

Beauty Buzz

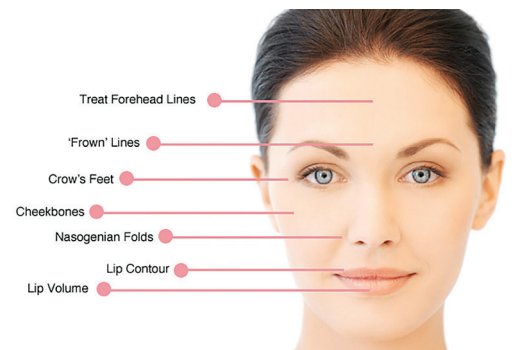
From our blog at RiverRegionFacialPlastics.com

Can Injectables Get You a Date?

I know this seems like a pretty crazy question! For those of you who are content with things just the way they are...this may not be for you. But before you decide that right off the bat, check this out! Whether you are trying to look younger for yourself or someone else or just trying to age gracefully, there is a chance that a little tweak here and there might just do the trick!

A study was done in The Journal of Clinical and Aesthetic Dermatology that showed how 150 people judged images of 10 women, who were treated with different facial fillers, on their age, health and attractiveness. The results showed that the women who were treated with fillers were perceived by opposite sex to be younger than they really were and more attractive too.

It's already understood that the way we look, our age and our health play a major role in how others perceive us, and thanks to cosmetic treatments, we are able to fix what we don't like about our appearances. With that said, you need to find a



board certified facial plastic surgeon or board certified plastic surgeon to administer these treatments safe and effectively! Do a little research, ask some serious questions, look at before and after photos before you decide to make any dramatic changes.

First and foremost, do it for you! Let this just be a reminder that you don't have to do anything drastic to make a big change. Love your face...because we do!

Chemical Peels

The chemical peel is one of the best anti-aging tools out there. Professional peels not only enhance the texture and tone of the skin, but they also help keep the skin looking and acting younger over time. SkinMedica™ Chemical Peels produce noticeable results after just 1 peel. "Why choose a SkinMedica™ Peel over another type of chemical peel?" Here are just a few reasons why:

1. Proven Results – clinical research trials have been done and published in medical journals.
2. Predictable Results – when you apply the peel you don't have to guess what is going to happen, penetration continues up to 6 hours.
3. Very Comfortable – this is an extremely tolerable peel because it does not contain glycolic acid, which can be irritating to the skin.
4. Treats multiple skin care concerns – acne, pigment, and aging all in one shot!
5. A series of 3 Vitalize peels applied 3-4 weeks apart have been clinically proven to increase collagen production up to 50% and increase epidermal thickness 20%.

I think some women shy away from peels because they feel like they're already too dry and their skin is thin, when in reality peels will HELP both of those conditions.

Jump-start your healthy skin with these perfect peels today. Call me at Radiant Skin Medical Spa today!!



Sunscreen Secrets



Applying sunscreen once a day? Sunscreen will protect your skin for two hours — that's it. If you want coverage until sundown, you have to reapply. Use sunscreen powders (like Colorescience Sunforgettable Mineral Powder Sun Protection SPF 50) to stay protected all day without disrupting your makeup.

Sunscreen can protect your skin against skin cancer and premature aging. However, it is not as effective unless it's applied correctly. Follow these tips from dermatologists when applying:

- Choose a product that has an SPF of 30 or higher, like SkinMedica Daily Physical Defense SPF 30 or Environmental Defense SPF 50. This is also water resistant and provides broad-spectrum coverage, which means it protects you from UVA and UVB rays.
- Apply product generously before going outdoors. It takes approximately 15 minutes for your skin to absorb the sunscreen and protect you. If you wait until you are in the sun to apply sunscreen, your skin is unprotected and can burn.
- Use enough product. Most adults need at least one ounce of sunscreen, about the amount you can hold in your palm, to fully cover all exposed areas of your body. Rub the sunscreen thoroughly into your skin.
- Apply sunscreen to all bare skin. Remember your neck, face, ears, tops of your feet and legs. For hard-to-reach areas like your back, ask someone to help you or use a spray sunscreen. If you have thinning hair, either apply sunscreen to your scalp or wear a wide-brimmed hat. To protect your lips, apply a lip balm with a SPF of at least 15.
- Reapply sunscreen at least every two hours to remain protected, or immediately after swimming or excessively sweating.

Sunburn cell formation usually happens because they didn't use enough sunscreen, didn't reapply it after being in the sun, or used an expired product.

Your skin is exposed to the sun's harmful UV rays every time you go outside, even on cloudy days and in the winter. So whether you are on vacation or taking a brisk fall walk in your neighborhood, remember to use sunscreen.