

Your Skinformation

Q *I want to take good care of my skin, but I get so busy with work and kids that most days all I can manage to put on is some moisturizer. Do you have any suggestions for a quick skin routine?*

A Look for products that multitask, like you do. That way, you can apply one product to your skin, but reap more than one benefit. For instance, try a sunscreen that also moisturizes. How about a moisturizer that also illuminates your skin and combats aging? Or one that also builds a gradual golden tan each time you apply it? If you only have time for one product, make it a sunscreen every morning that also gives you one of the above mentioned secondary perks.



Elta 40 Sheer
Moisturizing
Sunscreen

\$24



Matte for Men Fixx
Advanced Repairing
Moisturizer

\$70



ColoreScience
Illuminating
Serum

\$65



St. Tropez
Gradual Tan

\$30

Q *I'm 46 years old, and I've noticed that my jawline is getting a bit droopy. It's not bad enough for me to consider a facelift yet, but I'd be interested to know if there is something faster and easier that could be done to improve the sagging.*

A One of our favorite instant fixes is using a dermal filler to firm up the jawline. The procedure takes just a few minutes, results are immediate, and there is no healing afterwards. We also use treatments such as Sculptra, ActiveFx laser, and Thermage to improve laxity.

Q *I am interested in having the CoolSculpting treatment to flatten my tummy bulge. But I'm curious---where does the fat go?*

A The CoolSculpting treatment selectively kills fat cells, which are then gradually removed by your body's natural repair mechanisms. The fat from the damaged cells is slowly released and processed, just as your body metabolizes fat from food. As this occurs, there is no detectable increase in the levels of cholesterol, triglycerides, or other potentially harmful products of the fat breakdown process. What patients see is a shrinking of the bulge in about two months.



Before



After

Email your questions to:
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