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

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Summer Vacation Skincare Tips for Healthy & Glowing Skin

Summer is the perfect time to take a break from work and enjoy some relaxation time with your family and friends. However, the hot summer weather can be harsh on your skin, making it harder to maintain a healthy and glowing complexion. Whether you are planning a beach vacation or just relaxing at home, it is important to take care of your skin. In this blog post, we will discuss some tips on how to maintain healthy and glowing skin during your summer vacation.

Stay Hydrated

Dehydration is one of the most significant skin problems during the summer. When

your body is dehydrated, your skin can become dry and flaky. To avoid this, make sure to drink plenty of water during your vacation. Carry a water bottle with you, and drink water even when you are not thirsty. Water helps flush out toxins from your body and keeps your skin cells plump and healthy.

Use Sun Protection

Sun damage is one of the most common skincare issues during summer. Direct exposure to UV rays can cause skin damage, wrinkles, sunburns, and even skin cancer. To protect your skin from the sun, use a broad-spectrum sunscreen with a minimum SPF of 30. Apply sunscreen 30 minutes before you go outside and re-apply every two hours. Don't forget to wear a hat, sunglasses, and protective clothing when going outdoors.

Cleanse and Exfoliate

Cleansing and exfoliating your skin are essential steps in maintaining healthy and glowing skin. During the summer, you should cleanse your skin twice a day to remove sweat, dirt, and grime. You can also use a gentle exfoliator to remove dead skin cells and unclog pores. However, avoid aggressive scrubs, which can damage your skin and cause inflammation.

Moisturize Your Skin

Moisturizers keep your skin hydrated, soft, and supple. During summer, use a



lightweight, oil-free moisturizer that won't clog your pores. Apply moisturizer after cleansing your skin in the morning and evening. Also, use a hydrating mask once a week to rejuvenate and nourish your skin.

Eat Healthy

Healthy eating habits promote healthy skin. During summer, include fruits and vegetables that are rich in antioxidants, vitamins, and minerals in your diet. These foods help protect your skin from damage caused by UV rays and pollutants.

These summer vacation skincare tips will help you maintain healthy and glowing skin throughout the summer. Remember to stay hydrated, use sun protection, cleanse and exfoliate your skin, moisturize regularly, and eat healthy foods. With these tips, you can enjoy your summer vacation without worrying about damaging your skin. If you have any further questions or concerns about your skin health, consult with one of our dermatologists for personalized advice.



The Amazing Benefits of VBeam Laser Treatment for Skin Problems

Skin problems can be very uncomfortable to deal with. They not only make you feel self-conscious but can also cause physical discomfort. From redness and spider veins to scars and acne, these skin problems can take a toll on your quality of life. If you're looking for an effective way to treat these skin conditions, look no further than the VBeam laser. In this blog, we'll explore the fantastic benefits of VBeam laser treatment for skin problems.

Reduces Redness and Skin Discoloration

VBeam Laser treatment has the ability to target and reduce redness and

hyperpigmentation. The beam of light penetrates the skin layers and destroys the tiny blood vessels that cause redness and discoloration. This is particularly beneficial for conditions like rosacea, port-wine stains, and birthmarks, which cause chronic redness. With VBeam laser treatment, you can enjoy clearer, smoother-looking skin in no time.

Improves the Appearance of Scars

Scars can be unsightly and can sometimes impact self-esteem. VBeam laser treatment enhances the appearance of scars by stimulating collagen production in the affected area. Collagen is a vital protein that helps the skin to heal and regenerate. When stimulated, collagen improves the texture, elasticity, and thickness of the skin. According to research, VBeam laser treatment can improve the appearance of scars by over 50%.

Targets Acne and Acne Scars

VBeam laser treatment can be helpful for people who suffer from acne and acne scars. The laser targets the acne-causing bacteria that live on the skin's surface, reducing inflammation, and preventing future breakouts. It also helps to improve the appearance of acne scars by stimulating collagen production in the affected area. With consistent treatments, VBeam laser can help reduce the appearance of acne, acne scars, and prevent future

breakouts.

Removes Spider Veins

Spider veins can be an eyesore, especially for those who like to wear shorts or skirts. With VBeam laser treatment, you can remove those pesky spider veins safely and effectively. The laser selectively heats the veins, causing them to dissolve without damaging the surrounding tissue. After treatment, the veins disappear, leaving you with flawless-looking legs.

Safe and Painless Procedure

One of the most significant benefits of VBeam laser treatment is that it is a safe and painless procedure. The treatment uses non-invasive techniques, and there is no downtime, meaning you can return to your daily activities immediately.

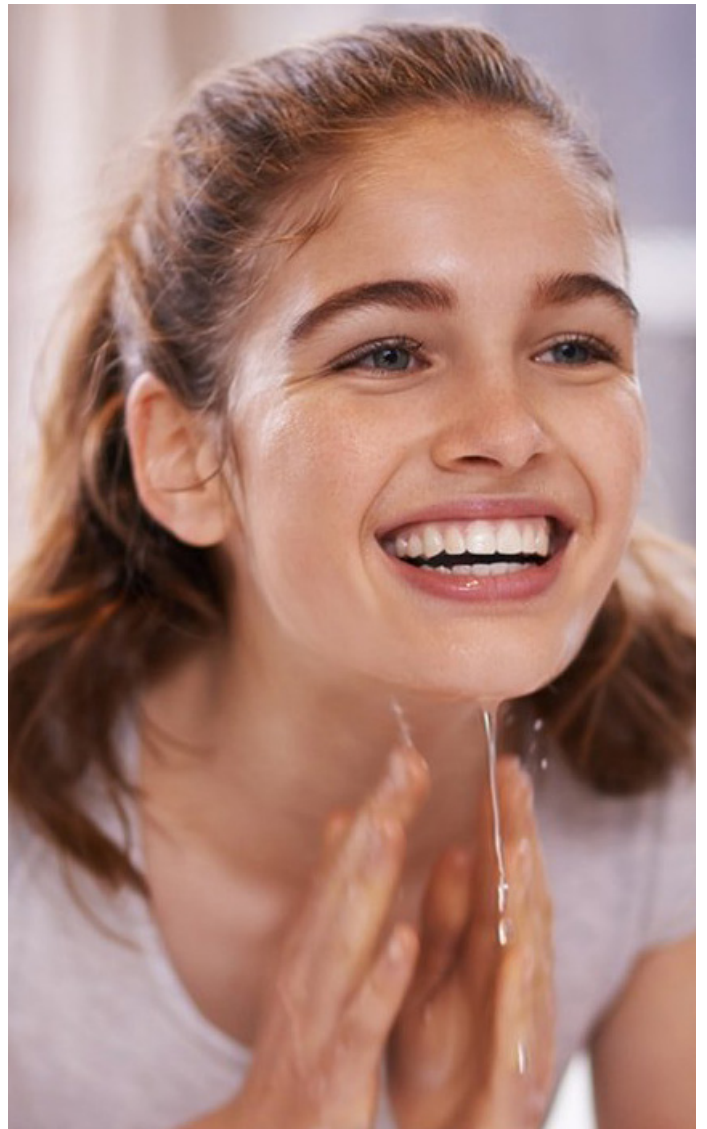
If you are looking for a safe and effective way to treat skin problems, VBeam laser treatment is undoubtedly worth checking out. Not only is the procedure painless and non-invasive, but it also provides many amazing benefits, including reducing redness and hyperpigmentation, improving the appearance of scars, targeting acne and acne scars, and removing spider veins. This month, enjoy **15% OFF VBeam Treatment Package**. Call us today to schedule an appointment with one of our dermatologists to see whether VBeam laser treatment is right for you.

Kids & Proper Skincare

Skin care should be taught to children at a young age in order for them to carry healthy skin care practices into their adulthood. When children develop a routine that they know is good for them they are likely to continue engaging in that habit for the rest of their lives. Kids can engage in healthy skin care practices as young as toddlers. Below is a timeline that details the type of skin care practices that is appropriate for their age.

Ages 2 - 5

By this age range, kids are hopefully walking without any assistance, learning how to dress themselves, and brushing their teeth. This is the perfect age range to begin teaching kids the importance of washing their hands and face. Some children dislike water on their face therefore you can motivate them to wash their face using a warm wash cloth. Make sure to use gentle soaps catered to children's skin. Try to make this skin care habit fun for your kids so that they're more willing to do it the next



time. It is also very important to start applying SPF to your child if they're going to be exposed to the sun at all.

Ages 6 - 9

At this age range, kids are far more independent and want to do things for themselves. This a great age to introduce simple facial skincare routines. You can start them off with a gentle facial cleanser that is milk or gel based. These types of formulas are not only gentle on the skin but also soothing. You can follow up with a facial toner. Lastly, they can finish up with a lotion for children such as baby lotion. At this age, you should motivate your children to apply SPF on themselves and teaching them proper application techniques.

Ages 10 - 13

This is the perfect age to teach your tweens what types of foods and activities are good and bad for their skin. Foods that are high in antioxidants and vitamin C such as fruits and greens are excellent for any skin type. Also, it is essential to teach your children the importance of being active and working up a sweat. Whether that's through a sport or simply playing outside. Sweating is the body's natural way of detoxifying the body which is important for clear skin. At this age, your children should understand the importance of SPF and should avoid being in the sun for extended periods of time to avoid sun damage.

Ages 14 - 20

This is a very important age range when skincare becomes essential. Kids are going through puberty at this point; therefore, their hormones are likely causing their skin to breakout. Some teenagers experience very heavy acne breakouts that leave them feeling embarrassed and insecure. At this point your children should be regularly exfoliating their skin to help remove dead skin cells. Additionally, they should continue to use a cleanser in order to remove as much bacteria as possible. This should be followed up with a moisturizing toner to regulate the skins pH. Lastly, they should apply a moisturizer that is suitable for their skin type and of course continue to apply SPF as part of their regular day time skin care routine.

