

Your Skinfoformation

Q *I have a very stubborn muffin top- you know, that tummy bulge that spills over the top of my jeans. I'm actually in good shape, but I can't get that area to flatten out. Is there anything other than liposuction that will help?*

A CoolSculpting may be the answer for you. It is a revolutionary, noninvasive FDA-approved treatment to reduce bulges. It works by literally freezing the fat, which then gradually melts away in a few months. The treatment is very comfortable, takes about an hour, no anesthesia is needed, and you return to your normal activities immediately. CoolSculpting also can be used on love handles, fat bulges on the back, and the inner thighs.

Q *My husband doesn't take care of his skin. Washing his face with deodorant soap in the shower is about all he does. I am worried that he will get skin cancer and wrinkles.*

A Many men (and women) are too busy or simply not interested in spending a lot of time on skincare. We also worry about them getting skin cancer and wrinkles. Like the rest of our body, our skin needs a little care and maintenance to be its healthiest, and we firmly believe that there is a skin care program to fit everyone. For someone like your husband, it doesn't get any easier than a multi-tasking product such as Matte For Men's Complete Head Care Lotion, which is a moisturizer, antioxidants, and sunscreen all in one.



Matte For Men Complete Head Care Lotion \$26



Matte For Men Daily Facial Cleanser \$26



Matte For Men Complete Cleansing Cloths \$18

Q *I see a lot of skin creams that contain antioxidants. Are these good for the skin?*

A Antioxidants are substances that can prevent or repair damage to our cells. This damage comes from sunlight, smoking, environmental pollution, and also our body's normal metabolism. No matter how healthy your lifestyle, we all have some of this type of damage. Some well-known antioxidants are Vitamins A,C, and E. Red wine, pomegranate, green tea, and berries are also good sources. We recommend our patients eat a diet rich in antioxidant foods, as well as apply a good antioxidant product to the skin daily.



SkinCeuticals Phloretin CF \$150



LaRoche Posay Active C \$44

Email your questions to:
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