

The First Step to a Smoother You

SPOTLIGHT ON: LIMELIGHT®

Product Showcase

M.D. Forté® Skin Rejuvenation Lotions

With winter blowing in, skin will be feeling the effects of the lack of humidity outside and inside. Dry, flaky skin may result from the decreased amounts of moisture in the air.

Lucky for us, **M.D. Forté®** has a solution to environmental skin damage. Now you can renew your skin by revealing the beauty underneath with the revitalizing power of **M.D. Forté® Skin Rejuvenation Lotion**.

We carry two strengths at Smooth Reflections to better suit your beauty needs: **Skin Rejuvenation Lotion II** and **Skin Rejuvenation Lotion III**.

Level II and **Level III** have different concentrations of the active ingredient *glycolic acid*, which helps slough off dead skin cells and replenish the healthy skin underneath.

The lotions also contain *Retinol* which is a powerful, effective anti-aging chemical that helps reduce the viable signs of aging such as fine lines and wrinkles by promoting new cell growth.

Finally, the *vitamin-rich mix* in the **Skin Rejuvenation Lotion** acts as an antioxidant, shielding the skin against future sun damage, improving skin tone and texture, and leaving your body's largest organ hydrated and smooth.

LimeLight® Facial

LimeLight Facial® is a new non-invasive approach to skin rejuvenation using Cutera's LimeLight. This procedure offers the advantage of improving skin tone and surface imperfections associated with photoaging.

What areas can be treated?

The LimeLight Facial is ideal for any part of your face, neck and décolleté with skin redness, telangiectasias (tiny veins) or brown spots. Light (low contrast) brown spots which were previously difficult to resolve, respond very well to treatment.

What does the treatment do?

With LimeLight Facial you can get a treatment that is customized to your skin type and selectively treats the brown and/or red pigmented areas on your skin. It's the heating of the pigmented brown or red cells that causes the therapeutic effect.

Cutera LimeLight Facial

Before

After



What do treatments feel like?

When the pulse of light is delivered, patients will experience a mild pinching or stinging sensation. Anesthesia or pain medicine is typically not required.

How many treatments will I need?

One to three treatments are usually sufficient to see results. Additional treatments may be recommended, especially for excessively sun-damaged skin.



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What happens after the treatment?

Immediately following treatment, brown spots will start to darken and your skin may appear slightly red. The treated area may be mildly swollen. This typically lasts a few hours and possibly a day or longer. Make-up can be applied to cover the redness.

When will I see results?

Within one to three weeks, the darkened spots will flake off and fade. Diffuse redness or telangiectasias will decrease and your mottled complexion will improve.

Will the spots and redness reappear over time?

New brown spots, telangiectasias and diffuse redness may appear with new sun damage; however, they too can be treated. Remember to always apply broad-spectrum sunscreen when outdoors to minimize sun damage and the appearance of new spots and diffuse redness.

Do you have the winter skin blues?

Dry skin is a very common skin problem and is often worse during the winter because environmental humidity (moisture) is low. Dry skin (i.e., "winter itch") results when there is not enough water in the stratum corneum (the outermost layer of the epidermis) or the oil glands are not producing enough for it to function properly. This problem can occur with people of all ages with or without other types of skin problems. Dry skin typically produces itching, but is also associated with thickened rough skin that can most commonly cause painful splits or fissures to the heels of your feet and hands.

What does dry skin look like? The normally fine lines in the skin become more visible, the skin feels rough and appears dull and flaky. It can also cause a dermatitis condition resulting in skin that is looking red and angry in addition to dry and scaly. In more advanced cases, fine deep cracks can occur in the skin. Skin infections can occur more frequently as the natural barrier the skin provides is weakened. Dry skin occurs most commonly on the arms and legs, but can also affect the trunk of the body. Dermatologists often call dry skin "xerosis" or "asteatosis". Activities that contribute to dry skin are frequent hand washing with hot soapy water, long hot showers, and exposure to harsh chemicals or as part of the normal aging process. Hot water and soap strip the natural protective oils from our skin resulting in the loss of moisture.

How do you correct or improve the situation? An important aspect in the treatment of dry skin is to identify and tackle any factors that may be contributing to the problem.

- Bathing in lukewarm, not hot, water reduces the loss of moisture in the skin. Avoid deodorant soaps as they are more drying.
- Limit your showers to 10-15 minutes.
- Blot your skin dry rather than rubbing vigorously.
- Immediately following your bath, apply an application of oil such as a moisturizer (also known as an emollient or lubricant). This will help trap and seal water in the stratum corneum and makes the skin softer, smoother and less likely to become dry, cracked and itchy.
- Switch from lotions to creams in the winter and reapply liberally throughout the day, especially to areas prone to dryness (hands, arms, legs) and when itchy.
- Shave using lotion or hair conditioner instead of shaving cream.
- Treat any red dermatitis (eczematous) patches with an over the counter topical cortisone (steroid) cream or ointment for a 5 to 15 day course - with physician approval.
- Increase the humidity level in the air of your home and workplaces if possible. If not already present, you should consider adding a humidifier to the central heating system of your home or use a portable humidifier. This is especially important that it is used in your bedroom at night.

There are four basic classes of body moisturizers: ointments, oils, creams and lotions (listed in decreasing order of moisturizing power).

Ointment moisturizers have the greatest ability to trap moisture in the skin, but they have the greasy consistency and feel of Vaseline Petroleum Jelly. People often shy away from using them because of the greasy feel, but this can be minimized by applying a small amount and rubbing it into the skin well.

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Oil moisturizers are less greasy but still effective. Examples of oils that can be applied directly to the skin include baby oil, mineral oil, vegetable oil, and bath oil. Bath oils used in the bath water make the tub too slippery and should not be used. It is preferable to apply bath oils after getting out of the tub or shower, just as you would other moisturizers, directly to damp skin immediately after a light towel off to partially dry the skin.

Cream moisturizers are usually white and disappear when rubbed into the skin without leaving a greasy feel. As a result they tend to be more popular than ointments.

Lotion moisturizers are suspensions of oily chemicals in alcohol and water. Lotion moisturizers are generally the least greasy and the most pleasant to use. They are quite popular because of the non-greasy feeling. However, the alcohol content in the product can be somewhat drying when used repeatedly as compared to ointments and creams.

What's the bottom line? The moisturizers you choose should feel at least a slight bit oily when you first apply it to your skin. Within a few minutes, your skin should absorb it, leaving a soft smooth feel. If it doesn't feel that way, you may not be getting as strong a moisturizer as you might need. People with a history of oily skin should wait approximately 20 minutes after washing their face before applying moisturizers. If your skin is feeling tight, then it needs moisture. This will prevent you from creating an oily appearance.

Talk with your nurse about dry skin options.

Did you know?

The largest human organ is the skin, with a surface area of about 25 square feet

To Contact Us:

105-5 Regency Park
O'Fallon, Illinois 62269

Phone: 618 632-7666

Fax: 618 632-3822

Email: info@smoothreflections.com

Web: www.smoothreflections.com