

Beauty Buzz

What we LOVE right now at RRFPP

New Product Spotlight ► High Five for HA⁵ Hydration!

SkinMedica® does it again! HA⁵ is the newest and most advanced topical hyaluronic acid product on the market. Historically, the particle size of hyaluronic acid has been too large to penetrate deeply into the skin, which is why we inject fillers into the dermal layers, or the dermis.

While HA⁵ is not a replacement for a filler injection, it is the newest and best answer to plumping the epidermis. The new formulation in HA⁵ uses VITISENSCE™ Technology, Stem Cell Extract from grape flowers, to help the hyaluronic acid penetrate the stratum corneum (the horny outer layer of skin) and to plump the epidermis (skin cells on the outermost layer of the skin).

Standard HA products would barely last through your morning workout. Now that we have the new HA⁵ product available, it will provide plumping satisfaction up to 8 hours! The hyaluronic acid is cross-linked for a timed-release effect.

HA⁵ is appropriate for all skin types and while the product

provides short-term hydration, the long-term benefits of antioxidants in hyaluronic acid will continue to protect against environmental aggressors.

A 2-ounce bottle of 'exponentially smooth' HA⁵ retails for \$178 and offers 100 Brilliant Distinctions points, which equals a \$10 repurchase coupon on anything in the Allergan line (Botox® Cosmetic, Juvederm®, Voluma®, SkinMedica® and Latisse®).



Our recommended steps to perfect skin are:

Apply your growth factor after cleansing (TNS Essential Serum® or TNS Recovery Complex®)

Wait a few minutes and let that layer absorb
Apply Lytera® Brightening Complex

Wait a few minutes and let that layer absorb

Apply HA⁵ then moisturizer or sunscreen to finish (for morning routine)

Time for your evening routine? Apply Retinol after

Lytera® then HA⁵ and moisturizer if needed.

Visit with one of our beauty coaches at RRFPP to begin your journey toward hydrating rejuvenation.

Your Anti-Aging Arsenal

If you have fine lines and want to improve the tone and texture of your skin, check your anti-aging arsenal to be sure you have our TOP PRODUCTS by SkinMedica® at your fingertips:

- 1) Live *growth factor* is a "protein shake" for your skin...you can get this with TNS Essential Serum® or TNS Recovery Complex®
- 2) *Retinol!!!* Longest researched product and highly endorsed by our facial plastic surgeons
- 3) *Sunscreen*, but which one?? The one you will use EVERYDAY. We recommend TNS Ultimate Daily Moisturizer with SPF 20 or Total Defense and Repair SPF 34 and 50. Any sunscreen you choose needs to be reapplied every 2 hours.

Feel like your new cream or serum isn't living up to its promise? Our 3 tips to get the most from your skin care products.

- 1) Exfoliate dead skin cells daily with the use of an exfoliating cleanser such as SkinMedica® AHA/BHA Exfoliating Cleanser. Tiny little micro beads gently remove dead skin cells so that your serum may penetrate healthy new skin cells. Dead skin cells act as a barrier between you and a fresh glow.
- 2) Store products properly. Antioxidants and plant extracts do better when not exposed to sunlight. Store your products in a cool dark place.

3) Tweak your skin care routine occasionally without tossing out products completely. When your skin isn't giving you the glow you need, you may need to modify. Work with your skin care coach to change things up a bit, but without having to toss out your favorite products.

Will one Botox® Cosmetic treatment be enough to get rid of my wrinkles?

When addressing fine lines across the forehead, between the eyes and around the eyes, Botox® Cosmetic injections can indeed relax the muscle movement enough to diminish the appearance of fine lines and wrinkles; however, maintaining the injections every 4 – 6 months is the key. We have all witnessed amazing before and after photos showing vanishing fine lines and wrinkles. Setting realistic expectations is important when addressing the possibility of diminishing your fine lines.

Botox® Cosmetic assists to relax the muscle movement that creates the wrinkling motion. As we keep that motion at bay with Botox® Cosmetic, you will also want to use a topical serum daily, such as TNS Essential Serum®. The combination of continual muscle relaxation and collagen stimulation is how to achieve your own amazing results!

Please contact us via email at Doctors@RiverRegionFacialPlastics.com with your questions or comments!