## Your Skinformation

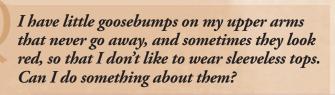
My daughter is headed off to college and I want to make sure she has everything she needs to take good care of her skin. She has some acne, and she won't be able to see a dermatologist while she's at school. What do you recommend?

The stress of school, being away from home, eating different food, Clarisonic MIA and adjusting to a new climate---it's no surprise that acne can flare up! If your daughter is using acne medications, make sure that she has enough to last until she comes home. Our acne patients love the Clarisonic MIA, a travel-sized brush which gently cleanses and **SkinCeuticals** exfoliates the skin. Remind her not to eat too many starchy or sweet foods, and to take a fish oil supplement. Lastly, she should wear sunscreen daily (even in the winter), and use an oil-free moisturizer as needed.

I am 60 years old and my best friend talked me into getting Botox® for my frown lines. Well, it works great for her but it just didn't work for me. Can you tell me why?

Usually when someone has Botox® treatment for their frown lines and doesn't see a nice improvement, it is because they have deep creases that have been there for a long time. Botox® relaxes the frown movement and is a great long-term strategy, but it doesn't erase longstanding creases right away. For someone with deep lines, we recommend injecting them with a filler such as Restylane® or Juvederm™ for immediate improvement, in addition to using Botox®.

Email your questions to: skinexperts@skinspectrum.com



Problem Skin Primer \$50

You have a very common condition called keratosis pilaris (KP for short). It is harmless, but people often don't like the way that it looks or feels. Exfoliating treatments such as the in-office Diamond Peel microdermabrasion or using the Clarisonic brush at home help to smooth the rough bumps. The most effective way to reduce the redness is with a laser-type treatment such as the IPL or VBeam, which are noninvasive and have minimum healing.



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