



Today's working woman has a demanding lifestyle, balancing career and family, and juggling needs and budgets. Optimally, her skin care should consist of a customized program of in-office procedures to correct problems and reverse damage, followed by an at-home maintenance regimen. Regular appointments to an experienced dermatologist and prompt attention to problems will produce the best results at the lowest cost. Her choices for maintaining youthful, healthy skin must take into consideration the following criteria:

- **Convenience** - Choose treatments that are easily accomplished in a series of short office visits. Many effective therapies can be done over a lunch hour. Many offer short recovery timeframes with little or no "hiding" or missed work.
- **Effectiveness on Mid-Range Damage** - Demographically, working women are of medium age, whose indoor employment often has kept them from sustaining heavy-duty sun damage. The good news here is that generally, they can achieve skin rejuvenation without super-strength treatments that could be risky or lifestyle-halting. Many gentle therapies, used judiciously and moderately can yield very satisfying results.
- **Incremental Progress** - Many rejuvenation therapies offer incremental progress over a series of treatments. No drastic change will be perceived. Improvement is steady and graduated.
- **Manageable Risks** - Stick to treatments with mild, transient side effects, that are easily reversed, covered up and not pronounced at onset.
- **Affordability** - To be sure, Dermatology's pay-as-you-go format is easier to fit into a budget than big ticket plastic surgery's lump-sum approach. Moreover, your doctor can help you plan what will be most effective for you and schedule appointments to allow you to afford your improvements on your budget.

Great Looking Skin for Working Women

Our Criteria and 10 Best Bets

Our Top Ten for Working Women

1. IPL or Intense Pulsed Light is terrific for fine lines, mild pigment changes, and textural flaws. It is also highly effective for Rosacea. It's a good bet for periodic acne breakouts; IPL cooks bacteria, and clears away surface dead cells.

2. FRAXEL For overall resurfacing and general tightening, Fraxel is a top choice. This is a unique light therapy unlike other lasers, which treats skin in a dispersed dot-like pattern, minimizing healing time and risks of swelling, redness and pigment. Fraxel is a series of treatments with incremental progress.

3. SILK PEEL is not a peel at all, but rather a mild abrasion technique with exfoliates and infuses a variety of topicals into the skin. It refreshes and leaves the skin glowing. This is a good starter treatment and wonderful if you have to look fresher for an upcoming event. No risks. Quick. Comfortable.

4. FILLERS Wrinkles, creases, depressed scars and facial hollows will disappear when filled with a variety of safe, long-lasting fillers. Lips can be plumped up for a more youthful look.

5. BOTOX relaxes facial muscles in the mid-face for a more open, fresh look. We advocate conservative use to maintain your natural expressiveness!

6. SCLEROTHERAPY Unsightly veins on the legs, face, hands, and torso can be eliminated by injecting them with a solution that will cause them to shrivel and be absorbed by the body. Some bruising can occur so be sure to allow time before you need to be seen in a bikini.

7. BLU LIGHT/LEVULAN A super way to clear sun damage off your skin before it becomes something worse!

8. Q-SWITCH A great tool to target problem areas: age spots, actinic keratoses, melasma, etc.

9. PEELS A variety of medium-to-light peels (TCA, glycolic, proprietary) even out mottled pigment, resolve sallowness, smooth texture and stimulate new cell development.

10. VERSAPULSE designed for pigmented lesions, tattoos, birthmarks, Versapulse is a proven performer.