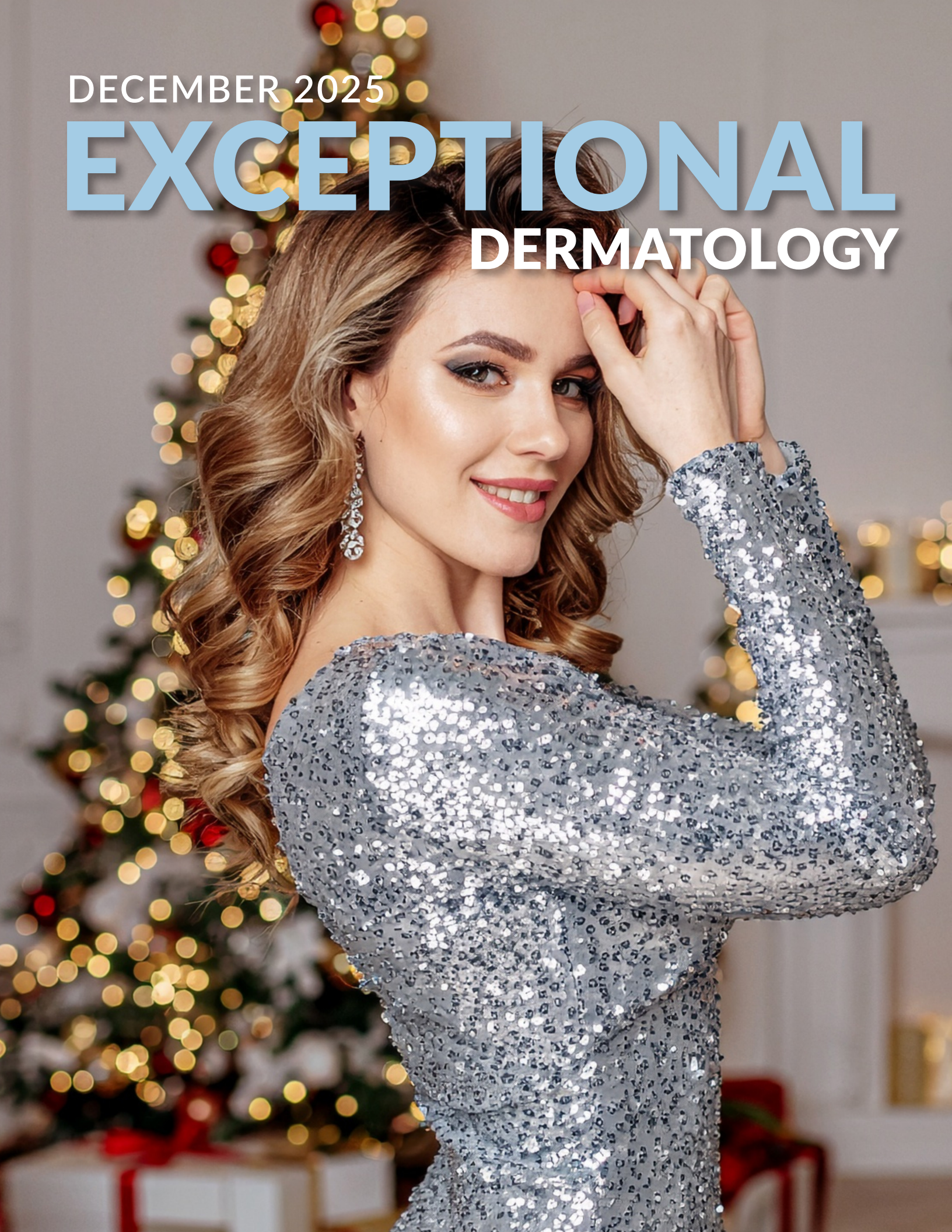


DECEMBER 2025

EXCEPTIONAL

DERMATOLOGY





EXCEPTIONAL

DERMATOLOGY CARE

TABLE OF CONTENTS

Get Your Holiday Glow with a HydraFacial	Pg. 2
Why You Need Sunscreen in Winter	Pg. 6
Latisse for Eyelash Growth: Your Complete Guide	Pg. 10

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

CONTACT

2720 N Harbor Blvd Ste. 205

Fullerton, CA 92835

(714) 882-5525

www.exceptionaldermatology.com



Get Your Holiday Glow with a HydraFacial

The holiday season is right around the corner, bringing with it a whirlwind of parties, family gatherings, and festive events. It's a time for celebration, and naturally, you want to look and feel your best. While you're busy planning menus and buying gifts, don't forget to schedule a little self-care. A HydraFacial is the perfect treatment to give your skin that radiant, camera-ready glow just in time for the festivities.

This popular treatment is loved by skincare experts and celebrities for its ability to deliver instant results with no downtime. It deeply cleanses, exfoliates, and hydrates the skin, leaving you with a complexion that's both clear and luminous. If you're looking to boost your confidence and put your best face forward this December, a HydraFacial might be exactly what you need.

This guide will walk you through everything you need to know about getting a HydraFacial before the holidays. We'll cover what the treatment involves, its key

benefits, and how to time it perfectly for your festive schedule.

What Exactly is a HydraFacial?

A HydraFacial is a non-invasive, multi-step skin treatment that combines the benefits of several popular facial procedures into one session. Think of it as a comprehensive workout for your face. It uses a patented device with a unique spiral tip to cleanse, exfoliate, extract impurities, and infuse the skin with hydrating serums.

The entire process is gentle, making it suitable for almost all skin types, including sensitive skin. Unlike more aggressive treatments like chemical peels or microdermabrasion, a HydraFacial provides impressive results without causing irritation or requiring a recovery period. This is why it has become a go-to treatment for a quick, effective skin refresh.

The HydraFacial Three-Step Process

The magic of a HydraFacial lies in its structured, three-step approach. Each stage is designed to build upon the last, ensuring a thorough and effective treatment that addresses multiple skin concerns at once.

Step 1: Cleanse and Peel

The first step focuses on deep cleansing and gentle exfoliation. The handheld device glides over your skin, delivering a cleansing serum that removes



surface-level impurities and dead skin cells. This process uncovers a fresh, new layer of skin. It also includes a gentle peel using a non-irritating mix of salicylic and glycolic acids, which helps to loosen debris from your pores without the post-peel scaling you might get from stronger chemical peels.

Step 2: Extract and Hydrate

This is where the HydraFacial really shines. Using its vortex-fusion technology, the device performs painless extractions. The spiral tip creates a vortex effect that suctions out blackheads, dirt, oil, and other impurities from your pores. While it's extracting the gunk, the device simultaneously bathes your newly cleaned pores in intense moisturizers that quench and nourish the skin. Many people find this step surprisingly satisfying, as you can literally see what was removed from your pores after the

the treatment.

Step 3: Fuse and Protect

In the final step, your skin is saturated with a custom blend of antioxidants and peptides. This “booster” serum is tailored to your specific skin goals, whether you’re targeting signs of aging, dullness, or uneven skin tone. The serum helps to detoxify, rejuvenate, and protect your skin, leaving it with an immediate, noticeable glow. This infusion of nourishing ingredients helps to maximize your radiance and provides long-lasting benefits.

Why a HydraFacial is Perfect for the Holidays

You need a skincare solution that is both effective and convenient. Here’s why a HydraFacial is the ideal choice for the busy holiday season.

No Downtime Required

One of the biggest advantages of a HydraFacial is the complete lack of downtime. You can get the treatment during your lunch break and return to your daily activities immediately afterward. Your skin will look refreshed and dewy, not red or irritated. This makes it incredibly easy to fit into a hectic December schedule without having to hide away while your skin recovers.

Instant, Visible Results

Forget waiting weeks to see a difference.

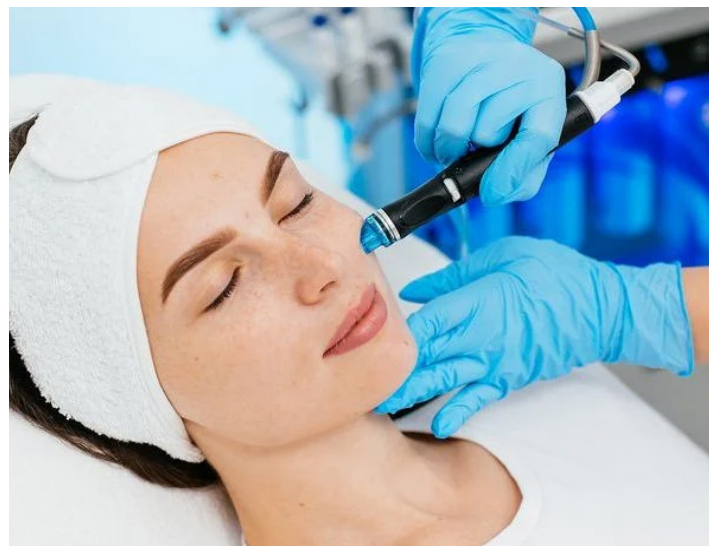
A HydraFacial delivers an immediate improvement in skin tone, texture, and hydration. After just one 30- to 60-minute session, your skin will appear brighter, smoother, and more radiant. This makes it the perfect treatment for a last-minute boost before a big event, ensuring you look your absolute best for holiday photos.

Customizable for Your Skin Needs

Whether you’re dealing with dryness from the cold winter air, fine lines, or an uneven complexion, the HydraFacial can be tailored to you. Your healthcare provider can choose specific serums and boosters to address your unique concerns. This personalized approach ensures you get the maximum benefit from your treatment, targeting the issues that matter most to you.

Deeply Hydrates and Nourishes

Winter weather can be harsh on the skin, often leading to dryness and dullness. A



HydraFacial counteracts these effects by delivering a powerful dose of hydration. The treatment infuses your skin with nourishing serums that lock in moisture, leaving your complexion plump, healthy, and glowing from within.

Frequently Asked Questions

How long do HydraFacial results last?

The immediate glow and hydration from a HydraFacial can last for about a week or more. For long-term skin health and to maintain results, monthly treatments are often recommended.

Is the HydraFacial painful?

Not at all. Most people find the treatment to be very relaxing. The suction and liquid infusion create a gentle, massage-

like sensation on the skin. There is no pinching, scraping, or irritation involved.

When should I schedule my HydraFacial for the holidays?

To ensure your skin is at its peak radiance for a specific event, it's best to schedule your HydraFacial one to two days beforehand. This allows the full effects of the treatment to settle in, giving you a perfect glow on the day of your party or gathering.

Can I wear makeup after a HydraFacial?

Yes, you can apply makeup immediately after your treatment if you wish. However, many people enjoy the natural, dewy look so much that they choose to go makeup-free for the rest of the day.

Illuminate Your Holiday Season

The holiday season is all about shining bright, and your skin should be no exception. By cleansing, extracting, and hydrating, a HydraFacial offers a reliable way to achieve a luminous complexion without any fuss or downtime. It's a simple, effective act of self-care that can boost your confidence and help you feel ready to celebrate.

If you're ready to get your glow on, consider booking a HydraFacial treatment. Speak with one of our qualified health-care providers to discuss your skin goals and get ready to greet the festive season with radiant, healthy-looking skin.





Why You Need Sunscreen in Winter

Many people think sunscreen is only for sunny beach days, but that's a common and potentially harmful mistake. The truth is, protecting your skin from the sun should be a year-round habit, just like brushing your teeth. Even when it's cold and cloudy, your skin is exposed to ultraviolet (UV) radiation that can cause long-term damage.

Sunscreen is arguably the most vital step in any skincare routine. The sun's rays don't take a vacation in the winter. UV radiation can easily penetrate cloud cover and reflect off surfaces like snow and ice, increasing your exposure without you even realizing it. Understanding how the sun affects your skin throughout the year is the first step toward building a truly effective skincare regimen that protects your health and keeps your skin looking its best.

Here, we will explain why daily sunscreen application is non-negotiable, even on the coldest winter days. We'll break down the different types of UV rays, discuss

the specific risks of winter sun exposure, and provide practical tips for making sun protection an effortless part of your daily life.

Understanding UV Rays: UVA vs. UVB

The sunlight that reaches us is made up of different types of rays, but the two that have the most significant impact on our skin are ultraviolet A (UVA) and ultraviolet B (UVB). Thinking you're safe from them just because the temperature drops is a major misconception.

What are UVA Rays?

UVA rays have a longer wavelength and can penetrate the deeper layers of your skin, known as the dermis. This is the layer where your skin's collagen and elastin fibers are located, which are responsible for its firmness and elasticity. Because UVA rays reach this deep, they play a major role in skin aging, contributing to the formation of wrinkles, fine lines, and sunspots.

Critically, UVA radiation is present with



relatively equal intensity during all daylight hours throughout the year, and it can penetrate clouds and glass. This means you're exposed to UVA rays while driving, sitting near a window at work, or walking outside on an overcast winter day. Over time, this consistent exposure accelerates premature aging and significantly increases the risk of developing skin cancers, including melanoma.

What are UVB Rays?

UVB rays have a shorter wavelength and primarily affect the outermost layer of the skin, the epidermis. These are the rays most responsible for producing sunburn. Unlike UVA rays, the intensity of UVB rays varies depending on the season, time of day, and location. They are strongest during the summer months and between 10 a.m. and 4 p.m.

While UVB exposure may be lower in the winter, these rays are far from harmless. They are a primary cause of sunburn and are a key factor in the development of skin cancers like basal cell carcinoma and squamous cell carcinoma. It's a mistake to think that just because you're not getting a sunburn, your skin isn't being damaged.

Why Winter Sun Protection is Essential

The days might be shorter and the sun less intense, but the cold weather brings its own unique set of risks when it comes to sun exposure. Here are the main reasons why you can't afford to skip

sunscreen during the winter months.

The Snow Reflection Factor

If you live in a snowy climate or enjoy winter sports like skiing or snowboarding, you are at an even higher risk of sun damage. Snow is highly reflective and can bounce back up to 80% of the sun's UV rays. This means you're getting hit by the sun from above and below, essentially doubling your exposure. This reflected glare is why skiers and snowboarders often end up with sunburns on unprotected areas like the underside of their chin and nose.

Higher Altitudes, Higher Risk

The atmosphere is thinner at higher altitudes, which means there is less of a natural filter to block out harmful UV radiation. For every 1,000 feet you go up in elevation, your UV exposure increases by about 4-5%. So, if you're hitting the slopes at a mountain resort, your skin is being subjected to significantly more intense UV radiation than it would be at sea level. Combining high altitude with the reflective properties of snow creates a perfect storm for skin damage.

Clouds Don't Block All UV Rays

A cloudy or overcast day can be deceiving. While cloud cover can block a significant portion of the sun's visible light and heat, it doesn't block all UV rays. Up to 80% of UV radiation can still pass through clouds, meaning you are still

vulnerable to skin damage even on the grayest of days. Many people are caught off guard by getting a sunburn on a cool, cloudy day simply because they didn't feel the sun's heat and assumed they were safe.

The Cumulative Effect of Daily Exposure

Skin damage from the sun is cumulative. Every bit of unprotected exposure adds up over your lifetime, contributing to your overall risk of skin cancer and premature aging. Think of it like this: even small, daily doses of UV radiation during the winter months accumulate over time. Those few minutes walking to your car, running errands, or sitting by a window all contribute to the long-term health and appearance of your skin. Consistent,



year-round sun protection is the only way to mitigate this cumulative damage.

Choosing and Using Sunscreen in Winter

Integrating sunscreen into your winter skincare routine doesn't have to be complicated. The key is to find a product you enjoy using and to make it a daily habit.

What to Look For

When selecting a sunscreen, always opt for a “broad-spectrum” formula. This designation means it protects against both UVA and UVB rays. Look for an SPF (Sun Protection Factor) of 30 or higher, which blocks about 97% of UVB rays.

For winter, you might prefer a more hydrating formula. Many moisturizers and foundations now include SPF, which can be a convenient way to combine steps in your routine. Consider a cream-based sunscreen to combat the drying effects of cold air and indoor heating.

How to Apply It

Apply sunscreen as the last step in your skincare routine, before makeup. Use a generous amount—about a nickel-sized dollop for your face. Don't forget commonly missed spots like your ears, neck, and the part in your hair. If you're going to be outside for an extended period, especially in the snow, reapply every two hours, or more frequently if you're sweating.



Protect Your Skin Year-Round

Sunscreen isn't just a seasonal product; it's a daily commitment to your long-term health. The dangers of UV radiation don't disappear when the temperature drops. By understanding the risks of winter sun exposure and making broad-spectrum sunscreen a non-negotiable part of your morning routine, you can protect your skin from premature aging and reduce your risk of skin cancer. Make the smart choice to safeguard your skin today, and you'll be thanking yourself for years to come.



Latisse for Eyelash Growth: Your Complete Guide

Long, thick, dark eyelashes have become the beauty standard that countless people strive to achieve. From mascara and false lashes to lash extensions, the beauty industry offers numerous solutions. However, none of these temporary fixes address the root issue: naturally sparse or thin eyelashes.

Enter Latisse, the first and only FDA-approved prescription treatment specifically designed to grow your natural eyelashes. Unlike cosmetic alternatives that simply enhance the appearance of existing lashes, Latisse actually stimulates growth at the follicle level, creating longer, thicker, and darker lashes over time.

If you've been curious about this prescription eyelash treatment but aren't sure whether it's right for you, this comprehensive guide will walk you through everything you need to know about Latisse, from how it works to what results you can expect.



What Is Latisse?

Latisse is a prescription medication containing the active ingredient bimatoprost, originally developed to treat glaucoma. During clinical trials for glaucoma treatment, researchers noticed an unexpected side effect: patients experienced significant eyelash growth. This discovery led to the development of Latisse specifically for cosmetic eyelash enhancement.

The FDA approved Latisse in 2008 for treating hypotrichosis, a condition characterized by having inadequate or insufficient eyelashes. This makes Latisse the only prescription treatment proven safe and effective for eyelash growth enhancement.

How Does Latisse Work?

Latisse works by extending the anagen phase of the eyelash growth cycle. Your eyelashes, like all hair on your body, go

through three phases of growth:

Anagen Phase: The active growth phase where the lash grows longer and thicker

Catagen Phase: The transition phase where growth slows

Telogen Phase: The resting phase before the lash naturally falls out

By prolonging the anagen phase, Latisse allows your eyelashes to grow for a longer period before entering the resting phase. This results in longer, fuller lashes that are also darker due to increased melanin production in the hair follicles.

The exact mechanism isn't completely understood, but bimatoprost appears to affect prostaglandin receptors in the hair follicles, which influences the growth cycle and pigmentation.

What Results Can You Expect?

Clinical studies show that Latisse produces measurable improvements in eyelash length, thickness, and darkness. In clinical trials, participants experienced:

- 25% increase in eyelash length
- 106% increase in eyelash thickness
- 18% increase in eyelash darkness

Results typically become noticeable after 4 weeks of consistent use, with full results appearing after 16 weeks of treatment. However, individual results may vary based on your natural lash

growth cycle and genetics.

It's important to note that Latisse enhances your existing lashes rather than creating lashes where none exist. If you have very few eyelash follicles due to genetics or damage, your results may be more modest.

How to Use Latisse Properly

Proper application is crucial for both safety and effectiveness. Here's the step-by-step process:

Daily Application Routine

- 1. Remove makeup and contacts:** Start with clean, dry eyelids
- 2. Apply once daily:** Use Latisse every evening before bedtime
- 3. Use the provided applicators:** Each applicator should be used only once



4. Apply to upper lash line only: Place one drop on the applicator and draw along the upper eyelid margin where lashes grow

5. Dispose of applicator: Use a fresh applicator for the other eye

6. Avoid contact with other areas: Blot excess solution to prevent unwanted hair growth

Important Application Tips

Never apply Latisse to the lower lash line. The solution will naturally transfer to lower lashes through normal blinking and tear distribution. Applying directly to the lower lash line increases the risk of side effects without improving results. Use only the applicators provided with Latisse. Cotton swabs or other applicators may absorb too much solution or distribute it improperly.

Potential Side Effects and Precautions

Like all medications, Latisse can cause side effects. Most are mild and temporary, but it's important to be aware of potential reactions:

Common Side Effects

- Eye redness or irritation
- Itchy or dry eyes
- Darkening of the eyelid skin
- Temporary darkening of the iris (eye color)
- Hair growth in unwanted areas

if solution touches other skin

Serious Considerations

The most significant concern is permanent iris darkening, particularly in people with hazel, green, or blue eyes. While this side effect is rare when Latisse is used as directed on the eyelash line, it's important to discuss this risk with your healthcare provider.

If you wear contact lenses, remove them before applying Latisse and wait at least 15 minutes before reinserting them.

Who Should Avoid Latisse

Certain individuals should not use Latisse:

- People with active eye infections or inflammation
- Those allergic to bimatoprost or other ingredients
- Individuals with certain eye conditions (discuss with your doctor)
- Pregnant or breastfeeding women (safety not established)

Getting Started with Latisse

Latisse requires a prescription from a healthcare provider, dermatologist, or cosmetic surgeon. During your consultation, discuss your medical history, current medications, and cosmetic goals. Your healthcare provider will evaluate whether you're a good



candidate for Latisse and explain proper usage techniques. They may also take before photos to track your progress.

Transform Your Lashes with Professional Guidance

Latisse offers a scientifically-proven solution for anyone seeking longer, thicker, darker eyelashes. While the treatment requires commitment and ongoing use, the results can significantly enhance your natural beauty and reduce your reliance on mascara and other cosmetic lash products.

The key to success with Latisse lies in proper usage, realistic expectations, and professional guidance. Schedule a consultation with our healthcare provider to determine if Latisse is right for you.

Remember that patience is essential with Latisse. While results take time to develop, the wait is worthwhile for most users who commit to the treatment protocol and follow their provider's instructions carefully.