

LOOK YOUNGER AT ANY AGE!

AS SEEN IN MIMI VANDERHAVEN



# Skin Rejuvenation

With her revolutionary approach to treating aging skin, Dr. Stefanie Christian, of *Timeless Laser & Skin Care*, is helping patients look younger—without surgery.

**by Dr. Stefanie Christian**  
**Timeless Laser & Skin Care**

**A**lthough patients seeking skin rejuvenation these days come in all shapes, sizes, ages, genders, and with differing budgets, what they typically have in common is multiple skin issues that reflect multiple levels of damage.

In making a treatment plan, it is important to determine what is most bothersome to the patient and to discuss various ways of proceeding. In the process, the patient is often pleasantly surprised that more than one issue can be addressed as part of a non-surgical treatment regimen, particularly with a multi-level approach using Cutera light technology.

This approach allows us to take three separate non-ablative procedures that each target different problems: uneven pigment, uneven texture, and skin laxity. We are able to develop a treatment plan tailored to each patient's own needs and desires, optimize the outcome, and enable them to avoid downtime.

### **Pigment Changes**

The IPL (Intelligent Pulsed Light) procedure addresses an array of superficial pigment changes, such as brown spots (called solar lentigines or age spots), and generalized redness, caused by sun damage. IPL produces a more uniform skin color. If broken capillaries are also a problem, a vascular laser can be added to clear these unsightly red spots.

### **Texture Changes**

The Laser Genesis procedure addresses the diffuse textural changes associated with aging skin and sun damage, such as enlarged pore size, "cobble-stoning," and fine lines, leaving a smoother texture so that skin looks brighter and healthier.

### **Skin Laxity**

The Titan procedure treats thin, sagging, crêpe paper-like skin. Not only do the collagen fibers tighten immediately, but new collagen fibers are created over time. The clinical result is skin that not only looks firmer, it feels firmer.

### **Combining Procedures**

By combining these three modalities, we see more dramatic results than if these procedures are performed separately. By heating the skin at multiple layers, we optimize the effect at each individual layer. In addition, by combining the treatments, we can minimize the number of treatments and accelerate the rate of overall skin improvement toward our final goal.

*Mimi readers will receive \$50 off their first laser treatment scheduled before February 28, 2010 when they mention this story. Timeless Laser & Skin Care is located in North Olmsted, at Advanced Dental Care and Aesthetics, 4780 Clague Road, 44070, on the southwest corner of Clague and Brookpark Roads. Visit [www.TimelessLaserSkin.com](http://www.TimelessLaserSkin.com) to learn more. To schedule an appointment, call 1-800-710-3839.*