

# Your Skinfoformation

**Q** *I have a brown discoloration on my upper lip which makes me look like I have a mustache. Maybe it wouldn't bother me so much if I were a man, but I am a 28 year old woman. What's going on?*

**A** You have a skin condition called "melasma," one of the most common problems we see in our female patients. It seems to be related to female hormones and the sun. Melasma can be stubborn, and it tends to return after treatment. Traditionally it has been treated with creams or chemical peels, but not lasers because they can darken the brown patches. But now there is an FDA-approved laser treatment, the Spectra VRM III, which gently fades melasma with virtually no visible healing. The Spectra sometimes succeeds where many other treatments have failed.

**Q** *With the holidays right around the corner, is there something I can have done to look my festive best, without a lot of healing time?*

**A** Luckily, some of the treatments that will give you the best results are also the ones that have little or no healing time and quick improvement. Our favorite combination is a dermal filler and BOTOX® or Dysport™, to give you a fresh, rested look. For immediate, radiant results, we love the Diamond Peel. If you have a couple weeks, have an IPL treatment to make your skin look even more fresh and healthy.

**Q** *I am going skiing in a few weeks, and I'm worried because the cold usually bothers my rosacea and sensitive, dry skin. What would you recommend to avoid problems?*

**A** The cold, dry climate, wind, sun, and altitude can wreak havoc on your face. For moisturizing very dry skin, we recommend Elta MD Intense Moisturizer or Phaze 6 Collagen Hydrator. Remember that you get sun damage even on a cloudy winter day, so be sure to wear a good sunscreen with broad-spectrum protection (don't forget your lips). For maximum protection, try the Talus ColdAvenger mask which shields your face from the elements, keeping it warm and dry.



Talus ColdAvenger \$60



PCA Collagen Hydrator \$32



Elta MD Intense Moisturizer \$18

Email your questions to:  
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