



Skin Tips for the New Year from Dr. Hicks-Graham

Winter is the perfect time to simplify your skincare routine and focus on what your skin truly needs. Instead of chasing the latest skincare trends, prioritize the basics: cleansing, moisturizing, and protecting your skin with daily sunscreen. Cold weather and indoor heating can strip your skin of moisture, making hydration essential for maintaining a healthy barrier. A gentle cleanser, a nourishing moisturizer, and a broad-spectrum sunscreen are often all you need to keep your skin glowing through the season. Remember, skincare isn't one-size-fits-all—listen to your skin and tailor your routine to its unique needs. Schedule your appointment today to get help in crafting your unique routine today!

Is Sunscreen Really Necessary in the Winter?

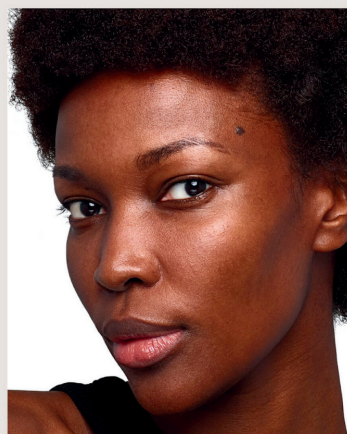
Absolutely!

Don't skip sunscreen this winter—UV rays can still damage your skin, even on cold or cloudy days. Snow and ice reflect up to 80% of UV rays, increasing your exposure and risk of premature aging and skin cancer. A daily broad-spectrum sunscreen is your best defense, keeping your skin healthy and protected all year round.



SKINVIVE by Juvederm

Skinvive treatment is a game-changer for maintaining radiant, hydrated skin during the winter months. This innovative injectable deeply nourishes the skin, improving texture, elasticity, and overall hydration, which is essential for combating winter dryness. With long-lasting results and a natural glow, Skinvive helps your skin stay refreshed and healthy, no matter the season. Contact us to schedule your appointment today!



Before



After

Marvelous Monday

January 13th

**15% OFF
ALL COSMETIC PRODUCTS &
SERVICES***

*excludes LivSo and Latisse

**Save the Next Date!
February 10TH**

*You may purchase applicable products and cosmetic services at 15% off all day, virtually or in office. Great for body smoothing treatments: SKINVIVE, injectables including Botox, all fillers, Kybella, lasers acne (scars, hair removal, brown spots, unwanted blood vessels), hydradfacials, microneedling, SecretRF and more! Call or message us to take advantage of this great promo for our loyal patients.