

# Clarisonic vs. Olay: Getting What You Pay For

It seems like almost every major over-the-counter skin care line has their own version of a skin cleansing brush these days. So why do we still recommend the Clarisonic PRO Skin Cleansing brush above all the rest? Consider this comparison between the Clarisonic PRO and the Olay Professional PROx.

The Olay brush has rotating bristles that tug and pull on your skin, which can be abrasive and irritating, especially to sensitive skin. It runs off of two AA batteries, so you spend time and money replacing batteries and recycling the old ones. While the unit is water resistant, it is not completely sealed. This means it could malfunction.

The Clarisonic is unique in that its antibacterial Dupont Super Soft nylon bristles oscillate back and forth working with the skin's natural

elasticity to gently exfoliate and thoroughly cleanse your makeup off. The 5 speeds and 3 different facial brush heads offered are great because the brush can be adjusted to suit any skin type, from delicate to oily, combination, or rosacea prone skin. The unit is rechargeable and completely sealed, so it can be used in the bath or shower — no water can get inside. When combined with the body brush, it is perfect for using to exfoliate, smooth, and soften stubborn body parts, including the backs of the arms where patients commonly have rough, bumpy skin. The life expectancy of the brush is 5-7 years and it comes with a 2 year warranty. The company offers a 60 day better skin or your money back guarantee.

The Clarisonic Pro Cleansing System may have a higher cost up front compared to other knock-offs, but

the value you get in return more than makes up for the difference. This is one device that continually has patients saying, "I love my Clarisonic."



**2x** more effective than manual cleansing

**6x** more makeup removal than manual cleansing

**61%** greater absorption of vitamin C after use\*

**100%** money-back guarantee

\*Compared to manual cleansing, data on file

*Try it for yourself and see how it makes your skin look and feel.*

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WELCOME



Dr. Welsh

## KATHLEEN M. WELSH, MD

Spring is here. Summer just around the corner. The new seasons signal change or the opportunity for change. In my practice you will be seeing new products, new staff and new procedures. We continue to be impressed with results we are seeing from our new skin tightening procedure Ulthera. The face is still the most popular area for treatment, but we are seeing good results from the treatment of body parts, especially arms.

We recently learned that we are the top center in the nation for this procedure. Coolsculpting (fat melting) with Zeltiq is also exceeding our expectations for results. New techniques for older procedures are also giving excellent results. We are using our familiar fillers Radiesse, Restylane, Juvederm and Sculptra to restore volume, lift and contour the face. We are using Botox in the lip, lower face and neck to achieve gentle lower face lifting and to soften wrinkles in these areas.

My personal life will also be changing dramatically as my son, Daniel, graduates from Lick-Wilmerding High School (LWHS) and gets ready to head to college. He will be attending UC Berkeley (my alma mater) as of this writing, Go Bears! My daughter, Loie, will be leaving Convent Elementary and heading to LWHS. Before this all happens we will have our annual family summer trip to Hood River, Oregon. This beautiful town in the Columbia River Gorge is a mecca for kite surfing, windsurfing, hiking and biking.



Dr. Welsh windsurfing in the Columbia River Gorge, with SPF 60.

## Coolsculpt your way into Summer

With the Spring season's sunny, warm reminders, Summer (and Summer clothing!) may be in the back of your mind. Coolsculpting™, by Zeltiq™, is the perfect way to get rid of fat in those troublesome areas of the stomach, love handles, and back! Eliminating 20 – 25% of fat cells in the areas treated, let Zeltiq "cool" and "sculpt" those annoying bulges and rolls that diet and exercise just won't work off. 1 – 4 one hour sessions are typically needed, depending on the amount of fat and areas to be treated, and full results generally show after 4 months. So call our office, set up your consultation, and see if Zeltiq is the right option for you to "cool" your way into the warm, sunny months to come.



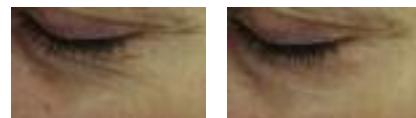
Before

4 months After

## Sonic Infusion for Younger, More Beautiful Eyes!

The eye area of skin is notorious for being poor quality, especially as we age. Fine lines, crepiness, and lax skin are inevitable. Luckily, Clarisonic has invented a solution to this problem. A palm-sized sonic infusion device, the Opal is specially designed to help build skin's resilience over time and prevent future damage around the eyes.

The Clarisonic Opal Sonic Infusion System uses proven sonic technology to apply eye serum better than manual application. Opal delivers Anti-Aging Sea Serum at 7,500 vibrations a minute. The gentle sonic micro massage infuses serum more effectively — instantly hydrating and building skin's resilience over time for healthier, younger looking eyes. If you feel your eye area makes you appear tired, the Opal may be for you.



Before

After

Safe for all skin types, the Opal is used twice a day along with their Anti-Aging Sea Serum or your favorite eye cream. The Replenix Retinol Repair or SkinMedica TNS Eye Repair both offer collagen boosting ingredients that aid the Opal in its task. Call our office for more details or to purchase this device, and enjoy younger, more beautiful eyes today!

## Acne: More Than Skin Deep

For those of you who do not know me, my name is Jane Thomas and I am a board-certified Adult Nurse Practitioner. It



Jane Thomas

is my professional goal to provide excellent, evidenced-based dermatologic care and to educate each patient on their specific skin condition. One of the areas that I specialize in and feel very passionate about is the treatment of acne.

Acne is a complex skin condition that affects nearly fifty million Americans. This physically and emotionally devastating skin disease **does not discriminate** when it chooses its victims. It affects teenagers as well as people in their fifties. In fact, about half of adult women experience mild to moderate acne. If this sounds like you, it's time to put down the Proactiv and seek professional help. We have many successful treatment options and can create an individualized plan of care to address your acne and give you clear skin.

Acne, so what is it? Acne is a complicated multi-factorial process that is most heavily influenced by **genetics and hormones**. The spots

actually left behind by lesions can be worse than the lesion itself. This can include red and brown blemishes and scars.

How is acne treated? The secret in controlling acne is to stop the complex acne process down in the pores where it begins and **prevent** new lesions from forming.



Before



After

Our treatment plan is initially based on the severity of your acne, the past medications you've tried, and your health history. It

may include prescription topical and/or oral medications as well as physical modalities such as chemical peels or **Isolaz treatments** (a non-invasive light device that relies on vacuum and a broad-spectrum of light to treat acne).

Mild acne, for example, can often be significantly improved with the use of topical medications that contain active acne fighting ingredients such as, salicylic acid, benzoyl peroxide, and/or retin-a. Light salicylic acid peels, also known as **beta peels**, can be helpful in treating mild-moderate acne. These peels are used in conjunction with topical and oral therapies to help to reduce excessive skin oils, remove stubborn blackheads, even out skin pigmentation, and improve the penetration of topical medications.

Moderate to severe acne, however, typically requires oral medications, such as oral antibiotics or accutane, to successfully clear the skin.

**Birth control pills** and the medication **spironolactone** are also promising long-term treatment options for many women suffering from adult hormonal acne. If you are frustrated with your skin, make an appointment with me to discuss your options.

## Keeping Body Parts Under Wraps?

Who hasn't stood in the mirror pulling their skin tighter on various body parts, thinking, "If it were just a little tighter...?"

Our last newsletter highlighted the Ulthera treatment for facial tightening, but did you know this procedure also works to improve skin elasticity on the arms, abdomen, knees, buttocks, breasts, and thighs? If you are frustrated with any of these areas due to loose skin and wrinkling, consider trying Ultherapy, and set your body free!



Before



After

# Dr. Welsh on the Essentials of Skin Care

My staff and I often reflect on the vast array of skincare products and new skincare lines. Clever marketing can make it difficult to separate hype from fact. In our office we use a scientifically based system to select products and then adapt this to each patient's needs.

When devising a particular patient's skincare program, we take into consideration a patient's skin type (oily, normal, dry, sensitive or resistant) and any dermatologic problems such as acne, uneven pigmentation, facial redness, and amount of wrinkling. When I refer to scientifically based skincare, I am not talking about the usual skincare regime of cleanser, toner, and moisturizer, although these are important. I am thinking about the following categories:

**1) Topical Antioxidants 2) Sunscreen 3) Retinoids 4) DNA Repair 5) Growth factors and peptides.**

## YOUR MORNING PRODUCTS:

### Step One: ANTIOXIDANTS

The daily use of an antioxidant scavenges free radicals in the skin. These small molecules are caused by sun exposure and cause cellular damage, which can lead to wrinkles and skin discoloration. The most important ones are: 1) Vitamin C (not all are equal), we have picked products designed to penetrate the epidermis and the dermis much better than ascorbic acid 2) Vitamin E 3) Green Tea 4) Idebenone 5) Coffeeberry 6) Niacinamide

### Step Two: SUNSCREEN

The daily use of sunscreen is non-negotiable. You only need to compare the sun-protected skin of your bottom to the skin of your forearms to see how UV radiation contributes to aging.

Sunscreens come in a variety of formulations. I personally prefer a sunscreen that has high SPF and a combination of physical and chemical sun blocks. Unless a sunscreen is extremely occlusive, it is unlikely to cause acne. Physical sun blocks, e.g., Zinc oxide, Titanium dioxide, and iron oxide tend to cause less irritation in patients with sensitive skin.

## YOUR EVENING PRODUCTS:

### Step One: RETINOIDS

If you read my previous newsletter, or are a regular patient, you know that Retin-A is also non-negotiable. There are 30 years of studies which show that retinoids improve wrinkling, increase the thickness of the dermal layer of the skin, improves mottled pigmentation, and make the skin smoother and more radiant. We believe everyone can use a retinoid. Listed below are the ones for specific skin types.

### Step Two: MOISTURIZER / DNA REPAIR

These are new products that have been shown to reduce the incidence of skin cancer and improve cellular function. These are especially important for older or heavily sun damaged patients.

## GROWTH FACTORS AND PEPTIDES

This wide array of ingredients, many proprietary, may be derived from fetal stem cells. They restore a higher level of growth factors in the skin mimicking the milieu of younger skin. They are elastin and collagen boosters. Peptides may also function as growth factors and others encourage skin hydration reducing the appearance of fine lines. These versatile products can be used with your morning or evening regime, whatever suits your schedule.

## CHOOSING AN EFFECTIVE AND SCIENTIFIC SKIN REGIME DOESN'T HAVE TO BE A CHORE.

You can simply pick from the choices below and purchase from our web store at [www.weloveskinstore.com](http://www.weloveskinstore.com) or from our office. We are, of course, always available for more guidance in person or by phone.

### ANTIOXIDANTS:

#### Normal to Dry:

- SkinCeuticals C+E Ferulic
- Prevage MD
- Replenix Triple Antioxidant Cream



#### Normal to Oily:

- SkinCeuticals Phloretin
- Replenix Green Tea Serum
- Replenix Triple Antioxidant Serum

#### Sensitive:

- Replenix Green Tea Cream
- Revale Skin
- SkinMedica Redness Relief

### SUNSCREENS:

#### Normal to Dry:

- Obagi Healthy Skin
- Revision Intellishade
- SkinCeuticals Ultimate Defense



#### Normal to Oily:

- Dr. Welsh's Oil Free Sunblock
- Colorescience Sunforgettable
- SkinCeuticals UV Defense SPF 50

#### Sensitive:

- Ti-Silc SPF 60
- Ti-Zo SPF 40
- SkinCeuticals Physical Block SPF 50

### RETINOIDS:

#### Normal to Dry:

- Refissa
- Tretinoin .05% Cream

#### Normal to Oily:

- Retin-A Microgel
- Tretinoin .1% Cream

#### Sensitive:

- Atralin Gel
- Replenix Retinol 5x Serum



### DNA REPAIR:

#### Normal to Dry:

- SkinCeuticals AGE Intervention
- Neova DNA Total Repair

#### Normal to Oily:

- DNA Repair Factor Nourishing Lotion
- Neova DNA Total Repair

#### Sensitive:

- TNS Dermal Repair
- TNS Ceramide Treatment Cream



### GROWTH FACTORS AND PEPTIDES:

#### Normal to Dry:

- Neocutis Bio-Cream
- TNS Essential Serum
- Neova Crème de la Copper

#### Normal to Oily:

- Neocutis Bio-Gel
- TNS Essential Serum

#### Sensitive:

- Neocutis Bio-Cream
- TNS Essential Serum

