

THE BEAUTY BAR™

Skin and Beauty News from New York Laser & Skin Care



To Our Readers,

As summer fades, think about getting back to basics, beginning with retinoids, antioxidants, and yes, sunscreen—all year long. Remember to

check your skin for any new or changing growths, and schedule your annual visit with your dermatologist. Whatever your age, it's never too late to start a good preventive maintenance or anti-aging skin care regimen. The art and science of skin rejuvenation has never been better. With the dazzling array of effective, non-invasive procedures, most people can delay cosmetic surgery for many years.

Keep that stress-free, relaxed face of summer by erasing your frown and forehead lines with Botox Cosmetic and Dysport. Restore your lost volume with fillers like Restylane, Perlane and Juvederm—which, as an added benefit, stimulate your skin to boost its sluggish collagen production. Dissolve away your splotchy summer skin, brown spots, redness and visible capillaries, and smooth your skin texture and sharpen up your jawline with the newest fractional lasers and radiofrequency devices. Using a “shower” of tiny laser or energy beams, the fractional devices heat and/or remove microscopic bits of damaged skin, which are replaced by healthy new tissue, and give the skin a smoother, more youthful appearance. In this newsletter, learn about some of the newest non-invasive treatments that restore the younger, fresher looking you.

Arielle N.B. Kauvar, MD, FAAD

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Men Put Their Best Face Forward in the Work Place

With increasing pressure to appear youthful and dynamic on the job, men are turning to aesthetic procedures to gain a step up at work. For men who suffer from a variety of conditions ranging from rosacea or sun-spotted skin to frown lines or sweaty brows, there are many quick-fix, non-invasive procedures that can transform a man's appearance with no recovery time.

Rosacea is a common condition in fair-skinned men that produces enlarged capillaries and flushing of the facial skin which often worsen with a variety of triggers such as spicy foods, alcohol-intake, exercise and stress. In severe cases, there may be thickening of the nasal skin, called rhinophyma. Laser treatment with the **VBeam pulsed dye** or **Gemini KTP** laser dramatically reduces the redness and enlarged capillaries in just one or two treatment sessions.

Brown spots and blotches can add years to a man's appearance and are easily erased with the **Alex Trivantage** laser or **Starlux IPL** treatment. Frown lines between the brows and tension lines of the forehead can be easily eliminated with a five minute procedure using **Botox Cosmetic** or **Dysport** injections that relax the muscles causing these lines. Injections with Botox or Dysport are also being used to reduce sweating of the forehead as well as the underarms and hands. For some men, something as simple as a good skin care regimen, tailored to their needs, will do wonders in improving their appearance.



Body Skin Care 101

In our last issue of the Beauty Bar newsletter, we offered a Clarisonic giveaway to the lucky reader whose skin care question was chosen to be answered in this issue.

The winning question is:

Skin care is always a hot topic, but recommendations tend to focus on the face. What about the rest of the body? What are your recommendations? Does it depend on activity level? Does shaving change the routine?

Dr. Kauvar answers: This is a great question and so true that body skin care is so often overlooked. With approximately twenty square feet of body skin, there is a lot of real estate to take care of below the face. Here are some tips for how to handle body skin care.

continued on page 2



continued from page 1

Cleansing and Moisturizing

The skin on your body produces less oil than the skin on your face and has a greater build up of dead skin cells, making it look dry and flaky, and sometimes even crack, especially in cooler weather when the humidity level falls. Combat winter dryness by keeping baths and showers short and less frequent, avoiding very hot water. Use mild cleansers in place of harsh soaps which strip oils from the skin. If you exercise and need to shower more frequently, keep the shower short, the water tepid and use a moisturizing cleanser such as Cetaphil.

Shed your scaly skin with a home micro-dermabrasion device like the **Clarisonic** which can be used in or out of the shower. Avoid scrubs or acid-based exfoliators immediately after shaving. Always follow exfoliation with a lotion or creamy moisturizer. If you have very sensitive skin that is prone to eczema, lotions that contain ceramides are a good choice. **Ceramides** are a type of lipid, or fat, which help keep the moisture in the skin. Dr. Kauvar and her staff can provide you with specific skin care recommendations that suit your skin needs. Please call NYLSC to schedule your in-office consultation.

Body Acne Busters

Many people experience an increase in back or body acne during intense exercise. Heat, sweating and tight-fitting clothes like sports bras can aggravate this condition. Shower off as soon as possible after exercising and exfoliate by applying a toner with salicylic acid. For face or body acne, try **SkinCeuticals Blemish + AGE Defense** and **LHA Solution Toner**. Over-the-counter acne medications containing salicylic acid or benzoyl peroxide can also be used on the body or your dermatologist can prescribe stronger prescription medications. For long term relief, consider laser treatment with the **Smoothbeam** and **Vbeam**, or **photodynamic therapy (PDT)** which can gradually rid the skin of acne over a few treatment sessions.

Razing Hairs for Your Ingrowns

Ingrown hairs, coarse stubble and razor burns are common problems, particularly in skin with coarse, curly hair. Laser treatment offers the only long term solution; by permanently removing the hairs, these conditions immediately improve. The majority of ingrown hairs will disappear in three laser sessions, but five or six treatments are usually required to permanently

remove over 90% of the hairs in the area and eliminate the need for shaving or waxing. You may need a touch up session every few years to zap the occasional stray hairs. At NYLSC, we have four different hair removal systems (**Syneron Candela Gentlelase**, **Lumenis Lightsheer Duet**, **Palomar Starlux** and **Gemini YAG lasers**) to safely treat all hair and skin color combinations. The **Lightsheer Duet** has the largest applicator currently available on laser hair removal systems and can treat full legs or back and shoulders with minimal discomfort in just fifteen minutes. See our special laser hair removal promotion in this issue.

Tips for your laser hair removal appointment:

- The skin you plan to treat should not be sun-tanned.
- Laser hair removal will not work on blonde or white hairs.
- Avoid plucking, waxing or threading for 2 weeks prior to your appointment, since the root of the hair is targeted by the laser and should be left in the skin.
- Laser hair removal cannot be performed over tattooed skin.

Erase Your Leg Veins

Spider leg veins are a common cosmetic concern in women and men. They develop when the walls of the veins weaken and enlarge. As the veins swell, they darken and appear as dark red or purple lines or bulges beneath the skin. Some people may experience aching or burning sensations from their leg veins. Dr. Kauvar has extensive experience using **sclerotherapy**, a pinpoint injection technique, and laser therapy to treat spider leg veins. She uses the latest techniques for treatment including **Asclera** or **polidocanol**, which, unlike saline or salt injection, is virtually painless with injection. Leg vein treatment usually requires 3 or 4 treatment sessions and is best performed during the fall and winter months, since compression stockings are required for 3 days.

NEW YORK LASER & SKIN CARE IN THE NEWS



Dr. Kauvar was recognized as one of **America's Most Compassionate Doctors** by **Patients' Choice**, which is based on reviews by hundreds of thousands of patients. Less

than 3% of physicians nationwide receive this distinguished honor. She was also listed in the **New York Times Magazine** as a **Super Doctor** in dermatology. Super Doctors identifies the top 5% of doctors in their fields as selected by their peers and the independent research of Key Professional Media.

Dr. Kauvar is frequently quoted in the media for her expertise and in the past few months has been featured in several issues of **O, The Oprah Magazine**, as well as **InStyle, Marie Claire, Allure, USA Today** and many other outlets. All her media coverage can be seen on the NYLSC website at www.nylaserskincare.com/nylsc-media.

NYLSC Introduces Pellevé, the Newest Skin-Tightening Device

Dr. Kauvar is pleased to be one of the first dermatologists in the New York area to offer an exceptional new procedure for skin tightening named **Pellevé** (pronounced pel-lu-vey).

Pellevé uses radiofrequency energy to safely and effectively smooth and firm skin via a series of non-invasive, painless procedures with no downtime. The best results are achieved in mildly to moderately wrinkled or lax skin. This technology heats the deep layers of the skin just enough to stimulate new collagen without damaging the top layer of the skin. Pellevé firms the skin around the eyes (crow's feet, under eye wrinkles and excess skin on the upper eyelid), cheeks, jowls, neck and sagging skin under the chin.

Dr. Kauvar recommends a series of four monthly treatments to achieve the best outcome, and will tailor treatment to your specific needs. Pellevé can be used on all skin types including sun-tanned skin, and results will last up to six months.

pellevé
Elegance through science



Cutting Edge Research: New Procedures in Tattoo Removal, Melasma and Birthmarks Pioneered at NYLSC

Tattoo Removal

At the 2011 annual meeting of the American Society for Laser Medicine and Surgery, Dr. Kauvar presented a paper describing the results of a study combining different lasers for more efficient tattoo removal. Lasers are currently the safest treatment option for tattoo removal, but numerous laser sessions—often 5 or more—are required. In a study performed at NYLSC, Dr. Kauvar demonstrated that by using a new approach combining different laser wavelengths, the removal of most inks can be improved by 25% or more. Dr. Kauvar is currently offering this new **Tat2Lase™** treatment to her patients.

Melasma

In another paper, Dr. Kauvar presented exciting results of a new procedure that she developed for the treatment of melasma, a common condition which produces symmetric brown patches of the face. Traditional treatments for melasma are largely ineffective, and melasma often worsens with sun exposure. This new, no-down-time procedure, which can be safely used on all skin types, combines microdermabrasion with low energy **YAG laser** treatment. In a study of 27 patients, 84% had greater than 75% improvement and 44% had

greater than 95% improvement in their melasma after an average of two to three treatment sessions, and the clearance was maintained for at least 6 months. Dr. Kauvar's melasma treatment, called **illuminase™**, has received widespread acclaim and is available at NYLSC or at www.illuminase.com.

Vascular Birthmarks

Throughout her career, birthmark removal has been an integral part of Dr. Kauvar's practice and she continues to research new ways to improve treatments for birthmarks. The pulsed dye laser has been successfully used for the treatment of vascular birthmarks for many years, but often cannot completely clear these lesions. In a paper published in the archives of Dermatology in 1999, Dr. Kauvar pioneered the use of an alexandrite laser (then known only as a hair removal laser) for the successful treatment of leg veins because of its deeper tissue penetration than the pulsed dye laser. Dr. Kauvar recently devised a new technique, using an **alexandrite laser**, for improving the treatment of vascular birthmarks such as port wine stains and hemangiomas, which can be safely used on infants, children and adults. This laser can target the deeper portions of vascular birthmarks and improve their removal.

Try the Cool Solution to Stubborn Fat

Do you diet and exercise but still have unwanted fat bulges of the waist, abdomen, love handles, hips and back? NYLSC was one of the first centers in the country to introduce **CoolSculpting**, the first completely non-invasive system to permanently remove fat bulges without needles or surgery. There is no recovery time and normal activities and exercise may be resumed immediately after treatment. CoolSculpting works by using an advanced cooling technology called "cryolipolysis," which selectively cools and damages fat cells via a non-invasive applicator which is attached to the skin. One treatment will gradually remove approximately 20-25% of the fat bulge over a three month period following treatment. We have performed hundreds of procedures and our patients are ecstatic about the results. **For more information, visit www.nylaserskincare.com/treatments/49-coolsculpting-fat-reduction.**



 **coolsculpting**





NEW YORK LASER & SKIN CARE PROMOTIONS

HAIR REMOVAL SPECIAL

Receive 50% off treatment on any face or body area. With our four different hair removal lasers, Dr. Kauvar can choose the right laser for your skin type and hair color combination.

Now through November 30th

PELLEVÉ OFFER

NYLSC has an introductory offer for our newest skin tightening device. Purchase a package of 3 treatments and receive the 4th session free.

Now through November 30th

SIGN UP FOR ONE OF OUR ONGOING CLINICAL TRIALS

NYLSC is currently accepting patient volunteers for clinical trials. If you are interested in participating, please call our Research Center at 212.249.9440.

Laser Removal of Tattoos

Participants should be at least 18 years of age, with a large multi-colored tattoo that is at least 2 years old.

Laser Treatment of Stretch Marks

Volunteers must have a large area (at least 6" x 6") of red or white stretch marks and be willing to come in for six visits over an eight month period.

Laser Treatment of Melasma

Participants must have melasma for at least 6 months duration that has failed to respond to other treatments, and be willing to come in for six visits over an eight month period.

REJUVENATING SKIN CARE RECOMMENDATIONS

Are you waking up with puffy eyes? Try **Revalé Replenishing Eye Therapy** with 1% Coffeeberry extract. This product contains caffeine and natural antioxidant extracts that minimize fine lines, wrinkles and puffiness around the eyes.

Obagi Elastiderm Eye Cream uses a revolutionary bi-mineral complex, copper zinc malonate, along with a blueberry extract antioxidant to help restore collagen and replenish elasticity to the delicate skin around the eyes. In as little as two weeks it can tighten eyelid skin and reduce the appearance of fine lines and wrinkles. Elastiderm eye cream has a rich, creamy consistency for normal to dry skin.

Revitalize your skin with **Revalé Night Cream**.

Formulated with 1% Coffeeberry extract and natural antioxidants, this light cream will help rejuvenate your skin and diminish fine lines and wrinkles.

If you struggle with acne, try our **SkinCeuticals Blemish + AGE Defense serum** and **LHA Solution toner**. These products work together to help reduce the number and severity of acne blemishes, and can be used on the face, back and chest. The LHA solution is a priming toner that combines exfoliating agents to remove dead skin and excess residue, decongest pores and prime the skin. The Blemish + AGE Defense serum contains salicylic acid for the treatment of acne while allowing the skin to heal.

