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BEAUTY & HEALTH



Indulge Your Skin This Holiday Season

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If the hectic pace of the holiday season is taking its toll, you may want to treat yourself to a beauty pick-me-up that will refresh and rejuvenate your skin to help you look and feel your best for the new year. If you have punished your skin by overdoing the sun or if you suffer from acne, Photorejuvenation or Photodynamic Therapy may be just what Santa needs to bring you for the holidays.

Whether it's wrinkles, sun damage, poor skin tone, enlarged pores or brown spots, virtually everyone has some imperfection of the skin that they'd like to erase. Photorejuvenation and Photodynamic Therapy have become the gold standards for non-invasive facial rejuvenation and for the correction of sun damage and the skin imperfections that can detract from one's overall appearance. They can help a multitude of problems, and are particularly appealing to individuals who do not have the time or inclination to endure a long convalescence. They can provide truly dramatic results, and there is virtually no pain associated with the procedures and little, if any, recovery time needed.

Photorejuvenation

This process works deep within the layers of the skin and is used to treat sun damage, brown spots, wrinkles, rosacea, spider veins, reduce pore size, and to restore the skin's youthful elasticity. Photorejuvenation usually involves a series of five, relatively painless, 15-minute procedures that can be performed on a lunch break or after work. Photorejuvenation can be used alone or in conjunction with other laser procedures, or fillers such as Restylane, Perlane or Juvederm, or Botox. The results can be dramatic and long lasting.

Photodynamic Therapy (PDT)

PDT uses a variety of light sources and a compound called Levulan. The procedure can help get rid of abnormal cells, pre-cancerous lesions and studies show that the treatments may dramatically reduce future risk of skin cancers. Additionally, PDT is extremely effective for the treatment of acne including severe cystic acne by normalizing the sebaceous glands. PDT has also been used for a variety of other skin conditions including Keratosis Pilaris and has been shown to significantly enhance the appearance of the skin.

Because both procedures are gently spread over a series of treatments, patients can continue with their day-to-day activities with little if any pain, discomfort or significant adverse visible changes. The amount of visits required before issues are resolved depends on the individual's needs, but on average most patients see improvement immediately, with full results revealing themselves over time. Typically, four to six treatments are recommended, as well as healthy skin care regimens and maintenance. Your skin will thank you by glowing way beyond the holiday season.^{SA}

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