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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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Why A HydraFacial Should Be Your Holiday Treat

The holiday season is here, and many people are looking for ways to pamper themselves after a long and hectic year. If you're in search of a luxurious and effective facial treatment to rejuvenate your skin, the HydraFacial may be the perfect option for you. Its popularity has grown in recent years as it offers a unique combination of cleansing, exfoliation, hydration, and infusion that allows it to be tailored to suit all skin types and needs. In this article, we discuss why a HydraFacial should be your holiday treat and how it works to boost your skin health.

HydraFacial Process

The HydraFacial treatment is a quick and soothing way to refresh and hydrate your

skin. The process typically starts with cleansing and gentle exfoliation to remove dead skin cells and prepare the skin for the following stages. Next, a peel solution is applied to loosen impurities before vacuuming out blackheads, dirt, and oil from the pores. Once your skin is thoroughly cleansed, the provider will nourish it with serums, custom-selected based on your skin's specific needs and concerns.

Immediate and Long-term Benefits

The HydraFacial is a non-invasive, multi-step facial that offers immediate results with no downtime. You'll notice that your skin is brighter, smoother, and more glowing right after the procedure. However, it also has long-term benefits, such as improved skin tone and texture, better hydration, and reduced fine lines and wrinkles. Additionally, it promotes lymphatic drainage, which helps detoxify your skin and improve circulation and overall skin health.

Customized Treatment

One of the reasons why HydraFacial is so popular is that it can be tailored to your unique skin type and concerns. Whether you have oily and acne-prone skin, or you're concerned with dullness or aging, your provider can adjust the treatment steps and formulations to target your specific issues. The HydraFacial can also address specific skin concerns like brown spots, uneven skin tone, and hyperpigmentation, further customizing

the treatment for maximum skin benefit.

Safe and Comfortable

HydraFacial treatment is generally safe and suitable for all skin types, including sensitive or allergy-prone skin. The process is non-invasive, and the serums used on your skin are gentle and free of harsh chemicals and fragrances. Most patients describe the treatment as comfortable and relaxing, with no pain or discomfort. You can go back to your regular daily activities right after the treatment, with no need for downtime.

The Perfect Holiday Treat

The HydraFacial is an ideal holiday treat that can help you feel refreshed and rejuvenated as you celebrate the holiday season. It's a quick, customized, and safe treatment that delivers immediate and long-term benefits to your skin. At the same time, it also provides a relaxing and pampering experience that you can enjoy all year round. So, why not book a HydraFacial session today and give yourself a gift of glowing skin this holiday season?

The HydraFacial is the perfect way to pamper yourself and rejuvenate your skin this holiday season. With its numerous benefits and customized treatment, the HydraFacial is a complete package that's suitable for everyone. Book your appointment today, and **enjoy 10% OFF** and the remarkable results that the HydraFacial can offer. Happy holidays!



How To Reduce Flare-Ups Of Atopic Dermatitis

Atopic dermatitis (AD), also known as eczema, is a common skin condition that affects millions of people around the world. AD can cause severe itchiness, redness, and inflammation, making it both physically and emotionally stressful for those who have it. The condition is often chronic and can be triggered by environmental factors, genetics, allergies, and stress. Fortunately, there are practical steps you can take to reduce flare-ups and manage your AD symptoms.

Firstly, it is essential to avoid harsh chemicals and fragrances that can harm your skin. Use mild and fragrance-free soaps, shampoos, and lotions that are gentle on the skin. When choosing skincare products, look for labels that say “hypoallergenic,” “non-comedogenic,” and “fragrance-free.” Avoid using hot water to bathe, as it can dry out and irritate your skin. Instead, use lukewarm water, pat your skin dry with a

soft towel, and immediately apply a moisturizer to retain moisture.

Secondly, identify and avoid triggers that cause your condition to worsen. Common triggers include dust, pollen, pet dander, mold, and cigarette smoke. Try to limit your exposure to allergens by wiping surfaces frequently, using air purifiers, and avoiding outdoor activities on days when pollen counts are high. It is also recommended that you avoid wearing synthetic or woolen clothing and opt for cotton instead.

Thirdly, maintain a healthy lifestyle by eating a balanced diet, staying active, and minimizing stress. Certain foods, such as dairy products and eggs, can cause skin irritation in some people. If you suspect that you have food allergies, consider keeping a food diary and eliminating suspected triggers from your diet. Exercise can help improve blood circulation and reduce stress levels, which can benefit your overall health. Managing stress is also crucial to prevent flare-ups since stress can weaken the immune system and exacerbate AD symptoms.

Fourthly, seek proper medical treatment from a dermatologist or doctor specializing in skin conditions. They can provide you with prescription topical medications, oral antihistamines, or immunosuppressants that can help relieve itching, inflammation, and redness. Your healthcare provider may also recommend phototherapy or light

therapy, which involves exposure to ultraviolet light to manage your symptoms.

Fifthly, practice good sleep hygiene to reduce stress levels and improve the quality of your sleep. Getting 7-8 hours of sleep per night is optimal for most adults. Ensure your sleeping environment is conducive to sleep by keeping it dark, cool, and quiet. Consider using a white noise machine to mask external noise and help you relax. Use soft and breathable fabrics such as cotton sheets and blankets to avoid skin irritation.

Remember to consult your dermatologist or doctor for advice on managing your condition and follow their instructions strictly. With the right approach, you can reduce the impact that AD has on your daily life, improve your quality of life, and enjoy healthy and beautiful skin.





Using Sunscreen In The Winter

You should never check the weather before deciding to apply sunscreen. Sunscreen is arguably the most important part of your skin care routine. Despite the fact that it is starting to get colder, UV rays can still penetrate through clouds. There are two different types of UV rays that are harmful to the skin such as UVA and UVB. UVA penetrate deeper layers of the skin, which can cause skin cancer and premature aging. UVB rays damage the outer layers of the skin, which can result in sunburns. Below are several reasons why sunscreen is important to be worn year round.

Despite sunscreen protecting your skin from powerful UV rays, it also has useful anti-aging properties. Studies show that people who apply sunscreen daily compared to those who don't had no detectable increase in skin aging. It is never too late to start wearing sunscreen; you can incorporate it into your regular skin care routine

at any moment. The younger you start applying sunscreen, the better! You will definitely notice that your skin will age more gracefully and look healthy and vibrant.

Looking at a computer screen for hours on end can contribute to hyper-pigmentation and dark spots. Computer screens emit blue light and long-term blue light exposure can also lead to a weakened skin's surface and inflammation. Additionally, if you are sitting near a window while you work, you can develop wrinkles and deeper crow's feet on the side of your face that faces the window. It is important to be strategic when choosing your workplace at home or in the office; however, it is more important to apply sunscreen to ensure that you're protected wherever you are sitting.

It might be hard to believe that winter sports can put you at a higher risk of UV exposure; however, UV radiation increases by 5% every thousand feet you rise above sea level. Therefore, the higher in elevation that you are at, such as the mountains, the greater the exposure. When you're in the mountains snowboarding or skiing, you are likely not thinking about applying sunscreen, but snow reflects sunlight and therefore you are more susceptible to getting a burn.

Lastly, cold weather conditions tend to remove sunscreen faster. The harsh weather erodes the sunscreen and before you know it, you need to reapply. It is much easier to remember to reapply sunscreen during summer when you're sweating. Skin cancer is possible during cold winter months, so it is essential that you play an active role in taking care of your skin by consistently applying sunscreen.

