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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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Stay Sun-Safe: Understanding UV Safety Awareness Month This July

When the warm rays of summer call us outdoors, it's easy to forget about the hidden dangers lurking in sunlight. Every July, UV Safety Awareness Month serves as a vital reminder of the risks posed by ultraviolet (UV) radiation and the importance of protecting ourselves from these harmful rays. This month isn't only about awareness but also about taking action to protect your skin, health, and future.

We'll dive into what UV radiation is, how it impacts our health, and effective ways to adopt sun safety practices. By the end, you'll feel confident in making informed choices to minimize your UV exposure and encourage others to do the same.

What is UV Radiation and Why Does it Matter?

UV radiation is a form of energy emitted by the sun. It might not be visible to the naked eye, but its effects are far-reaching and can have a serious impact on our bodies and the environment. There are three main types of UV radiation:

Types of UV Radiation:

UVA Rays: These penetrate the skin more deeply and contribute to skin aging and wrinkles.

UVB Rays: Responsible for sunburn and can directly damage the DNA in your skin cells, leading to cancer over time.

UVC Rays: Usually absorbed by the Earth's atmosphere and doesn't reach the ground, so they're less of a concern for everyday exposure.

Harmful Effects of UV Exposure

While sunlight has its benefits, such as helping our bodies produce vitamin D, overexposure to UV rays can lead to a range of health concerns, including:

Skin Damage: Sunburns are not just an immediate reaction but a clear indication of cell damage.

Premature Aging: Prolonged UVA exposure accelerates skin aging, causing wrinkles, sunspots, and diminished elasticity.



Skin Cancer: UV radiation is a leading cause of skin cancers, including melanoma, the deadliest form. According to the Skin Cancer Foundation, one in five Americans will develop skin cancer by age 70.

Eye Damage: UV radiation can harm your eyes too, contributing to cataracts, sunburned corneas, and macular degeneration.

Sun Safety Practices to Protect Yourself

The good news is that protecting yourself from UV radiation doesn't have to be complicated. With some simple yet effective sun safety practices, you can reduce your risk of exposure and long-term harm.

1. Wear Sunscreen Religiously

Sunscreen is your first line of defense. Opt for a broad-spectrum sunscreen

with an SPF of 30 or higher, and apply it at least 15 minutes before going outside. Reapply every two hours, or more frequently if you're swimming or sweating.

2. Seek Shade During Peak Hours

The sun's rays are strongest between 10 a.m. and 4 p.m. If you can, limit direct sun exposure during this window. If not, stick to shady spots or carry an umbrella for extra protection.

3. Protective Clothing is Key

Lightweight, long-sleeved shirts, wide-brimmed hats, and UV-blocking sunglasses can go a long way in shielding your skin and eyes from harmful rays. Specialized UV-protective clothing is also widely available.



4. Don't Forget About Your Eyes

Sunglasses aren't just a fashion statement; they're essential for protecting your eyes. Look for sunglasses labeled 100% UV protection to block UVA and UVB rays.

5. Avoid Tanning Beds

Tanning beds emit concentrated UV radiation, which can be significantly more harmful than natural sunlight. Opt for safer alternatives like self-tanning lotions or sprays if you desire a sun-kissed glow.

6. Educate and Spread Awareness

Share what you've learned about UV safety with friends and family. Encourage others to adopt sun protection habits, and celebrate UV Safety Awareness Month together by prioritizing health.

Why UV Safety Awareness Month Matters

UV Safety Awareness Month isn't just an arbitrary campaign; it's a proactive effort to highlight the importance of protection against a pervasive yet preventable risk. Each year serves as a stark reminder that:

- Skin cancer rates are among the highest in the U.S.
- Only a minority of adults apply sunscreen daily.
- Awareness is critical, as early

detection of skin damage can save lives.

Small actions like wearing sunscreen or staying in the shade can collectively lead to significant change over time.

Make Sun Safety Your Year-Round Habit

While July provides a great opportunity to focus on UV safety, these practices shouldn't be limited to one month. UV rays don't take a vacation, affecting us even on cloudy days and during the winter. Proactive skin and eye health care should be a part of your daily routine to ensure lifelong protection.

Remember to educate those around you about the importance of sun safety. Small, mindful steps can inspire others to adopt healthier habits. Share tips with friends and family, discuss the benefits of regular skin cancer screenings, and encourage the use of protective clothing



and eyewear. By spreading awareness and fostering a culture of prevention, we can collectively reduce the risks associated with prolonged UV exposure. Skin health is an important part of overall well-being, and it's never too late to start making positive changes.

Take Charge of Your UV Awareness Today

UV Safety Awareness Month is more than just an observance; it's a chance to change your habits, improve awareness, and protect your health. By prioritizing sun safety practices, you not only safeguard your skin and eyes but also set an example for others to follow.

Remember, every effort counts. Whether you're applying sunscreen, wearing a wide-brimmed hat, or giving your kids a lesson in sun safety, you're taking a meaningful step toward a healthier future. This July, commit to smarter sun habits and make UV safety a priority—not just for the month, but all year long!





Nutrafol Now Available at Exceptional Dermatology Care

Are you tired of constant hair shedding, thinning strands, or the worry that your luscious locks are losing their volume? You're not alone. Hair challenges affect millions of men and women, and the reasons are as unique as every individual experiencing them. Whether due to stress, hormonal changes, aging, or other internal factors, hair health is a critical component of overall wellness that often goes overlooked.

At Exceptional Dermatology Care, we are thrilled to announce that we now offer Nutrafol to our patients. Nutrafol is the #1 dermatologist-recommended hair

growth supplement brand aimed at reinvigorating hair wellness from the inside out. Backed by cutting-edge science and designed with clean, natural ingredients, Nutrafol is empowering people to take control of their hair health with confidence.

But what makes Nutrafol such a game-changer in hair wellness? Read on to discover how this solution could help you unlock your best hair yet.

Why is Hair Loss More Common Than You Think?

Hair thinning is not just about genetics. While factors like family history do contribute, many people experience hair issues due to an intersection of multiple internal imbalances, including:

Stress - Chronic stress triggers hormonal shifts that disrupt hair follicle health.



Nutritional Deficiencies - Lacking essential minerals or vitamins can weaken hair structure.

Hormonal Fluctuations - Pregnancy, menopause, and aging alter hormone levels that impact hair.

Aging - Natural aging often leads to a decline in hair growth cycles.

Inflammation - Scalp and systemic inflammation can harm follicles and stunt growth.

These overlapping factors make it clear that a one-size-fits-all approach won't truly address what causes hair thinning. That's where Nutrafol's innovative, personalized science sets it apart.

What is Nutrafol?

Nutrafol is a holistic solution for hair health that works by addressing the root causes of thinning hair. Unlike topical treatments that only temporarily improve hair's appearance, Nutrafol functions as a daily, multi-targeted supplement. It's designed to nourish your scalp while supercharging your body's internal systems to promote natural hair growth.

Key highlights of Nutrafol:

Dermatologist Recommended - Nutrafol is the #1 supplement chosen by dermatologists for hair growth. Its reputation in the dermatology space is a

testament to its effectiveness.

Clinically Tested - Rigorous, peer-reviewed studies validate Nutrafol's ability to improve hair growth, shine, and thickness.

Science-Based Approach - Its formulations focus on reducing stress hormones, elevating nutrient levels, and balancing free radicals.

Award-Winning Formulas - With over 20 prestigious beauty and health awards under its belt, Nutrafol continues to be recognized by consumers and professionals alike.

Science-Backed Ingredients for Real Results

Nutrafol's revolutionary success lies in its clean ingredient profile targeting multiple aspects of hair health.

It includes key botanicals and super-nutrients such as:

Adaptogens: To tackle stress-related hair thinning. For instance, ashwagandha lowers cortisol levels and supports stronger follicle retention.

Marine Collagen Peptides: Collagen improves hair strength by boosting keratin production.

Tocotrienols: A potent form of Vitamin E shown to enhance density and reduce oxidative stress.



Saw Palmetto: An effective ingredient for balancing hormones known to disrupt healthy hair growth.

Curcumin: A powerful anti-inflammatory compound derived from turmeric.

Omega-3s: Help maintain scalp moisturization and reduce brittle strands.

When combined, these ingredients don't just target superficial concerns. They help improve hair health from within by rebuilding internal resilience.

The Nutrafol Formulas Designed for You

Nutrafol's personal approach means one size doesn't fit all. With specialized products tailored to unique life stages

and needs, everyone can find the right option:

Nutrafol Women - Tackle everyday thinning concerns with targeted wellness support.

Nutrafol Men - Designed specifically for men seeking to nurture strong, healthy hair.

Each formula is drug-free and safe for everyday use—meaning you can trust it as part of your daily wellness routine.

Why Nutrafol Stands Out Among Hair Growth Solutions

What propels Nutrafol to the forefront of hair wellness is its multi-targeted system:

Root Cause Resolution - Instead of addressing only symptoms, Nutrafol dives deep into the why behind thinning hair.

Visible Results - Clinical trials showcase that users notice thicker, stronger hair in as little as three to six months.

Proactive Wellness - Nutrafol isn't reactive. It anticipates barriers to growth, offering preventative long-term solutions.

Not only will you see the difference, but you'll feel the improved confidence that comes with self-care designed to succeed.



Your Hair Journey Starts Here

Your hair is more than just part of your appearance; it's an expression of who you are. With Nutrafol, you can feel empowered knowing that exceptional care is supporting the health of every strand.

If you're ready to take the next step, give Nutrafol a try today. At Exceptional Dermatology Care, we're here every step of the way to guide you toward your healthiest, strongest hair yet. Contact us to learn more or to start your Nutrafol regimen right away.



Get Radiant Skin with Vivace Ultra RF Microneedling

In the world of skincare, everyone is on the lookout for the next big thing that promises to deliver radiant, youthful skin. If you've been exploring advanced treatments to improve and restore your skin texture, look no further than Vivace Ultra RF Microneedling. This cutting-edge procedure offers industry-first ultrasound visualization coupled with unmatched precision, making it the most recognized radiofrequency microneedling experience available today. Catering to people of all skin tones and providing tailored treatment plans, Vivace Ultra is here to revolutionize your skincare routine.

What is Vivace Ultra RF Microneedling?

Vivace Ultra RF Microneedling is a state-of-the-art skin treatment that combines the power of radiofrequency (RF) energy with microneedling techniques. This



innovative technology not only treats the surface of the skin but also penetrates deeper layers to stimulate collagen production and improve overall skin texture.

The procedure involves the use of fine needles to create micro-injuries in the skin. These controlled injuries prompt the body's natural healing process, leading to the production of new collagen and elastin. Radiofrequency energy further enhances the results by heating the underlying layers of skin, promoting tighter, smoother, and more youthful-looking skin.

The Benefits of Vivace Ultra

Vivace Ultra offers a myriad of benefits, making it a popular choice among skin-care enthusiasts. Whether you're dealing with fine lines, wrinkles, acne scars, or uneven skin tone, Vivace Ultra provides a comprehensive solution. Here are some key benefits:

Enhanced Precision: With industry-first ultrasound visualization, Vivace Ultra ensures precise targeting of treatment areas, maximizing effectiveness.

Tailored Treatment Plans: Every individual has unique skin concerns. Vivace Ultra offers customized plans to address specific needs, providing optimal results.

Colorblind Versatility: Unlike some treatments that may not be suitable for all skin tones, Vivace Ultra is versatile and effective for every skin type.

How Does Vivace Ultra Work?

The magic behind Vivace Ultra lies in its combination of microneedling and radiofrequency energy. During the procedure, tiny needles create microchannels in the skin. These microchannels allow radiofrequency energy to penetrate deeper layers, stimulating collagen and elastin production.

The ultrasound visualization technology ensures that the energy is delivered precisely where it's needed, enhancing the treatment's overall effectiveness. This combination of microneedling and RF energy results in smoother, tighter, and rejuvenated skin.

The Science Behind RF Microneedling

Radiofrequency microneedling is a powerful technique backed by scientific research. The controlled micro-injuries created by the needles trigger the body's

natural wound-healing response, leading to increased collagen production. Collagen is a crucial protein that provides structure and elasticity to the skin, giving it a youthful appearance.

Radiofrequency energy further amplifies the benefits by heating the deeper layers of the skin. This heat stimulates collagen remodeling and tightens the skin, resulting in a firmer and more lifted look. The combination of these two technologies makes RF microneedling a highly effective treatment for a wide range of skin concerns.

What to Expect During the Procedure

If you're considering Vivace Ultra RF Microneedling, it's essential to know what to expect during the procedure. Here's a step-by-step overview:

Consultation: Your skincare provider will assess your skin and discuss your goals to create a personalized treatment plan.



Preparation: The treatment area will be cleaned, and a numbing cream may be applied to ensure your comfort.

Microneedling: The Vivace Ultra device will be used to create micro-injuries in the skin while delivering RF energy to deeper layers.

Post-Treatment Care: Your provider will give you specific aftercare instructions to optimize your results and minimize any side effects.

The Role of Ultrasound Visualization

One of the standout features of Vivace Ultra is its industry-first ultrasound visualization technology. This advanced feature allows skincare professionals to see beneath the surface of the skin, ensuring precise delivery of RF energy to targeted areas. By visualizing the treatment area in real-time, providers can customize the procedure to address your specific concerns effectively.

Ultrasound visualization also enhances safety by avoiding sensitive structures and minimizing the risk of complications. This level of precision sets Vivace Ultra apart from other RF microneedling treatments, making it a preferred choice for achieving optimal results.

Tailored Treatment Plans for Every Skin Type

Vivace Ultra understands that every individual's skin is unique. That's why the

treatment offers tailored plans to address specific concerns, whether you're dealing with fine lines, wrinkles, acne scars, or uneven skin texture. By customizing the procedure to your needs, Vivace Ultra ensures that you achieve the best possible results.

During your consultation, your provider will assess your skin type and discuss your goals. Based on this assessment, they will create a personalized treatment plan that may include a series of sessions to achieve your desired outcome. This tailored approach ensures that you receive the most effective and safe treatment for your skin.

The Importance of Collagen Stimulation

Collagen is the foundation of youthful skin. It's a protein that provides structure, firmness, and elasticity. However, as we age, collagen production naturally declines, leading to the development of fine lines, wrinkles, and sagging skin. Vivace Ultra RF Microneedling addresses this issue by stimulating collagen production. The micro-injuries created by the needles trigger the body's natural healing response, which includes the production of new collagen. The addition of radiofrequency energy enhances this process, promoting collagen remodeling and tightening the skin.

Minimally Invasive with Minimal Downtime

One of the significant advantages of

Vivace Ultra RF Microneedling is that it's minimally invasive. Unlike surgical procedures that require extensive downtime, Vivace Ultra allows you to return to your daily activities quickly.

Most individuals experience mild redness and swelling immediately after the treatment, but these side effects typically subside within a few days. Your provider will give you specific aftercare instructions to ensure a smooth recovery and optimal results. With minimal downtime, Vivace Ultra is a convenient option for those with busy lifestyles.

Comparing Vivace Ultra to Other Treatments

While there are various skincare treatments available, Vivace Ultra RF Microneedling stands out for several reasons. Here's how it compares to other popular treatments:

Chemical Peels: While chemical peels exfoliate the skin, they may not provide the same level of collagen stimulation and tightening as Vivace Ultra. RF microneedling goes deeper, offering more comprehensive results.

Traditional Microneedling: Standard microneedling lacks the added benefits of radiofrequency energy. Vivace Ultra's combination of microneedling and RF ensures more significant improvements in skin texture and firmness.

Laser Resurfacing: Laser treatments can

be effective but often involve longer downtime and potential risks of hyperpigmentation. Vivace Ultra's minimally invasive nature and ultrasound visualization make it a safer option for many individuals.

Is Vivace Ultra Right for You?

If you're considering Vivace Ultra RF Microneedling, you may wonder if it's the right treatment for you. The good news is that Vivace Ultra is suitable for a wide range of skin types and concerns.

Whether you're looking to reduce the appearance of fine lines, improve skin texture, or address acne scars, Vivace Ultra can help. However, it's essential to consult with a skincare provider to determine if this treatment aligns with your specific goals and needs.

Taking the Next Step

Ready to experience the benefits of Vivace Ultra RF Microneedling? The first step is to schedule a consultation with a trusted skincare professional. During this consultation, you'll have the opportunity to discuss your goals, receive a thorough skin assessment, and learn more about the treatment process.

Your provider will create a personalized treatment plan tailored to your unique needs, ensuring that you achieve the best possible results. Take the next step towards radiant, youthful skin with Vivace Ultra.



Vivace Ultra RF Microneedling offers a revolutionary solution for improving and restoring skin texture. With its combination of microneedling, radiofrequency energy, and ultrasound visualization, this treatment provides unmatched precision and effectiveness.

By stimulating collagen production and promoting skin tightening, Vivace Ultra helps you achieve smoother, firmer, and more youthful-looking skin. Whether you're dealing with fine lines, wrinkles, acne scars, or uneven skin tone, Vivace Ultra can address your concerns and provide lasting results.

This month, **enjoy 20% OFF your Vivace Ultra RF Microneedling treatment at Exceptional Dermatology Care.** Don't wait any longer to experience the benefits of Vivace Ultra RF Microneedling. Schedule your consultation today and take the first step towards radiant, glowing skin. Discover the future of skincare with Vivace Ultra.