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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 Spring is the Perfect Time for a VI Peel

Spring is a season of renewal and growth. Flowers bloom, days become brighter, and it feels as though everything is getting a fresh start—including your skin. After a long winter where your skin may have been left dry, dull, or uneven, spring provides the perfect moment to restore vitality. A powerful way to achieve radiant skin? The VI Peel.

This revolutionary treatment offers visible results in just seven days, making it the ideal choice for anyone seeking rejuvenation as warmer days approach. Whether you're a skincare enthusiast or completely new to this type of treatment, we're here to break down why the VI Peel might just become your new spring essential.

What is a VI Peel?

A VI Peel is a medium-depth chemical peel that works to exfoliate and resurface

the skin, improving texture, tone, and clarity. Unlike harsher methods, this peel is designed to cater to a variety of skin types, even those with sensitive skin. The VI Peel contains a blend of active ingredients such as trichloroacetic acid (TCA), salicylic acid, retinoic acid, vitamin C, and phenol. Together, these ingredients help stimulate collagen production, reduce pigmentation, and target signs of aging.

While chemical peels are no strangers in the skincare world, the VI Peel has gained significant popularity for its reduced downtime and ability to produce impressive results quickly.

Why Spring is Ideal for a VI Peel

Many people don't realize that timing can play a major role in skin treatments. Spring is one of the best months to undergo a VI Peel for several reasons:

1. Shed That Winter Skin: Winter can take a toll on your skin, leaving it flaky, dry, and dull due to exposure to harsh weather conditions and indoor heating. A VI Peel helps exfoliate these dead skin cells accumulated over winter, revealing the fresh, healthy layers underneath. Think of it as a personal "spring cleaning" for your face!

2. Boost Collagen for a Fresh Start: With increasing sunshine and outdoor activities on the horizon, who doesn't want their skin to glow? The VI Peel stimulates collagen and elastin

production, leaving your skin feeling firmer and more elastic over time. This is particularly helpful to combat the fine lines and wrinkles that might have become more noticeable during the winter months.

3. Preparation for Summer: Springtime treatments ensure your skin is glowing and ready for lighter makeup or even makeup-free days during the summer. By addressing pigmentation, acne scars, or uneven tone now, your complexion will look more radiant just in time for sunny vacations and beach outings.

4. Mild Sunlight Makes Peels Easier: After any chemical peel, minimizing sun exposure is crucial to protect the healing skin and maintain your results. Spring provides a perfect balance, with milder sunlight compared to the intense summer months. This makes it easier to limit UV exposure while still enjoying pleasant weather.





What Can a VI Peel Do for Your Skin?

The versatility of the VI Peel is one of its greatest advantages. Here's what this treatment can do for your skin:

1. Improve Skin Texture and Tone: Uneven skin tone and rough patches are often concerns people face after the harsh conditions of winter. The VI Peel exfoliates the skin deeply, revealing smoother, more even-textured skin.

2. Reduce Pigmentation and Sun Damage: From dark spots to stubborn discoloration, the active ingredients in the VI Peel target uneven pigmentation, promoting a clear and uniform complexion. It also lightens the effects of previous sun damage.

3. Clear Acne and Reduce Acne Scars: Whether you're battling active acne or examining the scars left behind, the VI Peel can address both. Its salicylic acid content helps unclog pores and reduce inflammation, while its exfoliating

properties diminish scars and create overall clarity.

4. Minimize Fine Lines and Wrinkles: Telltale signs of aging can feel more noticeable after the dryness of winter. The VI Peel stimulates collagen production, helping to smooth fine lines and wrinkles for a more youthful appearance.

5. Enhances Radiance: Perhaps one of the best benefits of the VI Peel is its ability to give your skin an instant glow. The polished, fresh layer of skin revealed after the peeling process looks healthier and brighter.

The VI Peel Process – What to Expect

If you're curious about trying the VI Peel this spring, here's what the process typically involves:

At the Office

Your appointment will begin with a consultation to assess your skin goals and ensure the VI Peel is right for you. Once your skin is prepped, the peel will be applied. While you may experience a mild tingling sensation, the process is generally quick and comfortable, taking around 30 minutes.

The Peeling Phase

After the treatment, you may notice some redness or tightness, which often resembles a mild sunburn. Peeling usually begins around day two or three,

lasting for up to a week. Don't worry about the "peeling" part being dramatic; most people simply experience light, manageable flaking.

Aftercare Tips

- **Stay Hydrated:** Keep your skin hydrated with the recommended moisturizer.
- **Wear Sunscreen:** Always apply a broad-spectrum SPF, as your skin will be more sensitive to sunlight during the healing period.
- **Follow Instructions:** Stick to your aftercare kit or any specific advice provided by your skincare professional.

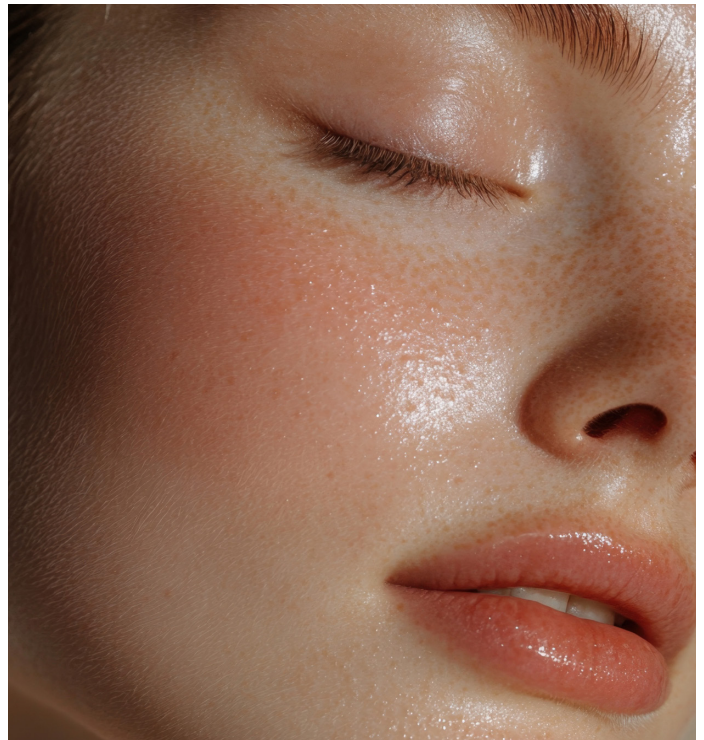
By day seven, your skin will reveal its fresh, radiant glow.

Are VI Peels Safe for Everyone?

Yes, the VI Peel is formulated to be safe for most skin types and conditions, including sensitive skin. Whether you have acne-prone skin, uneven pigmentation, or are simply looking for rejuvenation, the peel can be tailored to meet your needs. However, it's always important to consult a professional to ensure it's the best fit for your unique skin concerns.

Why Choose Professional-Grade Treatments in Spring?

While over-the-counter exfoliants and skincare products can help maintain



your complexion, professional-grade treatments like the VI Peel offer results you simply can't achieve at home. The spring season provides the perfect window to invest in your skin while avoiding the harsher consequences of summer's intense UV exposure.

Bring Out Your Best Glow This Spring

Spring is all about renewal, and your skin deserves to feel as fresh as the season itself. By choosing a VI Peel, you're not just treating surface issues but enhancing your overall skin health and confidence. Visible results in just seven days make this a simple yet impactful way to prepare for warmer, sunnier days ahead.

Are you ready to start your spring with glowing, radiant skin? Book your VI Peel appointment today and get ready to love what you see in the mirror.



Common Springtime Skin Disorders – And What to Do

Warmer weather, blooming flowers, and longer days make spring a favorite season for many. However, with the change in seasons, your skin might face its own set of challenges. From seasonal allergies to skin flare-ups, springtime can aggravate certain skin conditions that might have stayed dormant during colder months.

At Exceptional Dermatology Care, we specialize in diagnosing and treating skin conditions that are more common during spring. With our insights, you can keep your skin healthy and glowing as you enjoy the beauty of the season. Here's what you need to know about common springtime skin disorders and how to address them effectively.

Why is Spring Hard on Your Skin?

Spring is a transitional season characterized by rising temperatures, higher humidity, and an increase in allergens like pollen. These environmental changes can stress your skin, causing dryness, irritation, or even triggering allergic reactions in individuals with sensitivities.

Additionally, longer sun exposure as we spend more time outdoors can contribute to skin damage if precautions aren't taken. Understanding these factors can help you prepare for and combat spring-time skin challenges.

Common Springtime Skin Disorders

The shift in weather can make certain skin conditions more likely to appear or worsen. Here are the most common ones to watch out for:

1. Seasonal Allergic Dermatitis

One of the most significant culprits of

spring is pollen. Pollen from blooming flowers, grass, and trees can trigger allergic reactions in many individuals, leading to skin flare-ups.

Symptoms:

- Red, itchy, inflamed skin
- Small, raised bumps (sometimes referred to as hives)

How to Manage:

- Avoid prolonged outdoor exposure during peak pollen times (early mornings or windy days).
- Keep windows closed to minimize pollen indoors.
- Opt for a hypoallergenic skincare routine to avoid exacerbating symptoms.

2. Eczema Flare-ups

Many eczema sufferers notice an uptick in skin irritation during spring. Triggers include increased allergens, sweat, and changes in the environment.

Symptoms:

- Dry, scaly, itchy patches of skin
- Redness or cracking

How to Manage:

- Use cool compresses to soothe irritated areas.
- Apply a thick, fragrance-free moisturizer multiple times a day.



- Consider antihistamines or prescribed topical treatments if symptoms persist.

3. Rosacea

Rosacea tends to flare up in the spring due to increased sun exposure and fluctuating temperatures, which can widen blood vessels and lead to visible redness.

Symptoms:

- Persistent redness on the cheeks, nose, or chin
- Small, visible blood vessels or acne-like bumps

How to Manage:

- Always use sunscreen with SPF 30 or higher to protect your skin from UV damage.
- Avoid hot showers and spicy foods; these can trigger flare-ups.
- Prescription gels or creams may help reduce redness and inflammation.

4. Contact Dermatitis

Spring activities like gardening and hiking can expose the skin to irritants such as poison ivy, oak, or certain gardening products.

Symptoms:

- Red, irritated skin with blisters or



weeping sores

- Itching or burning sensation in affected areas

How to Manage:

- Wash the affected area with soap and water as soon as possible to reduce the irritant's effects.
- Over-the-counter hydrocortisone creams can help relieve inflammation and itching.
- Avoid scratching to prevent infection.

5. Sunburns

Spring often sneaks up on us with stronger UV levels, leaving unprepared skin vulnerable to sunburn.

Symptoms:

- Red, painful, or peeling skin

- Blisters in severe cases

How to Manage:

- Apply aloe vera gel or a soothing lotion to calm burned skin.
- Stay hydrated and avoid further sun exposure until your skin heals.
- Always use a broad-spectrum sunscreen (SPF 30 or higher), even on cloudy days.

6. Fungal Skin Infections

With increasing humidity and sweat, fungal infections become more common, especially in areas where skin folds exist (e.g., underarms, groin, or under the breasts).

Symptoms:

- Red, scaly patches with a sharp border
- Itching or irritation in affected areas



How to Manage:

- Keep your skin clean and dry, especially after workouts or outdoor activities.
- Avoid tight, non-breathable fabrics that trap moisture.
- Use over-the-counter antifungal creams or consult a dermatologist for treatment.

When to See a Healthcare Provider

While most springtime skin conditions can be managed with simple strategies and over-the-counter remedies, some may require medical attention. Seek professional care if you experience:

- Persistent itching or irritation lasting more than two weeks
- Painful, oozing, or infected skin
- Conditions that interfere with your daily activities or quality of life

At Exceptional Dermatology Care, we're here to help you enjoy the spring season without stressing about your skin. Whether it's diagnosing a condition, offering personalized treatment plans, or simply helping you stay proactive, our team is dedicated to helping you look and feel your best.

If you're struggling with a skin condition or want advice on choosing the best spring skincare routine, schedule a consultation with Exceptional Dermatology Care today.



Why Testing Skincare Products Is Essential for Healthy Skin

When exploring new skincare products, it can be exciting to imagine the benefits they might bring to your skin. However, even the most promising products can lead to unexpected reactions if you're not careful. This is where patch testing comes in.

Patch testing is a simple, effective way to assess whether your skin will tolerate a product before applying it more broadly. This practice can help you avoid allergic reactions, irritation, and other unwanted side effects.

We'll explore why patch testing is vital, how to do it correctly, and what to watch out for during the process. Whether you're a skincare novice or a beauty enthusiast, this guide will empower you with the knowledge to make better skincare decisions.

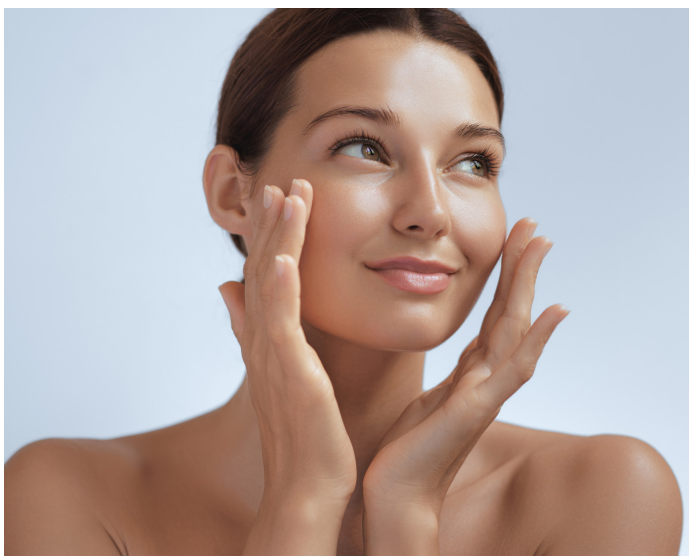
What Is Patch Testing and Why Is It Important?

Patch testing is the process of applying a small amount of a skincare product to a discrete area of your skin to see how it reacts. Think of it as a miniature trial run for your skincare routine. The goal is to identify potential irritants or allergens before incorporating a product into your daily regimen.

Skin Sensitivities Are More Common Than You Think

According to studies from the American Academy of Dermatology (AAD), nearly 1 in 4 people experience some form of skin sensitivity or allergic reaction from products. Even products labeled as “all-natural” or “hypoallergenic” may contain ingredients your skin might react to.

By patch testing, you gain an added layer of safety, avoiding possible redness, itching, or even severe inflammation caused by certain ingredients.



Who Should Patch Test?

While patch testing is beneficial for everyone, certain groups should be especially cautious, including:

- Individuals with sensitive or reactive skin types
- Those with a history of allergies or eczema
- People trying products with active ingredients like retinol, AHAs (alpha hydroxy acids), or BHAs (beta hydroxy acids)
- Anyone prone to using multiple new products in quick succession

How to Patch Test Skincare Products

Patch testing might sound complicated, but it's a straightforward process if done correctly. Here's a step-by-step guide to ensure a proper test.

Step 1: Choose the Right Area

Select an easily accessible area of your skin that's also discreet. The inner forearm or behind the ear are common choices, as the skin in these areas is sensitive and can mimic how your facial skin might react.

Step 2: Apply the Product

Take a small amount of the product (about the size of a pea) and gently apply it to the chosen area. There's no need to rub it in excessively; just ensure the product is evenly distributed.

Step 3: Wait and Monitor

The magic lies in patience. Allow 24–48 hours for the product to sit on the skin. During this time:

- Avoid washing the test area.
- Check for any changes in your skin's appearance, such as redness, swelling, or bumps.
- Be mindful of sensations like itchiness, burning, or stinging.

Step 4: Evaluate

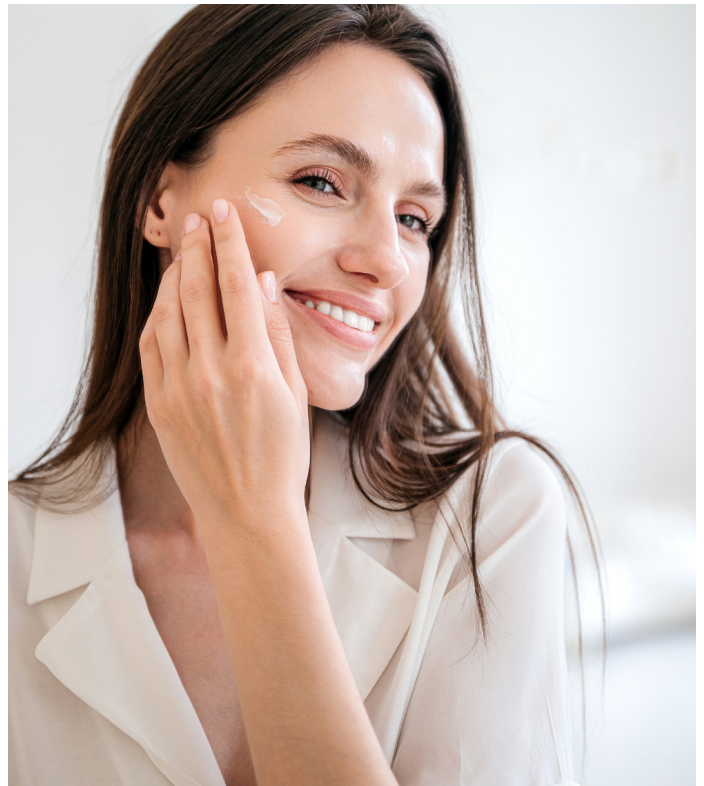
After the waiting period, assess the patch test area. If your skin appears unchanged, the product is likely safe for broader use. If you notice any adverse effects, discontinue use immediately and consider consulting a dermatologist.

Common Mistakes to Avoid When Patch Testing

Patch testing is effective when done correctly, but common mistakes can reduce its reliability. Here are some pitfalls to avoid:

Skipping Patch Testing Altogether: It's tempting to trust a product based on reviews, but skipping the patch test can lead to unpleasant surprises.

Testing on Irritated Skin: If your skin is already compromised (e.g., sunburned or currently reacting to another product), delay patch testing until your skin



has recovered.

Testing Too Many Products at Once: Only test one product at a time. This way, you'll know exactly which product caused a reaction if one occurs.

What to Do if Your Skin Reacts

If your patch test indicates irritation or an allergic reaction, take immediate steps to soothe your skin:

Gently Cleanse the Area: Use lukewarm water and a mild, fragrance-free cleanser to wash off the product.

Apply a Barrier Cream: Products with ingredients like ceramides or aloe vera can help reduce inflammation.

Seek Professional Advice: If the

reaction is severe or persists, consult a dermatologist for personalized care recommendations.

Ingredients to Be Wary Of

Certain ingredients are more likely to cause irritation or allergic reactions. While many of these are perfectly safe for most users, they're worth patch testing before use:

- Fragrances (both synthetic and natural)
- Alcohol-based Ingredients
- Essential Oils, particularly potent ones like tea tree or eucalyptus oil
- Active Ingredients like retinoids, salicylic acid, and lactic acid

The Benefits of Patch Testing for Long-Term Skincare Success

Patch testing is not just about avoiding one-time irritation; it's about building a skincare routine that works harmoniously with your skin long-term. Here's how:

Prevents Wasted Money: Testing before committing helps you avoid spending on products your skin won't tolerate.

Promotes Confidence in Your Routine: Knowing your skincare products are safe ensures you stick to a routine and see consistent results.



Supports Your Skin Barrier: Reactions from unsuitable products can damage your skin barrier, leading to dryness, sensitivity, and breakouts. Patch testing helps preserve this essential layer of protection.

Take Control of Your Skincare Journey

Healthy, glowing skin starts with the right decisions, and patch testing is one step you should never skip. Whether you're experimenting with a trendy serum or upgrading your moisturizer, the effort you put into testing today can save you from discomfort tomorrow.

Feeling overwhelmed by all the options on the skincare market? Consider consulting one of our healthcare providers who can recommend products tailored to your skin type and concerns.

By making patch testing a non-negotiable part of your routine, you're setting yourself up for skincare success. Remember, your skin deserves safe and effective care!