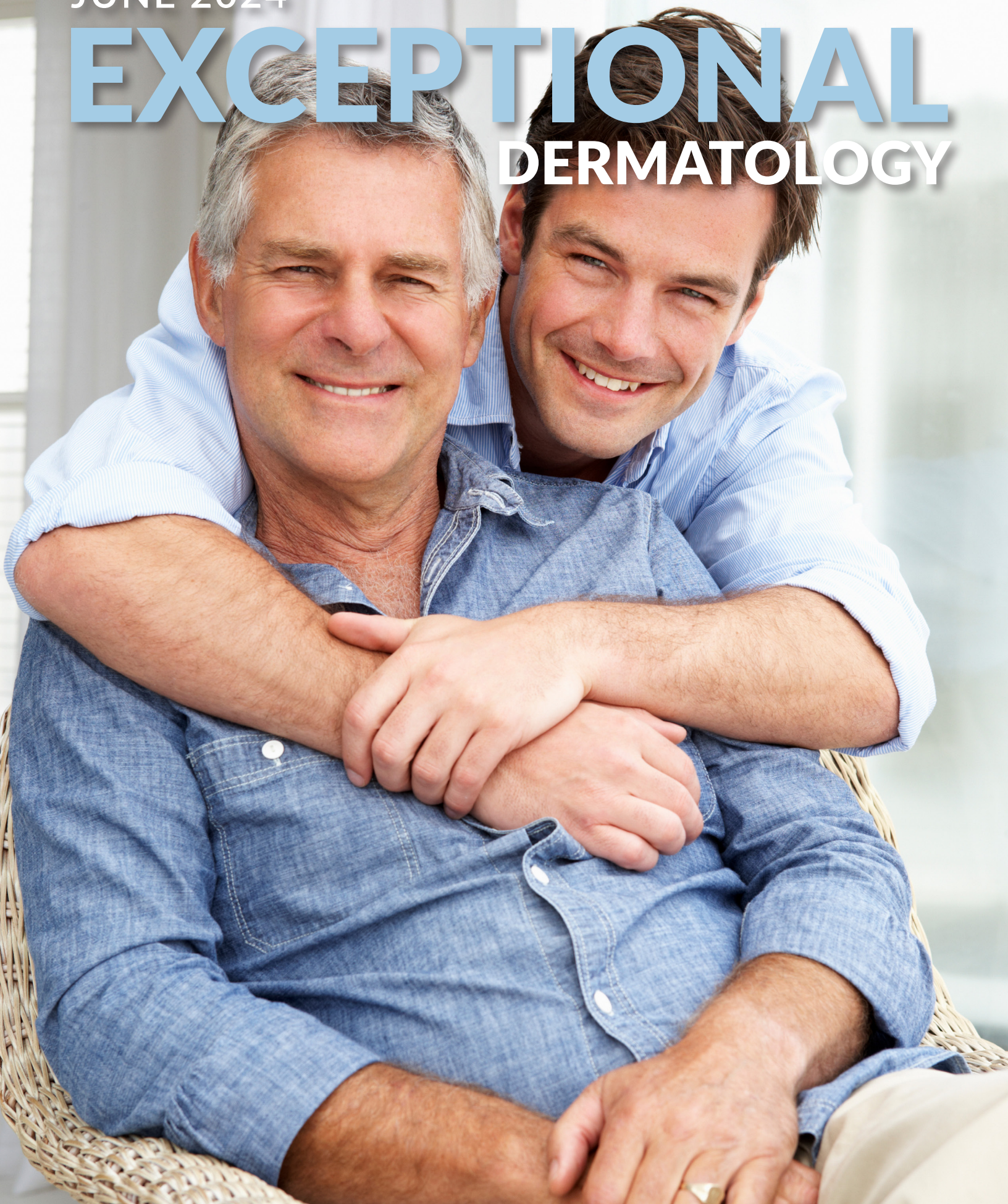


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We'd love to hear your feedback, so we can continue to improve our service to you.
For questions or comments, please send us an email to liz@exceptionaldermatology.com

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Dermatologist-Approved Simple Skincare Guide for Men this Father's Day

Father's Day is just around the corner, and while ties, socks, and gadgets are all great gifts, why not consider something that can have long-lasting benefits? Healthy, glowing skin isn't just for women. Men, too, deserve a skincare routine that keeps them looking fresh and feeling confident.

Whether you're a father looking to up your skincare game or someone looking for the perfect Father's Day gift, this dermatologist-approved guide will walk you through a simple yet effective skincare routine tailored for men.

Why Skincare is Important for Men

Skincare is not about vanity; it's about self-care. Just like brushing your teeth or exercising, taking care of your skin should be a regular part of your daily routine. Here's why:

Prevents Skin Problems: Regular skincare can help prevent various skin issues like acne, dryness, and irritation.

Slows Aging: A good skincare routine can help slow down the aging process, keeping wrinkles and fine lines at bay.

Boosts Confidence: Clear, healthy skin can significantly boost your self-esteem and confidence.

Step-by-Step Simple Skincare Routine

Step 1: Cleanse

Product Type: Gentle Facial Cleanser

Why: Cleansing is the foundation of any skincare routine. It removes dirt, oil, and impurities that can clog your pores and lead to breakouts.

How: Use a gentle cleanser that suits your skin type (oily, dry, combination, or sensitive). Wet your face with lukewarm water, apply the cleanser, and gently massage it into your skin in circular motions. Rinse thoroughly and pat your face dry with a clean towel.



Step 2: Exfoliate (2-3 Times a Week)

Product Type: Facial Scrub or Chemical Exfoliant

Why: Exfoliation helps remove dead skin cells, promoting cell turnover and revealing smoother, brighter skin.

How: If you're using a scrub, apply a small amount to your face and gently rub in circular motions. If you're using a chemical exfoliant, follow the instructions on the product. Remember, less is more—over-exfoliating can irritate your skin.

Step 3: Moisturize

Product Type: Facial Moisturizer

Why: Moisturizing keeps your skin hydrated, preventing dryness and irritation. It also helps lock in the benefits of the previous steps.

How: Choose a moisturizer that suits your skin type. Apply a small amount to your face and neck, gently massaging it in until fully absorbed.

Step 4: Protect

Product Type: Sunscreen (SPF 30 or higher)

Why: Sunscreen is crucial in protecting your skin from harmful UV rays, which can cause premature aging and increase the risk of skin cancer.

How: Apply a broad-spectrum sunscreen with an SPF of at least 30 every morning, even on cloudy days. Reapply every two hours if you're spending extended time outdoors.

Bonus Step: Treat (As Needed)

Product Type: Targeted Treatments (e.g., for acne, dark spots, or fine lines)



Why: If you have specific skin concerns, targeted treatments can help address them more effectively.

How: Follow the instructions on the product, usually applying after cleansing and before moisturizing.

Tips for Maintaining Your Skincare Routine

Keep It Simple: Stick to the basic steps—cleanse, exfoliate, moisturize, and protect. Consistency is key.

Listen to Your Skin: Pay attention to how your skin reacts to different products and adjust accordingly.

Stay Hydrated: Drink plenty of water to keep your skin hydrated from the inside out.

Get Enough Sleep: Aim for 7-8 hours of quality sleep to help your skin repair and regenerate.

Eat a Balanced Diet: Include plenty of fruits, vegetables, and healthy fats in your diet for optimal skin health.

Skincare doesn't have to be complicated or time-consuming. With the right products and routine, you can achieve healthy, glowing skin in no time. This Father's Day, give yourself or the father figure in your life the gift of great skin. Remember, skincare is a form of self-care, and everyone deserves to feel their best. Happy Father's Day!



The Secret to Youthful Eyes: Restylane Eyelight

In the world of aesthetics and cosmetic rejuvenation, a bright, well-rested appearance is often seen as the hallmark of youthfulness and vitality. However, the reality is that the hustle and bustle of modern life don't always allow for the perfect eight hours of sleep, leading many to struggle with under-eye hollows and dark circles that can make one appear tired even after a full night's rest. Enter Restylane Eyelight, a revolutionary solution designed to address just that, ensuring you look as refreshed and ready to face the day as you feel.

Understanding Under-eye Hollows

Under-eye hollows, also known as tear troughs, are depressions under the eyes that can cast a shadow, contributing to a fatigued look. These can be a result of genetics, aging, lifestyle factors, or a combination thereof. Aside from making one look tired,

they can also give the appearance of being older than one actually is.

Why Restylane Eyelight?

Restylane Eyelight is specifically designed to target and improve the appearance of undereye hollows. Its unique formulation not only adds volume to the area but also integrates into the skin for natural-looking results. Here are the reasons why it stands out in the world of aesthetic treatments:

Precision: Restylane Eyelight is designed with a focus on the delicate and thin skin under the eyes, ensuring precise application and results that enhance your natural beauty without looking overdone.

Customization: Given that every face is unique, the ability to tailor the treatment to each individual's needs is paramount. Restylane Eyelight allows for this level of customization, ensuring results that complement your overall facial aesthetic.

Refreshed Look: The primary goal of Restylane Eyelight is to leave you looking more awake, refreshed, and ready to take on whatever challenges the day may bring. It subtly eliminates shadows and hollows, brightening your overall appearance.

Minimal Downtime: In today's fast-paced world, convenience is key. Restylane Eyelight offers the advantage

of having minimal downtime, allowing clients to return to their daily routines with little interruption.*

The Journey to Brighter Eyes

The process of receiving Restylane Eyelight involves a consultation with a qualified provider who will assess your specific needs and ensure you are a good candidate for the treatment. The actual procedure is quick, with immediate results that can last up to a year, depending on individual factors like metabolism, lifestyle, and age.

Restoring Confidence

Beyond the physical benefits, the impact of Restylane Eyelight extends to a boost in self-confidence and well-being. Looking in the mirror and seeing a refreshed version of yourself can positively influence how you feel throughout the day, enhancing not just your appearance but your outlook on life.

Restylane Eyelight offers an effective and innovative solution for those looking to combat the signs of fatigue and aging around the eyes. By addressing undereye hollows directly, it ensures that you not only look refreshed but feel vibrant and confident, ready to face the day. If you're considering aesthetic treatments, Restylane Eyelight could be the secret you've been searching for to unlock a brighter, more youthful appearance. Call us today to schedule a consultation with one of our providers.



Benefits of Restylane Kysse For Lip Volume

Once thought of as something only available to Hollywood starlets, injectable dermal fillers are now used by millions of men and women each year. From smoothing lines and wrinkles to augmenting hollow cheeks, the applications of injectable fillers are virtually endless. Without a doubt, however, one of the most common uses of fillers is to plump up the lips. The exceptional team of medical injectors at Exceptional Dermatology Care are proud to offer the latest and most exciting lip filler available to give patients stunning, long-lasting, natural-looking results. Learn more about Restylane Kysse, and find out what makes it stand out among the competition.

What is the Best Lip Filler?

Choosing a filler for your lips can be difficult, as there are several possible choices. During your initial consultation for lip fillers, one of our licensed and experienced cosmetic injectors will evaluate your concerns, discuss your personal goals, take a thorough health history, and recommend the filler that best meets your needs. Most often, patients use hyaluronic acid-based fillers to enhance their lips. These unique products are formulated to mimic the body's natural hyaluronic acid for a more natural and pleasing result. One of the newest FDA-approved HA fillers for lip plumping, Restylane Kysse, is quickly rising in popularity thanks to its highly compelling benefits.

Why Should I Choose Restylane Kysse vs. Other Fillers?

While the most appropriate and effective lip filler may be different from person to person, many patients are drawn to the appealing aspects of Restylane Kysse lip filler. Here, we highlight four exceptional benefits of Restylane Kysse lip fillers:

1. Long-lasting results: Compared to many other fillers, which typically last about 6 – 9 months in the lips, Restylane Kysse has been shown to last up to a year in most patients. For patients seeking long-lasting results and fewer trips to the office, Restylane Kysse may be an ideal choice.

2. Natural look and feel: Another noteworthy benefit of Restylane Kysse is that its specialized formula interacts more efficiently with the body's molecules, increasing its flexibility and malleability. This means patients can enjoy exceptionally natural-looking results, and the lips typically feel softer and more natural than is possible with other products.

3. Less filler required: In many cases, less formula is required to fill lips with Restylane Kysse than with other products, meaning each treatment is often more affordable than the alternatives.

4. No downtime: Most patients tolerate Restylane Kysse injections well with minimal side effects and virtually no downtime required. Patients will notice an almost immediate improvement in their lip shape with only mild discomfort and temporary swelling that should resolve quickly.

Looking for Gorgeous, Long-Lasting Lip Injection? Restylane May Be Right for You!

In the ever-evolving world of cosmetic injectables, patients are always searching for more convenient, more natural, and longer-lasting treatment options. There is no doubt that Restylane Kysse offers these advantages – and more – when it comes to lip fillers. Discover more about Restylane Kysse injections by calling us at **(714) 882-5525** to schedule a consultation with one of our expert cosmetic injectors today!