arm... is the texture smooth with an even, lighter color? That area has been generally "sun protected." You also have other areas of your body "where the sun don't shine" that have nice texture and color. Now, don't you want other areas to be just as good? So wear sunblock with high SPF or opt for a quick spray tan with SUN FX.

When it comes to what works, think combination therapy: complementing the energy-based treatments, injections of BOTOX Cosmetic, a neuromodulator (say what?), and relaxing the muscles in a particular area to soften creases and keep them from getting worse. If wrinkles are caught early enough, treatment could even make them disappear. Having a skilled injector can help you decide where to inject around the face to raise the eyebrows or lessen crows feet, as FDA off-label use is at the discretion of the provider.

Dermal fillers, such as Juvederm, Voluma or Restylane, contain hyaluronic acid, a natural product to plump and fill cheek creases and cheek bones, enlarge lips and add volume that is lost in the face with aging. However, I see far too many marshmallow faces from aggressive overcorrection and I wonder if that person ever looked like that before. So please don't overdo it. Trying to look as good as you can for YOUR AGE should be your goal in the most natural appearing, nonsurgical look, even if you HAD surgery.

So while we don't have a magic wand and to just "zap this or zap that," technology has advanced, and has become safer and more effective. My advice is don't let the hype of Hollywood determine your treatment, but let a trained professional, with their high-tech tools, help you make the right choice. You can always get a second opinion.

Jennifer Barnett
Owner & Founder



ladies
register
free! ✓

One step closer to finding your soul mate.

Passion, romance, excitement and trust, these are all things we seek in love. However, meeting a potential partner can be stressful, and online matchmaking services can be awkward and indiscreet.

Where our services truly stand out is our very different approach to dating. There are no computers involved or long drawn out exchanges of emails with someone who no longer looks like their photograph.

Our matchmakers work with you one-on-one to get to know you and know your deepest likes and dislikes before introducing you to a possible match. Owner, Founder, and local resident Jennifer Barnett is a natural matchmaker at heart and has made many successful matches with happy couples. What do you have to lose?

Contact us today for a free and confidential consultation.


www.cupid4hire.com
559.442.LOVE