

Beauty Buzz

From our blog at RiverRegionFacialPlastics.com

3 Beauty Treatments in 30 Minutes or Less

It can be a real challenge to fit in personal time for beauty treatments. Most people don't have the time to spend hours at the spa. Fortunately, there are beauty treatments that don't take up too much of your time — some treatments would only cost you a lunch break.

Facial Peels



As skin ages, you might notice a dull appearance along with a rough texture. Facial peels are one way to

revitalize the face. One option is the micropeel, which involves a two-step process that includes dermaplaning and chemical exfoliation. This process helps smooth the skin while removing the dull top layer. What's left is bright, youthful skin that leaves you feeling rejuvenated.

Laser Hair Removal

Many people experience unwanted hair. Laser hair removal can minimize and eliminate those unwanted patches. The aesthetician uses a medical laser to heat up the hair follicles, which damages the roots of the hair. With multiple treatments, those follicles will no longer grow hair. Treatments are available for all parts of the body, including the face, arms, legs, back, and bikini area. Small treatment areas can be handled over your lunch break, while larger areas may require a longer treatment time.

Botox® Cosmetic

The actual administration of this product to diminish fine lines and wrinkles takes less than 5 minutes! In and out the door for a Botox® Cosmetic treatment can take less than 30 minutes, on average. This is a very popular, simple, no downtime treatment to reduce facial expressions that cause deep wrinkles around the eyes and/or between the eyes and forehead. Our physicians do not excessively treat to give the "frozen" look, but rather a soft lessening of muscle movement to prevent the ability to create facial expressions responsible for the deep wrinkles in those areas.

Seeing '50 shades of red' in your skin?

Are you noticing a warm constant glow in the mid-face that doesn't seem to go away? Does the redness get worse with spicy foods, certain skin care products, or a sip of alcohol? Do you blush easily? You could be developing rosacea.

Rosacea is a skin condition that affects more than 16 million Americans. Most people don't even realize that they have rosacea, and it is becoming more widespread as the Baby Boomer generation enters the most susceptible age for rosacea to occur.

3 major signs of rosacea are:

- Episodic flushing and blushing
- A ruddy complexion due to dilated blood vessels
- Acne-like pimples

Often confused as an allergic reaction after using certain skin care products, rosacea can appear as an irritation



in the form of a burning or stinging sensation. Choosing products that are both anti-aging and non-irritating for the middle-aged female rosacea patient can be tricky because most anti-aging products contain alpha hydroxy acids and retinoids, which are potentially irritating to rosacea. Products rich in antioxidants,

however, stand out for helping rosacea as well as slowing down the aging process.

If you think you might have rosacea, see your dermatologist. After an accurate diagnosis is made, therapies may include:

- Cosmeceuticals such as SkinMedica® Redness Relief Complex
- Laser treatments such as IPL (Intense Pulsed Light)
- Chemical peels designed to treat adult acne

After your visit to your dermatologist, come see our medical aesthetician who has years of experience treating rosacea and leave the '50 shades of red' to your rosy past!

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