

# Your Skinfoformation

**Q** *I am very interested in the CoolSculpting™ treatment to shrink my tummy bulge. I like that it is painless and noninvasive. However, I have heard that the results are only temporary, compared to liposuction. Is this true?*

**A** No. Like liposuction, the CoolSculpting™ procedure reduces the number of fat cells in the bulge. As long as your weight remains stable, you will continue to enjoy your results for the long term.

**Q** *I love the look of self-tanner, but I can never seem to get it to look even and natural when I do it myself. Do you have any tips for me?*

**A** A few simple steps and you'll be showing off beautiful bronzed skin. Exfoliating is key to an even glow---we love the Clarisonic brush for this. Apply moisturizer to problem areas such as the knees and elbows. Then use a goof-proof product such as St. Tropez Bronzing mousse, which is easy to apply, streak-free, and best of all has no telltale self-tanner odor! Finally, apply the night before and wear loose-fitting clothes for a few hours after application to guarantee the most uniform appearance.



Clarisonic Pro Brush \$195



St. Tropez Self Tan Bronzing Mousse \$40

**Q** *I have an itchy rash, and my doctor told me it is eczema. I am under a lot of stress at home and work, and I am convinced it is causing my rash. What do you think?*

**A** It's certainly possible. Stress increases our level of cortisol, also known as the stress hormone. If this goes on for a prolonged period of time, it increases our risk for everything from heart disease to memory loss to, yes, rashes. In addition to treating the rash, follow a diet low in starches and sweets, and try to exercise regularly. These steps can help to restore healthier cortisol levels.

Email your questions to:  
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