

# THE BEAUTY BAR™

Skin and Beauty News from New York Laser & Skin Care

## SPECIAL PROMOTION! Breast Cancer Awareness Month



In honor of Breast Cancer Awareness Month, Dr. Kauvar will provide FREE laser removal of the medical tattoos breast cancer patients receive as part of their radiation treatment (the black dots serve as guides to properly align the radiation equipment). Patients should obtain approval from their oncologist before removing these tattoos. There are a limited number of appointments available, so please call our office at 212-249-9440 to schedule an appointment in October for the complimentary tattoo removal.

## New at NYLSC! Zeltiq™: Non-Invasive Fat Removal

Want to remove your "love-handles" or "muffin top" without pain or surgery? NYLSC is one of the first practices in the world to offer Zeltiq™. Zeltiq™ is a new, non-surgical technology that dissolves fat by freezing fat cells, a process termed "cryolipolysis™". The device is attached to an area of skin and cools the fat cells in the treatment area. The resulting inflammation causes the body to eliminate a layer of fat cells over a period of weeks, improving the body contour. In clinical trials, unwanted fat pockets such as love handles, hip and abdominal fat were successfully treated with Zeltiq™. No anesthesia is necessary and the treatment is delivered through an applicator that attaches to the skin by vacuum suction. Patients may resume their normal activities immediately after treatment. The best candidates are healthy individuals with modest areas of fat bulges. Please [click here to see before and after photos](#) and our special [fall promotion](#).



## Winterize Your Skin

Every Fall patients ask how to adjust their skin care routines to combat the effects of colder weather. To sum it up in one word: Moisturize!

Here's how:

- Colder weather means dryer air so switch to a cream-based, heavier moisturizer.
- Ditto for your cleanser: If you've been using a foam cleanser all summer, switch to a cream formulation for the winter months.
- Increase frequency of moisturization: If you've been moisturizing only in the PM, switch to both AM and PM. You can also enhance the effects of your moisturizer by first using a gentle exfoliation method appropriate for your skin type.
- Use a humidifier in your bedroom at night and cut down on the length and temperature of your showers. Both will result in better skin.

And don't forget to call our office at 212-249-9440 for a skin care consultation to make sure you're using the products best suited to your skin.



## NEW YORK LASER & SKIN CARE IN THE NEWS



Dr. Kauvar was quoted in the September issue of **O, The Oprah Magazine** in an "Ask Val" question on rosacea and

chemical peels. She was also quoted regarding lash thickening treatments in an **MSNBC.com** article. The fall issue of **Budget Travel** features her expertise on skin care products. In July, Dr. Kauvar appeared on **ABC's The View** to discuss scar treatments, and also performed a treatment and answered questions in an ongoing **video series** on the **Midlife Matters Blog of HealthyWomen.org**. Dr. Kauvar was also the featured doctor during a one-hour radio segment of "Doctor Radio" on the Sirius XM network and was also **chosen as a hero on scars1.com**.

### Lectures Around the World

At the summer meeting of the American Academy of Dermatology, in July 2009, Dr. Kauvar directed a course on minimally-invasive skin rejuvenation.

Dr. Kauvar lectured on the future of photodynamic therapy for acne and skin cancer at the Controversies and Conversations in Cutaneous Laser and Cosmetic Surgery meeting, which took place in Bermuda in August 2009.

In September 2009, Dr. Kauvar served on the faculty of the Five Continents Congress on Lasers and Aesthetic Medicine in Nice, France, where she lectured on lasers for acne treatment, photodynamic therapy for skin rejuvenation, new scar therapies and non-invasive laser rejuvenation.

## Breakthrough in Scar Treatment

If you have acne scars, a scar from surgery, an accident or a burn, new, non-invasive laser treatments can help you—in just a few painless treatment sessions. Non-invasive fractional lasers, (such as the Palomar™ Lux 1540 and 1440), heat deep, microscopic columns of scar tissue, which causes the thickened, disorganized collagen found in scars to normalize. The patient's discomfort is minimal: A topical anesthetic is all that is required for treatment and patients can return to work the next day. Also, other fractional carbon dioxide and erbium lasers (such as the Lumenis DeepFX™, Sciton Profractional™ or Palomar Groove™ technology) restore normal skin texture and smooth acne scars by removing microscopic bits of skin. Combination procedures, using lasers that heat or remove tissue during the same treatment session, can level scars as thick as one-third of an inch in height in just 2-4 treatment sessions. Call our office at 212-249-9440 to schedule a visit.

## Photodynamic Therapy (PDT) for Acne

If you are tired of suffering from acne that is not improving with traditional over-the-counter or prescription medications, you may be a candidate for photodynamic therapy (PDT). PDT is a non-invasive procedure that uses laser or light treatment along with a topically-applied medication. The topical medication (Levulan™ or Metvixia™) is absorbed by oil glands in the skin. The skin is then treated by laser (such as the Omnilux™ red light or the VBeam™ pulsed dye laser) to activate the drug. The treatment is thought to work by means of shrinking the oil glands in addition to zapping the acne-causing bacteria, *P. Acnes*. Most patients see optimal results in two to four treatment sessions—and acne scars may also improve with the treatment.

### NEW YORK LASER & SKIN CARE

## FEATURED PRODUCTS

### Refissa™

A new prescription 0.05% tretinoin cream in a moisturizing cream that is ideally suited to adult skin with sun damage. Tretinoin is indicated for the improvement in fine facial wrinkles, skin roughness and uneven pigmentation. Please call our office for a consultation to see if you are a candidate for Refissa™.



### Elta MD™ UV Clear SPF 46

A broad-spectrum UVA/UVB sunscreen that calms and protects acne-prone skin. Elta™ contains niacinamide (vitamin B3) which helps reduce the inflammation associated with acne and diminishes the appearance of blemishes and skin discoloration due to sun damage. It is an elegant lightweight formula that will not clog acne-prone skin and is well-tolerated in patients with sensitive skin.

# NEW YORK LASER & SKIN CARE FALL PROMOTIONS

## Free Lip Volumizer

Buy Revitalizing Eye serum and receive the Limited Edition Intense Lip Volumizer free (a \$60 value). Offer good through December 31st.

---

## Special Introductory Pricing for Zeltiq™ Fat Removal

Receive 25% off any treatment now through December 31st. Please call to schedule your free consultation.

---

## Look Your Best for the Holidays with Botox® and Dysport®

Receive one syringe of Botox® or Dysport® free when treated with any two syringes of skin filler (Restylane®, Perlane®, Juvederm™) during the same treatment session. Offer valid now through December 31, 2009.

---

## Receive Our Latest Promotions!

Join our electronic mailing list! Visit [www.nylaserskincare.com](http://www.nylaserskincare.com) to join. You will receive our newsletter, new treatment and procedure announcements and notices about our special events and promotions.



**ARIELLE N.B. KAUVAR, MD**  
LASER SURGERY  
COSMETIC DERMATOLOGY  
MOHS MICROGRAPHIC SURGERY  
SKIN CARE

1044 Fifth Avenue  
New York, NY 10028  
t: 212.249.9440  
f: 212.249.9441  
info [at] nylaserskincare.com