



Seasonal Skin Care

When temperatures drop, our skin may feel more dry and cracked. Skincare products that help us control acne and prevent signs of aging may also exacerbate this dryness. Here are some tips to help ease this seasonal discomfort:

- 1 Check your cleanser. Make sure you are washing with something gentle. If you have been using a cleanser with benzoyl peroxide or salicylic/glycolic acid, you may need to use it less often or modify it altogether. We like **CeraVe Cream to Foam Cleanser** or **Vanicream Gentle Cleanser**.
- 2 Seal in the moisture. Moisturize within moments of cleansing with a gentle cream or lotion. You may need to add this step before your sunscreen daily, and also apply after the nighttime cleanse.
- 3 Listen to your body. Your hands, feet, legs, arms and back will tell the story. Moisturize them with rich creams after every shower or bath. Avoid the perfumed lotions if you are sensitive.
- 4 Face the facts. Your face may not tolerate acne medications as well in the winter if you don't protect the skin first. So, moisturize before applying nightly retinoids or topicals to keep the clear skin goals moving forward without taking a step back due to dry skin flares.

Dr. Shari Hicks-Graham

Excel V Laser Treatments

Skin discoloration with brown spots and redness can be minimized using this effective laser system. Two treatments, two months apart can do the job. Schedule your visit and secure 20% off this month!

Before



After



November 8th

20% OFF

All Products & Aesthetic Services*

*excludes CeraVe, LivSo and Latisse

Save the Next Date - December 13

Marvelous Monday

You may purchase applicable products and cosmetic services at 20% off all day, virtually or in office. Great for body smoothing treatments- VANQUISH ME, injectables including Botox, Juvederm fillers, Kybella, lasers acne scars, hair removal, brown spots, unwanted blood vessels), Hydrafacials, microneedling, SecretRF, Exilis and more! Call or message us to take advantage of this great promo for our loyal patients.

downtown | dermatology
aesthetic

Please join us for the

Cosmetic Open House & Day Party

November 12, 2021

8AM-3PM

Be glam for the holidays or just get refreshed! Prep now for a low-stress way to celebrate the season, beautifully. Book filler appointments now that are suited to your specific needs. Ask about new RHA or the Juvederm family of products which lift, plump and smooth. Schedule Botox to smooth those pesky frown lines creating more radiance, every time. VI Peels and SkinMedica Peels, Hydrafacial, Vanquish, Secret RF and all skincare products also available to book & purchase that day!

Call now or message on KLARA to schedule an appointment with Dr. Hicks-Graham or our talented Aestheticians Kourtney Willis or Wendy Orduna.



Receive a free gift of an Alastin Holiday Set! Available to all attendees who purchase services during that day.*

*Excludes all prepaid services.