

Musick Dermatology, LLC

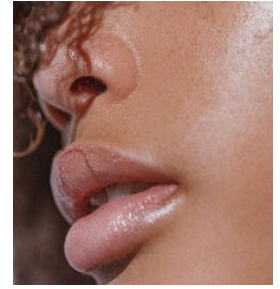
Spring 2018



Quarterly Newsletter



HELLO SPRING



Spring Clean and Find a Fresh Look !

Now is a great time to take inventory of your cosmetics and replenish anything that is past its prime! Over time, makeup expires which causes separation, color changes and bacterial growth. How do we know what to keep and what to pitch?

Any liquid product that's placed on the eye or mouth areas should be replaced every three to four months. This would be your mascara, liquid liner, and lip gloss. Over time they can dry out, change consistency, change scent, and develop bacteria.

Liquid foundations hold their initial consistency and color for about one year after opening. If you notice any changes, switch up a little sooner! You will know it's time to replace this product if the scent changes or becomes stale. The same holds true for

concealer. If yours has a wand tip and is used on active breakouts or around the eye area, follow the mascara rule, as those areas can harbor bacteria.

Loose and compact powders, eye shadow and blush have the longest shelf life at two years.

If it's time to choose new makeup, let us help you with perfect shades to match your complexion and your lifestyle! We offer complimentary makeup consultations to help you find your look and enhance your natural beauty. At Musick Dermatology, we proudly offer Jane Iredale cosmetics. Her line maintains leadership 20 years and counting, in healthy cosmetics that nourish and protect the skin. The formulas are botanical, organic, and dermatologist-tested.

For a classic look, think spring flowers when choosing eye and lip colors. Pastels, soft pinks and subtle nudes flatter any skin tone and look fresh as we head into this new season. Do you have a lip color that is your signature? Try enhancing it with for spring by pairing it with one of our iridescent glosses to add more shimmer and shine! Are you feeling bold or are you wanting to try something new? We can help you polish up on ideas and techniques to experiment with trends for 2018 like the bold lip, the metallic lip, the golden-cheeked and sun kissed highlight, or the full lashes that pair with the pretty eye framing "upside down liner."

Whether you have ten minutes or an hour to spend on your look each day, we can help you achieve what you're most comfortable and happy with.

Inside this issue:

Spring Clean and Find a Fresh Look	1
Skin Care	1
Product Spotlight	2
Treatment Spotlight	2
Recipe for Healthy Skin	2

Has winter left your skin feeling dry and dull looking? Try one of our SkinCeuticals peels to reveal a brighter and more even skin tone.

Our Micropeel Plus is great for first-time peel users or those with sensitive skin types. They improve fine lines, wrinkles and improves laxity. There is little to no down time.

Skin Care

Our Pigment Balancing Peel is best for clients concerned with discoloration, uneven skin tone and melasma. While it is more intense than our Micropeel, there is little to no down time.

Our Advanced Corrective Peel is designed for clients who are concerned with reducing uneven texture and boosting

clarity and radiance. There is some down time with this peel, consisting of some redness, peeling and sensitivity that can last for up to one week. Clients opting for this peel must space treatments between six and eight weeks apart.

Pricing ranges from \$75-\$125.

Product Spotlight – CE Ferulic

CE Ferulic is an award-winning antioxidant powerhouse. It is the perfect addition to any skin care regimen for the protective and corrective benefits it carries. It contains 15% vitamin C, 1% vitamin E and .5% Ferulic Acid.

What does that mean for you? Based on these ingredients, this serum improves the skin’s firmness and overall brightness while reducing the appearance of fine lines and wrinkles. How? The vitamin C increases

collagen production and repairs damaged skin. Vitamin E works to block the free radicals that age and wrinkle the skin. Combined with vitamin C, it has been proven to be more effective in preventing photo damage. The plant-based Ferulic Acid is an antioxidant that enhances properties of other vitamins for healthy skin, reverses the signs of aging, and provides sun damage protection.

When paired with sunscreen, this powerful serum helps neutralize free radicals induced by UVA/UVB rays.

Using this product is simple: After cleansing and toning each morning, apply five to seven drops to the face, neck and décolletage. Allow the product to fully absorb before applying sunscreen.



Treatment Spotlight—BBL Forever Clear

Acne is the most common skin condition in the U.S. It affects nearly 50 million Americans. Many factors

contribute to acne such as genetics, stress and the Environment. Treatments may include topical creams or prescribed medications that may or may not have side effects or worked as well as you would

have liked. Maybe something more is needed and there are other options to explore. This is one of them! Our BBL Forever Clear is a non-invasive laser treatment that is designed to clear your skin with the power of light. BBL is the world’s most powerful intense pulsed light (IPL) treatment that will help achieve clear and radiant skin by heating the top layers of the skin, targeting P-acne bacteria and sebaceous glands.

Just For You

For the months of March and April, receive three treatments for \$500 (\$100 savings) and a full size complimentary SkinCeuticals Clarifying Cleanser, a sample of Daily Moisture, and a sample of Physical Matte SPF 50 lotion.

A Recipe for Healthy Skin—Blueberry Avocado Breakfast Smoothie

This quick and easy smoothie not only tastes great but is loaded with vitamins and antioxidants necessary for beautiful skin.

Blueberries are considered a “super food” because they are rich in antioxidants. They help reverse sun damage and protect against future damage. Avocados contain high levels of

healthy fats to keep skin hydrated and plump by stimulating the collagen and elastin fibers in the skin. Bananas are full of potassium, which helps keep skin cells hydrated and healthy. Spinach has high levels of vitamin K and folate, which help minimize acne and lessen the appearance of dark circles under the eyes.

- All it takes is:
- 1 avocado
 - 1 banana
 - 1 cup blueberries
 - 1 cucumber
 - 1 handful of spinach
 - 4 oz of coconut water or milk

Blend together chilled and enjoy!

Serving size: 2

Smoothies!

