

*The First Step to a Smoother You*

**SPOTLIGHT ON: LASER HAIR REMOVAL**

**Product Showcase**

**VIVITÉ®  
Vibrance Therapy**

VIVITÉ® Vibrance Therapy is specially formulated cream that aids in minimizing hyperpigmentation. The antioxidant-rich ingredients are restorative to your skin. Hyperpigmentation is the brown spots some people refer to as "sun/age spots". It is also useful in reducing the effects of melasma, typically a pregnancy induced browning of the facial area. This is most commonly referred to as the "mask of pregnancy". It reduces the appearance of fine lines and wrinkles, and evens out skin tone.

V I V I T É ®  
Vibrance contains natural ingredients with exclusive GLX technology that when used with the complete VIVITÉ® System, clients can experience rejuvenated, more youthful looking skin.

VIVITÉ® Vibrance Therapy can be used instead of or in conjunction with hydroquinone.

**Key Ingredients:**

**Superoxide dismutase:** enzyme that destroys superoxide free radicals

**Methyl dihydroxybenzoate:** skin lightener that reduces pigmentation

**Licorice root:** anti-inflammatory depigmentation agent

**Green Tea:** free-radical blocker, helps block UV radiation

**Olive leaf extract:** powerful protection against environmental stressors

**Vitamin C:** clenches free radicals and regenerates Vitamin E

**Vitamin E:** scavenges lipid free radicals, protecting cell membrane from destruction

**Hair Removal**

**How does hair removal really work?**

Hair removal works by using the energy produced by a laser or other light source to target the pigment or melanin in the hair follicle to produce heat. This heat damages the follicle sending a signal to the hair to stop growing. The tricky part of hair removal is the knowledge of how to produce enough heat to damage the follicle without injuring the surface of the surrounding skin. The darker the person's skin, the more difficult it is to treat without causing damage to the surrounding skin. At Smooth Reflections Laser Center, the staff is experienced in making the correct determination in this procedure. Picking a facility and staff with experience is important in ensuring that you will have a positive experience and a good outcome no matter what area you choose to treat.



Before



5 weeks after 1 Tx

Photos courtesy of Leonardo Rasi, MD

We use two types of light sources for hair removal at Smooth Reflections. The first is a Cutera Vantage laser. This is a true laser, a single wavelength or color light source. This laser is capable of treating skin tones of all shades; from your fairest skin to the darkest skin of color. The ability to change multiple settings allows the clinician to personalize the treatment specifically for each patient. The physical application of a laser is easily accomplished, but the knowledge and experience behind

radicals, protecting cell membrane from destruction  
**Other key ingredients:** Mulberry extract, grape extract, lycopene, retinol and soy isoflavones.

VIVITÉ® skin care formulations are based on exclusive **GLX Technology™**. This is a unique fusion of the clinically demonstrated benefits of glycolic compound and natural antioxidants. Of all the alpha-hydroxy acids, glycolic has the smallest molecules resulting in greater skin penetration and the natural antioxidants protect epidermal cells from the harmful effects of free radicals.



i easily accomplished, but the knowledge and experience behind the setting changes is what sets Smooth apart from other laser facilities.

Our second light source for hair removal is called the Cutera Prowave®. This is an intense pulsed light that is a variable color or wave length. This machine is excellent for hair removal on clients with lighter skin tones. The wavelength is much shorter than with a laser and therefore is more problematic for people of darker skin tones. The pigment in the skin tends to compete with the pigment in the hair for heat absorption in the darker tones.

### How about hair color?

The color of the hair in hair removal is critical for determining outcome. Dark, coarse hair will absorb the greatest amount of heat, resulting in significant hair loss. Red hair contains a different type of pigment called phenomelanin. This type of pigment does not absorb heat as easily. It will typically take more treatments to see reduction. Strawberry blondes, blondes, grey and white hair will not absorb heat. Clients with those hair colors usually will result in poor outcomes. We typically will encourage clients to try other methods of hair removal if they have the light hair concern. If your hair has a mixture of colors then you should be aware that the darkest hair will be eliminated

first and the other lighter colors, the loss is less or none.

### When will the hair be completely gone?

The number of treatments necessary for hair loss varies from person to person. Most people need at least five treatments to produce significant hair reduction. Some may have complete loss at that time, but it truly varies. You have active hair follicles and dormant hair follicles. Light sources such as lasers and IPLs eliminate active hair follicles. Unfortunately, we do not know how many dormant follicles are left behind. This makes it improbable to determine if/when you may grow more hair. Maintenance treatments are used to ensure the area remains hair free. Talk to your nurse at

## Microdermabrasion

Microdermabrasion is a popular procedure that some clients refer to as an “instant” facelift. It is a quick, safe, convenient and proven effective method for all skin colors and types to give a brighter, smoother appearance to any area of the body. The most common treatment areas are the face, neck, decollage and hands. After your face and neck, the most noticeable sign of aging is in your hands, making this a growing treatment area. The chest, back and legs are also areas that have enjoyed extra attention. Legs are especially enjoyed as a prelude to sunless tanning applications. Some common questions clients are asking is how does this procedure help your skin and why do clients enjoy the outcome?

Skin is made up of two layers, the epidermis and the dermis. The epidermis is the layer that is affected by the microdermabrasion procedure. The epidermis consists of a layer of dead skin cells atop another layer of maturing skin cells. The top layer of dead cells is the stratus corneum. This layer is the protective layer of the skin designed to prevent the smallest of molecules from penetrating its barrier. This is the layer where many fine wrinkle lines and blemishes are found.

The purpose of microdermabrasion is to cause damage or disruption in the stratus corneum. This is accomplished using a small diamond tipped wand with varying degrees of abrasiveness to exfoliate the surface of the skin. This causes the body to react to protect/repair the damaged area by rushing to replace the lost skin cells with healthy new cells. The initial damage results in mild edema (swelling) and mild erythema (redness) of the skin. These side effects typically result in about an hour and healing is complete within several days depending on the degree of

cells. The initial damage results in mild edema (swelling) and mild erythema (redness) of the skin. These side effects typically result in about an hour and healing is complete within several days depending on the degree of aggressiveness and your skin type.

Microdermabrasion is useful in many ways. The disruption occurring in the stratum corneum resulting in new skin cells also mean the old skin cells (the dead cells) are removed. The removal leaves the skin softer and smoother with fewer blemishes. Visible imperfections from the sun (solar lentigines or sun spots), fine lines, and wrinkles are greatly decreased. Enlarged, clogged pores are reduced with a progressive treatment plan. It also allows greater penetration of medicinal products into the lower levels of the skin. Post microderm is a great time to improve the overall health of the skin using products designed with small enough molecular structures to pass through the barrier.

#### **How is microdermabrasion performed?**

As we mentioned earlier, a small wand with a diamond tip is applied to the surface of the skin in a slow even pressure. The diamond tip is chosen based on your skin type and the degree of aggressiveness desired. There is a vacuum element that collects the dead skin cells for removal. It is also used to pull impurities from your pores. One to four passes will be done during each treatment session; each lasting approximately 30-45 minutes.

#### **How many treatments are needed?**

The number of treatments required depends on your skin type and the extent of damage to your skin. Typically, a minimum of five treatments are recommended for general improvement in the overall condition of the skin. More may be necessary for extensive damage and to maintain the smooth, youthful appearance. Other procedures such as Limelight®, or chemical peels may also be recommended.

A good skin care program for home is extremely important for the overall success of the program. Multiple microdermabrasions may decrease fine lines, wrinkles, and blemishes, but the addition of specialty products is especially important to generate further improvement and prevent additional damage to your skin. Vitamin C is used for antioxidant effects, sunscreens to prevent further solar damage and retinols are used to add additional cell turnover. Talk to us about designing a skin care treatment program designed as **The First Step to a Smoother You!™**

#### **Did you know?**

An average head of hair could hold 10-15 tons, if only the scalp was strong enough to hold the hair.

#### **To Contact Us:**

105-5 Regency Park  
O'Fallon, Illinois 62269

Phone: 618 632-7666

Fax: 618 632-3822

Email: [info@smoothreflections.com](mailto:info@smoothreflections.com)

Web: [www.smoothreflections.com](http://www.smoothreflections.com)