



Fall Into a Fresh Look!

Vol.1 Issue 3, Fall 2007

See Spot Go!

Fall is the perfect time to get rid of those pesky brown spots, age spots and freckles. Advanced laser treatments like IPL (intense pulsed light) and our new South Beach Peel (a technique combining 2 lasers) require very little or no down time and produce remarkable results. For best results with IPL, most patients need 4 treatments, 1 month apart, with a total cost of \$1000. There is no downtime with IPL and the treatment itself feels like little snaps from a rubber band. With the South Beach Peel, patients only need one treatment, though they are usually pink for 5 to 7 days. The South Beach Peel has the added benefit of improving fine lines and wrinkles at the same time, and also costs \$1000.



Before and After IPL Treatments

Skin Care Q and A by Katie Muschler, CME

Q: My skin is breaking out. Should I skip the moisturizer?

A: No. When skin is not properly hydrated, it can cause sebaceous glands to overproduce oil to compensate for the lack of moisture, making breakouts worse. I suggest a sheer moisturizer for those with oil-prone skin.

Q: What can I do to make my make-up last through-out the day?

A: Use a primer under makeup for longer lasting results, and it will help smooth fine lines and wrinkles. I recommend Jane Iredale Absence. Also, mineral makeup lasts longer than other kinds.

Q: My skin gets very dry in the winter and my makeup looks flaky, what can I do?

A: Try switching to a liquid base containing vitamins and hyaluronic acid, which helps the skin hold moisture. I like Jane Iredale's liquid minerals which have hyaluronic acid, vitamins C and K and coenzyme Q10 to nourish your skin.

Look Your Best for the Holidays!

Join us **Thursday, Nov. 8 from 4 to 8 pm** for cocktails and hors d'oeuvres and learn about the latest trends in make-up, dermal fillers and laser treatments that can give you a refined and refreshed look for the holiday season. **Also, receive \$25 off Botox, \$50 off Juvederm and \$100 off laser treatments booked this night only!** We will also have a live Botox demonstration at 6pm.

[Click here](#) or call 314.991.5438 to RSVP!



Natural results require a combination approach

Combining Techniques For Natural Results

These days most surgeons are combining surgical and non-surgical treatments to give patients the most natural results. For example, Dr. Nayak often combines fat transfer or dermal fillers with lower eyelid surgery. He first surgically removes the "bag" and then adds volume with fat or fillers to erase dark circles and fill hollows. Fillers can also be combined with facelifts, necklifts and other procedures. Dr. Nayak likes to fill in smile (nasolabial) lines or lip lines at the same time he performs a facelift or minifacelift in order to give the patient the most balanced result. "Lifting can only remove skin and tighten, but it cannot add volume or rejuvenate the skin," says Dr. Nayak, "for the best, most natural look, many patients need a combination of therapies." Finally, laser treatments often provide the finishing touch to surgery. "The lasers help erase telltale signs of aging skin like age spots and wrinkles," says Dr. Nayak.