



The **GG** is a Global *Glow-Up*

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Looking for the ultimate skin-smoothing procedure? If you want to see your skin smoother and more glowy than it has ever been, this low-to-no-downtime GG –Global Glow-Up is the best I've seen. It is actually a series of procedures that can give you the smoothest skin you've ever had. When choosing procedures to offer at Bella Skin Institute, I often test them out on myself first. Having tried many devices and procedures over the years, I was shocked by the dramatic results achieved with this combination, that I have now dubbed the "GG," or Global Glow-Up, because the procedures and products in this combination are from all over the world. They are combined as the "GG" to provide you with your best skin ever.

Germany: Jessner's Peel. First the skin is cleansed and de-fatted with a topical agent to prepare for a Jessner's Peel. The namesake peel, developed by Dr. Max Jessner, a German dermatologist, is composed of resorcinol, lactic acid, and salicylic acid. It is a very mild, even peel that is a popular standalone procedure that leaves the skin glowy and smooth, with reduced pigmentation.

USA: Microneedling. Shallow (in this case) microneedling, developed by Dr. Desmond Fernandes, is popular for many reasons. First, it stimulates collagen. When delivered with a device such as the Eclipse or Dermapen systems, the results are smooth, even coverage. Small channels resulting in the skin immediately after the procedure make the stratum corneum, or hard outer layer of the skin, more permeable. This allows active ingredients to be delivered through the skin's surface, where increased effectiveness can be expected.

Japan or France: Smears. Here is where the active ingredients come in. A smear has a generally negative connotation except in the skin world. Smearing refers to the application of active ingredients to the skin after microneedling. Platelet-rich plasma is one such ingredient. In the GG, we either smear tranexamic acid (TXA) to reduce pigmentation or another proprietary formula to stimulate collagen. And yes, you guessed it: TXA for melasma was popularized in Japan, while the collagen stimulant was patented in France. This step of the GG is tailored to the patient's needs.

Calabasas: Bella Microgold. A small sterile vial with shallow microneedles capable of delivering product to the surface layers of the skin is loaded with our favorites: injectable hyaluronic acid and neuromodulators (Juvederm® and Botox® for example), as well as another ingredient that aids with effective delivery. This is also a standalone procedure that results in smooth skin—and is already very popular at Bella Skin Institute. When applied after the above procedures, it is even more effective, reaching the target depth more easily when the skin has already been "opened."

Japan: GG Finishing Mask. This soothing mask is the perfect wrap-up for the series. Originally from Japan but adapted for our practice, this mask soothes, hydrates, and revitalizes the skin. Again, it is a popular standalone procedure, but when applied just after Bella Microgold, it soothes the skin and seals the active ingredients in for maximal effectiveness. Patients love the feeling of this mask and always leave satisfied.

The GG incorporates beauty secrets from all over the globe to provide the optimal skin-perfecting results. The effects last two to six months and are noticeable by most. Many of our patients report receiving numerous comments and questions: "What have you done to your skin? I'll have what you're having!" Innovations in dermatology have always included various combinations. Having been in practice for over 15 years, I have been putting various effective procedures together. For skin smoothing, the GG is currently our gold standard. ■

The statements in this article are for general informational purposes only and do not substitute for individual medical advice.

