

# Quick and Easy Fixes to Look Fabulous for the Holidays

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The Holidays are just around the corner! Office parties, cocktails, family gatherings. You will get to see friends and family that you have not seen the entire year. Very exciting! Yes, but also scary. You see yourself in the mirror everyday and perhaps you may or may not notice how one year has changed your appearance. People that have not seen you in awhile will definitely be able to see any changes, and you want to look and feel your best. With only one month before the Holidays there are a few simple, quick and easy fixes to improve your appearance, and have everybody say, "YOU LOOK GREAT!" And not just out of courtesy.

## Complexion

Let's start by addressing the kind of problems you may have. If you have been struggling with acne, in just one month you can get it under control and have a beautiful complexion. There are medical and laser treatments that can do the trick. Simply starting with a medical-grade skin care regimen tailored for patients with acne can make a big difference. Microdermabrasion will renew your skin, help you get rid of black and white heads, and make your pores smaller so your complexion will look better. If you have severe acne, antibiotics, topical prescription medications and photodynamic therapy with Levulan® can give you a clear complexion.

If you have problems with uneven complexion, hyperpigmentation and sun spots, you can also get these problems under control in just one month. Start with medical-grade skin products designed to lighten the skin. Add topical prescription medications and laser modalities, like Genesis, Intense Pulse Light (IPL) and Microlaser peel. The majority of these laser modalities have no down-time so you don't have to skip a day of work. Microlaser peel has two to three days of down-time but can be done on a Friday. That is why it is called the weekend rejuvenation peel.

## Wrinkles

If your problem is wrinkles there are many alternatives. Let's start with Botox®. This is a great solution for active wrinkles that form when we smile or frown. Botox® is ideal for crows-feet, frown lines and forehead lines. Botox® is safe and highly effective. In just two to five days after the injection, the difference is noticeable. You will look several years younger, and your face will look rested. The

effects last from 3 to 5 months. In the past, Botox® was used just by movie stars; nowadays it is very popular.

If your wrinkles are already formed and are deeper and if your lips are drooping and becoming thinner, the answer is fillers. Hyaluronic acid, Radiesse and Collagen are some of the best and safest ways to repair deep wrinkles, such as marionettes lines, nasolabial folds and perioral wrinkles. They are also used to rebuild the young and plump look of lips. These fillers are safe and effective, and the results are immediate. Fillers are very rewarding; they really work like magic. The results will last from 6 to 18 months depending on the type of filler used.

## Non-surgical Facelift

If your problem is skin sagginess and you look tired and old, then Titan is the answer. This is a form of infrared light that makes the collagen fibers contract and makes the cells of the dermis produce more collagen to lift the skin and subcutaneous tissue. Titan can be used on the face and also the body. It is great to give you a brow lift or to decrease double chin. It works like a non-surgical facelift, and

it is a great alternative for looking eight to 12 years younger without surgery. Titan has no down-time, usually three treatments are required.

If your problem is just dull-looking skin, get a medical-grade facial or just a good skin care line designed by your doctor after a careful evaluation of your skin.

In any case, everything starts with feeling good about yourself. Get at least eight hours of sleep, eat healthy and in moderation, take your daily vitamins, exercise at least three days a week, don't smoke and just drink occasionally.

There are many alternatives, depending on the type of problem you may have and your budget. The Holidays are just around the corner. Look fabulous and have all your friend and family say, "YOU LOOK GREAT!"



*Skin Diagnostics Laser & Rejuvenation offers Medical Grade Skin Products, Botox, Dermal Fillers, Titan and Laser Treatments to make you look great. Call us for an appointment at 513 631 0059.*

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