

JANUARY 2023

EXCEPTIONAL

DERMATOLOGY





EXCEPTIONAL

DERMATOLOGY CARE

TABLE OF CONTENTS

VI Peel Body: The Chemical Peel Designed for the Body	Pg. 2
Skincare Resolutions to Make for 2023	Pg. 5
Eczema and Skin Discoloration	Pg. 7

We'd love to hear your feedback, so we can continue to improve our service to you.

For questions or comments, please send us an email to liz@exceptionaldermatology.com

CONTACT

2720 N Harbor Blvd Ste. 205
Fullerton, CA 92835

(714) 882-5525

www.exceptionaldermatology.com



VI Peel Body: The Chemical Peel Designed for the Body

Our face often gets the most attention when it comes to skincare. We slather on creams, serums, and other products in an effort to delay the signs of aging or address skin concerns, including acne, dark spots, scarring, and dullness. The rest of the body is often overlooked, even though it is also affected by the same skin dilemmas.

A medical-grade chemical peel like the VI Peel can improve or address these concerns. What it does is remove the skin's damaged layers and stimulate the production of new skin cells. It is commonly used on the face, neck, and chest, but it now comes with a solution specifically designed for the body: VI Peel Body.

The Difference Between a Facial Peel and a Body Peel

Body peels are much like facial peels, but are stronger and penetrate deeper. This

is because the skin on the body isn't as thin or delicate as that on your face. It only means that it can take on higher strength formulas with higher percentages of active ingredients.

Facial peels, meanwhile, are less powerful, mainly because they are intended on delicate and sensitive areas. They are commonly used on the face and neck areas and mostly penetrate the epidermis or the top layer. It causes the skin to peel off to reveal a healthier and more radiant complexion.

The VI Peel Body

VI Peel Body is a professional-grade chemical peel specifically designed for addressing body skin concerns. It is developed by the makers of VI Peel to improve your body skin treatments. VI Peel Body is safe for all skin types, tones, and textures, and can penetrate deeper (epidermis) to create true change or results.

Why is there a need for body peel:

Thicker skin – As previously mentioned, the skin on the body is not as delicate as the skin on the face; it is two to three times thicker. This only means that it isn't ideal to reuse a traditional facial peel that only penetrates the skin's outermost layer. It is likely to have a less penetration effect on certain areas of the body.

To create true corrective change – The natural skin cell turnover cycle of the

face and body is also different. It takes 28 days for the face and about 70 days for the body. So, in order to create visible changes and results, the chemical peel for the body needs to penetrate the dermis and speed up the peeling process. It also has to work on all skin types and tones.

How VI Peel Body Works

Just like the regular VI Peel, VI Peel Body is also non-invasive and pain-free. It increases cellular turnover and stimulates collagen production. It also has a synergistic blend of ingredients that:

- Removes or exfoliates dead surface cells right away
- Penetrates deeper to target acne, wrinkles, and uneven texture
- Hydrates and lightens pigmentation as it firms
- Reduces sebum production and suppresses pigment





The Benefits of VI Peel Body

VI Peel Body helps improve or address troubled areas of the skin to reveal a smoother and more glowing complexion in just a single treatment. Here are the benefits of this chemical peel:

- Helps remove fine lines and pigmentation
- Targets body acne and help prevent repeat flare-ups
- Smooths scars from injuries or surgeries
- Reduces acne and acne scarring from private areas
- Soften stretch marks
- Helps tighten sagging
- Safe for all skin types

Schedule a Consultation Today

Want to learn more about VI Peel Body and what it can do for you? **Contact Exceptional Dermatology Care today at (714) 882-5525** and schedule a consultation with one of our providers to start your journey toward smoother and more vibrant skin.



Skincare Resolutions to Make for 2023

It's that time of year again when we look back and decide which skin habits we're going to leave behind and which ones we're taking with us into the new year. If achieving healthy-looking skin is on your list of top priorities for 2023, you've come to the right place. We're laying out the skincare resolutions you should make for the new year.

Resolution #1: Apply Broad Spectrum SPF Everyday

Sun damage is one of the top skin concerns we see daily. If you haven't been as diligent with your sunscreen applications, now's the time to adopt a better habit. Not only can wearing Broad Spectrum SPF 15 or higher help protect your skin against sunburn, it can also help prevent premature signs of aging—think: wrinkles, fine lines, and dark spots—and even lower your risk of developing skin cancer. Smooth

a water-resistant formula onto all areas of exposed skin daily, and reapply at least every two hours.

Resolution #2: Don't Neglect Your Neck

You may have pin-pointed the best anti-aging products for stopping the clock when it comes to your face, but it's important you take care of the skin south of your chin, too. Since the neck is often neglected in a routine, it's one of the first areas of skin to show signs of aging.



Resolution #3: Schedule Check-ups With Your Dermatologist

Visiting a dermatologist when you need help addressing a skin concern is a good move, but that's not the only reason you should book an appointment. Frequent checkups and skin screenings are an important way to not only build a relationship with your provider, but also to help ensure your skin is healthy and free of any suspicious (or potentially cancerous) moles or lesions.

To schedule a skin check with one of our providers, call us at (714) 882-5525.

Resolution #4: Drink More Water

Are you drinking the recommended amount of water per day? If the answer's no, now's your time to change that. Dehydration can not only take its toll on your body, but it can cause your skin to appear less plump and fresh.

Resolution #5: Eliminate Stressors

Did you know that there's a link between stress and acne? If you feel like your stress levels are through the roof, discover new ways to unwind and relax. This could include drawing up a bath, reading your favorite book, or going for a nightly run. The more you do to relax your mind and eliminate the stressors in your life, the better you are setting yourself up for a happy and healthy new year.





Eczema and Skin Discoloration

Eczema is a common skin condition that causes itchy, dry, and irritated lesions. Scratching the lesions can lead to changes in the skin, including both hypopigmentation and hyperpigmentation.

Experts are not sure what precisely causes eczema. However, research suggests that genetics and environmental factors play a role. Eczema causes lesions on the skin that are itchy and dry. Many people feel the urge to scratch the affected skin, which can worsen the irritation. The skin may change color due to scratching, inflammation, and the steroids people can use to treat the condition.

The change in color can be hypopigmentation, which is a loss of color, or hyperpig-

mentation, which is a darkening of color.

Eczema lesions, also called atopic dermatitis, can be itchy and uncomfortable. Scratching eczema is a common behavior, but it may lead to changes in the skin's appearance and texture.

Eczema can cause two types of skin pigment changes: hypopigmentation and hyperpigmentation. Hypopigmentation is a loss of pigment or color, usually presenting in patches that are lighter than a person's skin tone. Hyperpigmentation refers to patches of skin that become darker than the skin surrounding them. Hypo and hyperpigmentation are both more visible on darker skin tones. However, they can appear on any skin tone.

People with eczema can find the change in skin appearance distressing, and it can affect their quality of life. Even after treatment for eczema, the skin may not return to its previous color.

How Eczema Affects the Skin

Eczema looks different, depending on a person's skin type.

On light skin, eczema typically causes inflamed pink or red patches that are dry and itchy. These lesions are harder to detect on dark skin tones.

When people with light skin scratch eczema lesions, hyper and hypopigmentation can occur. Skin pigmentation can progress gradually, and its subtle



changes make it hard to detect.

People with dark skin tones can be more likely to get hyper and hypopigmentation. They can also be more likely to have follicular prominence, which is when eczema presents as small, itchy bumps called papules. These mainly appear on the forearms and torso.

Treatment

There is currently no specific treatment for skin pigment changes. However, eczema is treatable in people of all skin types. Hyper and hypopigmentation usually fade and resolve on their own. Using a moisturizing cream or ointment can help the dryness, and sun protection will prevent hyper and hypopigmentation patches from worsening.

If a person's eczema or pigmentation does not resolve on its own, they can contact a doctor or dermatologist to establish a treatment plan. This may include oral and topical steroids, non-steroid creams, and more.