



Summer is officially here – and with it comes the perfect opportunity to refresh, protect, and glow. This month, we are shining a spotlight on treatments that keep your skin looking and feeling its best all season long: **PRX peels, CO<sub>2</sub> Lift masks, and Aerolase laser** – even for hair removal. Whether you are concerned about melasma, unwanted hair, or simply want a summer glow without downtime, our team is here to help. We also have our **Marvelous Monday event coming up on June 8th** – a wonderful opportunity to experience these services at 15% off. Read on, and we look forward to seeing you soon!

## Understanding & Preventing Melasma This Summer

Melasma is one of the most common skin concerns we treat, and summer is when many of our patients notice it most. Characterized by patches of brown or gray-brown pigmentation – typically on the cheeks, forehead, nose, and upper lip – melasma is triggered by a combination of UV exposure, heat, and hormonal influences.



The good news: with the right habits and treatments, it is very manageable.

### Prevention: Behavioral habits that make a real difference

- Time your outdoor exposure wisely. UV rays are strongest between 10 a.m. and 4 p.m. – if you can, shift outdoor activities to early morning or early evening.
- Wear a wide-brimmed hat. A hat with a 3-inch brim reduces UV exposure to the face by up to 70% – the single most effective accessory for melasma-prone skin.
- Seek shade consistently. Even on overcast days, UV rays penetrate clouds. Make shade a habit, not an afterthought.
- Reapply your SPF. Sunscreen applied once in the morning is not enough for a full day outdoors. Reapply every two hours – and after swimming or sweating.

### Correction: When prevention needs a boost

If you are already dealing with hyperpigmentation or melasma, our PRX and CO<sub>2</sub> Lift masks are excellent options to visibly correct uneven tone. Talk to Dr. Hicks-Graham or Kourtney about which treatment is right for your skin – and remember, both are available at 15% off at our June 8th Marvelous Monday event.



## PRX Peel: Summer Glow, Zero Downtime

Summer and traditional chemical peels have not always gotten along – sun exposure after a peel can compromise results and increase irritation. The PRX Peel changes that.

Unlike conventional peels, the PRX Peel works beneath the skin's surface to stimulate collagen and cellular renewal without causing visible peeling or flaking. That means you walk out of our office with brighter, more even skin – and you can head right back to your summer plans.

Ideal for: Uneven skin tone, melasma, dullness, fine lines, and anyone who wants visible results without recovery time. Safe for: All skin types and tones.

**Call or message us to book your PRX Peel consultation: (614) 224-4566.**



## Summer Skin Tip: Preventing & Soothing Chafing

Heat, humidity, and friction are a recipe for skin chafing – a common summer discomfort that can affect the inner thighs, underarms, and anywhere skin rubs against skin or clothing. Here is how to stay comfortable all season:

### Choose moisture-wicking fabrics.

Breathable, synthetic-blend athletic wear reduces friction far better than cotton, which holds moisture against the skin.

### Apply a barrier product.

Anti-chafe balms, petroleum jelly, or zinc oxide cream on friction-prone areas before activity can prevent irritation before it starts.

### Keep skin dry.

Moisture accelerates friction damage. Rinse and dry thoroughly after swimming or perspiration from heat or exercise.

### See us if it persists.

Redness that does not resolve with self-care, or irritation that worsens, can be a sign of a skin condition that deserves a professional evaluation.

## Marvelous Monday June 8<sup>th</sup>

Save the date for next  
month-July 13<sup>th</sup>!

✨ Enjoy special discounts on select treatments and products. ✨

Spots are limited, so book early!

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), Hydrafacials, Microneedling, SecretRF, and more!

## Aerolase® Laser: Silky Summer Skin

If smooth, hair-free skin is on your summer list, laser hair removal with Aerolase® is one of the most effective options available – and one of the most comfortable. The Aerolase laser uses gentle, rapid pulses of energy to target hair follicles without the heat and discomfort often associated with traditional laser hair removal. Sessions are quick, and results build with each treatment.

**A key advantage:** Aerolase is safe and effective for all skin tones, including deeper complexions that were historically underserved by laser hair removal technology.



Hair Removal • Photos courtesy of Wendy Roberts, MD

**Timing tip:** For best results, it is ideal to begin treatments before peak sun exposure season. If you have been thinking about it, now is the time to book.

## Featured Product: ISDIN Melatonik™ Night Serum



Summer days take a toll on your skin – sun exposure, heat, and environmental stress all add up. The good news? Your skin does its most powerful repair work while you sleep. That's exactly what **ISDIN Melatonik™** is designed for. This lightweight, fast-absorbing serum-in-oil features a 3-in-1 formula of three powerhouse ingredients:

**Melatonin** – stimulates the skin's natural antioxidant defenses overnight, helping to neutralize free radical damage accumulated throughout the day.

**Bakuchiol** – a plant-derived retinol alternative that supports collagen and elastin, improving firmness and reducing the appearance of fine lines – without the irritation that traditional retinol can cause, making it ideal for summer use.

**Vitamin C** – a potent antioxidant that protects against environmental damage, brightens skin tone, and supports a more even, radiant complexion.

**Melatonik™** is non-comedogenic and suitable for all skin types – a perfect complement to your summer treatment plan, especially if you are undergoing peels or laser services with us. Think of it as your skin's recovery partner for every sun-filled day this season.