

flawless skin for **THE HOLIDAYS**

MEDSPA TREATMENTS FOR A VIBRANT,
SMOOTH COMPLEXION

BY LARUE V. GILLESPIE

The holidays are just around the bend, and we're betting you'd love to look picture perfect for all those snap-worthy occasions lining up lickety-split on your calendar. If your skin needs some freshening up—or some serious TLC—you might consider some of these promising treatments you can schedule and have taken care of at your local medspa in no time at all.

INJECTABLES

For worry lines and crow's feet, nothing beats injectables like Botox for a smoother, younger looking face. Results are realized within five to seven days and last about three to six months.

FILLERS

Marionette lines, scars, and areas that have lost volume and collagen can be handled with fillers such as Juvederm, HylaForm, Radiesse, Sculptra, and Restylane. How to choose the right filler for you?

First, "find a doctor [you] trust, and ultimately let the doc decide," said Anna D. Guanche, MD, a board-certified dermatologist and dermatologic surgeon specializing in cosmetic procedures in Calabasas, California. "It should be someone with proper training, an artistic eye, and experience. An experienced and established injector will have a variety [of fillers] to choose from and will guide you based on your skin thickness, goals, upcoming events, and budget."

LASERS

Fraxel lasers help with erasing fine to medium lines, improving skin texture, and brightening your skin, explained Nancy Kim, MD, a board-certified dermatologist at Spec-

trum Dermatology in Scottsdale, Arizona. IPL (Intense Pulsed Light) lasers help with darker or tough pigmentation issues and even out your skin tone.

PEELS

Peels, such as the Jessner peel, are less expensive and less invasive treatment options—but don't discount their potent ability. "The Jessner peel is a smooth, even peel with beautiful results and virtually no downtime," said Guanche, who does a Jessner peel once a month on her own face.

MICRONEEDLING

Bella FX harnesses radio frequency introduced into the dermis with microneedles. "Almost anyone is a good candidate, and it's safe and effective in tightening the skin, reducing pore size, and minimizing broken capillaries," said Guanche.

MICRO-CHANNELING

Aquagold is a first-of-its kind treatment that boasts 24K hypoallergenic, gold-plated needles that inject Botox and filler at the same time in micro-doses all over the skin, making the skin look smooth and airbrushed. "Aquagold is the perfect procedure for the holidays!" Guanche said. "My patients say it is the facial that lasts forever."

BOTOX FOR THE NECK?

Most people know Botox is great for those lines on the forehead, crow's feet, and between the brows, but did you know that it can help make your neck look smoother and younger? "Botox can help with vertical pull lines, tiny muscles that we no longer use," explained Anna D. Guanche, MD, a board-certified dermatologist and dermatologic surgeon specializing in cosmetic procedures in Calabasas, Calif. "When no longer contracting, they lay flat, providing a neck that looks smoother."

SKIN FACTS

November has been designated as National Healthy Skin Month by the American Academy of Dermatology (AAD). Here are a few skin facts from the AAD—some fun and some a little weird.

- The average adult has approximately 16 to 22 square feet of skin, which weighs around 20 pounds on average
- Skin accounts for about 15 percent of your body weight
- The skin has three layers: epidermis, dermis, and subcutis
- Skin is thickest on the palms and soles, and thinnest on the eyelids
- Your skin completely renews itself every 28 days by constantly shedding dead cells
- Skin sheds around 30,000 cells per minute
- A large part of the dust in your home is actually made up of dead skin cells

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