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timeless skin solutions
Dr. Carol L. Clinton







Fall Special - Repair Summer Sun Damage with our new Intense Light Treatment (IPL)

Remove skin redness, brown spots, and sun damage. Buy a package of 5 IPL treatments and receive a 10% discount. (Package price is \$1,350 with a savings of \$150!) In addition, receive a 10% discount on the Kinerase Pro+Therapy Package (when you buy the IPL skin rejuvenation package).

Be ready for the holidays with improved skin texture and tone!
You will be amazed with more visibly youthful-looking skin!
Schedule your appointment today. Offer valid until October 15, 2006.

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Revive

your Skin for Fall

Despite your best efforts to apply sunscreen, wear a hat, stay in the shade, and wear long sleeves, you've still had some exposure to the sun. Or, you've noticed the effects of Father Time when you look in the mirror. All is not lost; there are treatments available to freshen up your skin in time for fall.

This is the time of year to reassess your skin care regimen. The weather changes and your skin can become drier. If your skin has a tendency to dry out in the fall be sure your moisturizer is increasing in content of hyaluronic acid. There are new products available with growth factors and amino acids, which help repair some of the sun damage in your skin. If you are not using a retinoid, this is a good time of year to begin. Retinoids are sold in lower doses than when initially approved by the FDA and subsequently the prescription leaves fewer signs of redness and flaking. Retinoids help decrease fine lines and lessen the effects of sun damage. Retinoids can also decrease areas of acne breakouts. A prescription containing hydroquinone, with or without kojic acid, can be added if sunspots are an emerging concern. A good skin care analysis is the first step to deciding which of these products are best for you.

There are medical procedures, both old and new, that work on freshening the surface of your skin. The first treatment,

microdermabrasion is the least aggressive treatment and it can be used as a precursor to more aggressive chemical peels and laser treatments. Microdermabrasion, in a series, reduces the thickness of the skin, and allows for greater penetration of products and treatments. A good deep cleansing facial can go hand in hand with microdermabrasion and can address almost all skin concerns. An added benefit is the cleansing of pores, which have become clogged with sunscreen.

Chemical peels can range from mild penetration to deep penetration in the skin. Peels involve different concentrations of glycolic acid, trichloroacetic acid, salicylic acid, retinoic acid, or other acid and will leave the skin with a vibrant tone. A variety of problems can be addressed using a peel. Acne, sunspots, and fine lines are great targets of this therapy. Finally, there are many laser treatments available. This is the time of year to consider a series of intense pulsed light treatments, aka photofacials. These treatments can be used on the face, arms, and chest to decrease sun damage that

occurred this summer or the damage that has occurred over time since your youth. Intense pulsed light treatments can be supercharged using a prescription product called Levulan, that is applied to the skin, an hour prior to the procedure. These treatments will leave your skin with an even tone and with fewer fine lines.

And remember to retain your results with a targeted skin care regimen that includes a daily sunscreen.

*Written by Dr. Carol L. Clinton of
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