

REVIVE

HEALTH • BEAUTY

• FASHION

Summer 2011

www.revivemagazine.ca

TRISH STRATUS

Tells Us How She Stays Ready To Take On The World

SIX

Unusual Tips For Better Abs

VISION QUEST

A Hip New Line of Eyeglasses for Optik

JOINT HEALTH

A Different Perspective On What It Means To Be Fit & Healthy

Your OWN Personal Oasis
THE SPA BATHROOM

HIP TO SIP

Chill Out And Cool Off With Summer's Best Cocktails





Look Great For Summer

By Dr. Ihab Matta



Beautiful skin is healthier is a clean diet, with plenty of fruits and vegetables, lean protein, fish, nuts and seeds. Any processed foods or foods that you may be allergic or sensitive to (even if you don't realize you are) can contribute to inflammation and aging of the skin. If you think you're sensitive to a food, you probably are. Detailed food sensitivity tests are available from qualified health care providers.

Facials are the next available option for a more radiant look. Many patients will notice a more youthful, fresher look to their skin after a refreshing facial. Steam and extractions will help open clogged pores

The first step to any part of your body being

and leave the skin looking smoother. Most patients benefit from a facial every 6 weeks or so.

Chemical peels are another way to younger-looking skin and can range from simple peels with no down time to more involved peels that work deeper but require some down time. Peels are helpful for acne and oily skin, large pores, sun damage and hyperpigmentation (dark patches on the skin).

Maximus Radiofrequency treatments improve the skin by stimulating collagen production with no down time. Usually a series of 6 treatments, done once a week, is required to give the best results. Maintenance is usually 4-6 treatments per year.

Fraxel laser skin rejuvenation is an excellent treatment for acne and other scars, large pores, general skin tone and quality and fine lines. Since it is light-based, it is important to avoid the sun after treatment.

Creams add another dimension of treatment to all of the therapies mentioned above. A proper skin care program is crucial to the long term success of any treatment option you may choose. It's just like going to the dentist and having your teeth cleaned; if you don't keep brushing and flossing between appointments, your cleaning won't be very useful. It is important to get a medical grade skin care line available at most cosmetic doctors' offices.

There is a new treatment approach that I call

microneedling. It's not really new, but its popularity is starting to gain. It involves the application of a roller that has many fine tiny needles on it that create "micropores" to the skin. These micropores do two things; first they create tiny areas of what the body thinks is injury, so the skin responds by creating new collagen. Secondly, they create thousands of small "channels" to deliver vitamins required for tissue repair and regeneration. It's a very exciting treatment option that can be used for fine wrinkles, melasma and hyperpigmentation, general skin texture and tone, large pores and so much more. One of the distinct advantages it has over light-based therapies is that it is not sensitive to sun exposure, so it's the perfect time to start treatment in the summer. Most patients like to have topical freezing applied to the skin for 30 minutes before the treatment to reduce any discomfort from the needles. There is a little bit of downtime, but most patients are able to camouflage it with makeup. Treatments are usually applied every six weeks for three to five sessions. There is a home roller for ongoing maintenance. The home roller has even finer needles so there is no pain, and can be used together with your home skin care program to allow enhanced penetration of your creams.

REVIVE

Dr. Jennifer Pearlman

Pearl^{MD} *Skin Care & Rejuvenation*

Specializing in: Botox[®] | Fillers | Medical Skin Care

250 Eglinton Ave. W, Suite 253, Toronto, ON, M4R 1A7
Tel: 416-644-1112 Fax: 416-479-0011 Email: info@pearlskincares.com