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LOVE THE SKIN YOU'RE IN

SKIN CARE'S GROUNDBREAKING
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by DAVID SCHLESSINGER, MD



THE RIGHT SKIN CARE MAKES ALL THE DIFFERENCE

Re-Visit Your **Treatment Choices**

THERE ARE SO MANY WAYS TO HELP THE SKIN THAT IT CAN BE DAUNTING TO TRY TO FIGURE OUT WHAT'S THE RIGHT ONE FOR YOU

It's true. Effective skin care can help you look your best.

Those of us that live in the Greater New York area know that we have some of the world's greatest beaches and access to many fantastic outdoor activities. Unfortunately, our skin pays dearly for all those extra outdoor hours. Even those of us who are diligent with sun block still get too much damaging ultra-violet rays.

Now is the time to heal our skin and try to look our best. The first step in achieving great looking skin is to use proper skin products. A good non-soap cleanser, daily moisturizer and high quality sun block are the bare minimum. And yes, we need to use sun block even in those colder, shorter winter days.

There are so many ways to help the skin that it can be daunting to try to figure out what's the right one for you. Every individual has his or her own specific needs. Some of the current options are described here, to give you a basic idea of the landscape of skin care treatments available.

Retinoids are vitamin A derivatives and are more potent than retinols. In general, the retinoids (such as the active ingredient in retin-a) are found in doctor-dispensed creams. They are excellent at turning over skin and increasing collagen in the deeper layers. This greatly lessens the appearance of wrinkles by increasing the skin's elasticity. Overuse of retinoids can sometimes lead to redness and sensitivity. This quickly

resolves itself by discontinuing use of the retinoids and using a moisturizer. Don't expect retinoids to work overnight. They need to be used on a consistent basis and in conjunction with a good moisturizer and sunblock.

Retinols, found in many over-the-counter creams, are a weak form of the active ingredient in retin-a and do work over time, but are less effective.

A hydrating facial performed by an experienced aesthetician not only deep cleans pores, but allows the application of nutrients and moisturizer that can be easily absorbed in the skin. Microdermabrasion is a deeper peel utilizing crystals to remove the superficial dead layers of skin and allowing the deeper layers to create more collagen. These can be done at the same time. Over time, facials and microdermabrasion help keep the skin clear and tight.

Chemical peels are used to remove superficial layers of skin. They erase superficial sun spots and diminish fine lines and wrinkles. There are many different types of peels with varying levels of depth and strength. Superficial peels cause little redness and flakiness and allow patients to return to work immediately. Deeper peels have more redness and may require several days of healing before returning to work. Often a series of lighter peels may give the same result as one deeper peel.

Modern technology has given us many new ways to smooth, lift and tighten our faces. Radio-frequency devices such as Thermage, Ematrix and Pelleve apply energy directly to deeper layers of the skin, effectively stimulating collagen growth. These devices tighten the face without any downtime. While Thermage can be quite painful, Ematrix and Pelleve are

virtually pain-free.

Ultherapy is a new device that uses ultrasound to tighten the layers of the face deeper than the skin. This can be very effective in lifting the neck and face with no downtime.

Intense Pulsed Light is a minimally invasive light-based machine that removes sun spots, freckles and broken capillaries on the skin. Patients can have these quick lunchtime procedures and return immediately to work. IPL can also be used to treat the delicate neck and chest area, effectively removing sun damage and tightening the skin.

Fractional Co2 laser such as the Mixto Laser or Fraxel Laser are slightly more invasive lasers that are extremely effective in skin tightening and removing deeper wrinkles. The greater efficacy of these machines comes with the price of having several days of downtime. However, one treatment is quite effective in achieving a very youthful appearance.

All of these procedures can be used in combination with Botox, fillers such as Sculptra and Restylane and traditional surgery to achieve the best cosmetic result possible.

When deciding which way to go, it is important to seek the help of a medical doctor at a supervised center. That way, the less invasive procedures can be performed by skilled aestheticians and the more invasive procedures are properly performed by an MD.

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