

Mark's Angels Presents

Turning back the clock on skin damage.

by Tina M. Welch-Clutter

Too much fun in the sun, your diet and water intake can take their toll on your skin. If you find that your skin has been abused, **Body Beautiful** can certainly help turn back the clock on skin damage. Whether it is acne, scars, sun damage or daily wear and tear we offer various services to help you look your best. It is my job as an esthetician and laser technician to help you with your skin care needs. Some of these treatments include: **Chemical Peels, Microdermabrasion, Photofacials, Fractional Laser or Lamprobe**

Chemical Peel and Microderm

A Chemical Peel or Microdermabrasion, received with a facial, is one of the least invasive ways to improve the appearance of your skin; they may be used on all skin types and on many areas of the body with a few exceptions. Done in a weekly series for up to six weeks, it can improve acne. This is achieved by exfoliating the top layer of your skin allowing dead skin cells to shed more effectively, reducing clogged pores and pimples drastically. Both treatments are great for age and liver spots, fine lines, pigmentation, rough or dry skin, scars, and sun damage. Microdermabrasion can also increase the amount and thickness of collagen fibers, the number and size of fibroblasts, cells that make collagen, and the amount and orientation of elastic fibers, giving the dermal layer more spring.

You will see subtle improvements at first,

but that healthy glow will increase with each treatment of your series, then you can maintain your vibrant look by receiving treatment once a month. Although Chemical Peels and Microdermabrasion are both great treatments for superficial skin conditions. Deeper scars and pigmentary abnormalities may require a Photofacial or Fractional.

Photofacial (IPL)

When skin rejuvenation is applied to face and neck, it's referred to as a **Photofacial**. We use *Intense Pulsed Light (IPL) Therapy* - a skin rejuvenation technique that uses intense pulsed light waves to treat damaged cells deep within the skin's layers. Since there are no incisions involved, you can undergo treatment and go back to your regular schedule immediately.

The Photofacial makes use of an intense pulsed light (IPL) device that is steadily passed over the skin's surface and treatment areas. The light emits high intensity wavelengths that reach deep within the skin's layers to cause a structural breakdown of damaged cells; this promotes the healing process as the body rapidly removes the injured tissues and cells.

Photofacials offer several benefits for damaged skin, and can help you achieve a fresh, rejuvenated appearance.

- Reduce the appearance of age spots
- Remove fine lines and wrinkles
- Improve the complexion

- Increase collagen production to help create healthy and resilient skin
- Break down and remove damaged skin tissue and cells naturally
- Improve the texture and tone of the skin
- Get rid of acne scars and skin pigmentation
- Enhance skin tone and help even out darker shades or patches of skin

Fractional Laser (Infrared)

While Photofacials target discolorations, a **Fractional Laser** is used for skin resurfacing (*skin tightening and wrinkle reduction*) on all skin types. This laser is used in the treatment of wrinkles, acne scars, melasma, stretch marks, crow's feet, blotchy skin, face, neck, chest, back, arms, and legs.

The Fractional Laser works by delivering an array of high-precision micro beams (*infrared*) to create deep, narrow columns of coagulation in the epidermis and dermis. This triggers a restorative natural healing process that creates healthy new tissue, including the creation of new collagen.

Photofacials and Fractionals are administered in a series of four to six treatments every four weeks for optimal results and may be maintained with monthly facials, chemical peels, microdermabrasion and yearly Photofacial and Fractional Laser treatments.



Lamprobe (Radio Frequency) (Micro-thermocoagulation)

For surface abnormalities such as skin tags we use a technology called **Lamprobe** (Micro-thermocoagulation) The principle the device based on is the action of a *very high frequency (radio frequency) pulse*. The energy of this wave will be transformed into heat. The energy is transmitted by the means of a very small gauge needle (probe tip) which is in contact with a lesion or capillary vessel making them disappear.

Lamprobe provides the rapid removal of minor skin irregularities such as telangiectasis (broken capillaries), cherry angiomas, skin tags, hyper-pigmentation (brown spots), milia (white heads), cholesterol deposits and acne pimples. The Lamprobe works from the principle that liquids are attracted to heat which is released by various probes. Treatments are quick, and do not even break the surface. Small skin tags or blood spots disappear immediately and hyper-pigmented areas such as liver or “age spots” take only a few seconds. There is minimal discomfort

for the client and healing time is short, from a day or two for small irregularities to a few weeks for larger skin abnormalities. Because these minor skin irregularities lay in the epidermis, exfoliating with a Chemical Peel or Microdermabrasion before removal is recommended as it allows better access to the irregularity.

Skin tags, also known as Acrochordons or fibrous polyps, are small flesh colored pouches that can either be raised on the skin or protrude from the skin on a stalk called a “peduncle.” They should be the same color as your skin or a bit darker and should be soft to the touch.

Skin tags are more common in middle aged women than men or children, but anybody can get them. Both men and women are susceptible to them as they age and they are quite common in those over 60 years of age. They can occur after pregnancy or weight gain. They are also more likely seen in obese people as well as people with type 2 diabetes. A tendency to develop skin tags may run in families.

Skin tags are most likely found where the

skin may crease, such as around the neck, underarms, groin, under the breasts, inside of the upper thigh area, or on the eyelids or cheeks. They can occur just about anywhere! *Why get them removed?* They may be rubbed and irritated by clothing, jewelry, etc., which may cause some pain and an inflammation of the area; and of course cosmetic reasons.

Contact Body Beautiful today to schedule a consult and let me help you develop a skin care routine that works for your individual skin type.

Look & Feel Your Best at Any Age!
www.BBLMSpa.com or 724-987-3221