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SKINFIT TIP

The effectiveness of our products is dependent on the order of application. If you apply a serum over a cream, that small molecule based powerhouse will not be able to penetrate through a cream’s large molecule base that is meant to sit on the surface acting as a sealant and protective barrier.

Water based + Oil based
Smallest Molecule Serum
+ Largest Molecule Serum
+ Eye product Gel
+ Cream + Sunblock

STIMULATING CELL GROWTH

Growth factors are needed for collagen replacement repair

Just as their name implies, growth factors are chemicals that stimulate cell growth. They cause cells to divide, grow, and differentiate and are made by stem cells.

By TIFFANY NEWMAN, CLINICAL AESTHETICIAN

Growth factors are required for wound healing and are used widely in the medical industry to accelerate tissue repair.

In skin, growth factors are needed for collagen replacement or repair. There are 150-300 kinds found naturally in the skin. The major one in skin is called Epidermal Growth Factor (EGF). Epidermal Growth Factor stimulates the growth of epithelial cells, especially keratinocytes and fibroblasts. It also attracts repair cells to a wound site to speed up the healing process. In skincare products, the role of growth factors is to stimulate fibroblasts to make more matrix proteins (e.g. collagen and elastin) and to repair skin.

When you have more structural proteins, skin thickens and the appearance of fine lines and wrinkles improves. The growth factors in most skincare products come from bovine sources (cows) and plants. Stem cells are harvested in a culture, and their growth factor secretions are collected. The actual stem cells are left behind, and the growth factors are added to products. As a result, there is no risk of infection or tissue rejection.
**RETINOIDs ARE THE GOLD STANDARD**

Why Retinoids are still the gold standard in anti-aging!

Retinoic acid is easily absorbed by skin cells and helps to prevent the onset of wrinkles, dark spots and other signs of aging.

By TIFFANY NEWMAN, CLINICAL AESTHETICIAN

Many patients don’t know where to start when it comes to incorporating “actives” into their routine. While there are many different skin types and conditions, there is one ingredient that has held steady as the number one anti-aging tool in ANYONE’S regime! The answer is Retinoic acid!

Retinoic acid is easily absorbed by skin cells and helps to prevent the onset of wrinkles, dark spots and other signs of aging. With age and sun damage, these skin functions deteriorate. The regular use of a retinoid helps to normalize these functions by improving skin texture, reducing dark spots and speeding up skin cell turnover that slows down as we age. They reduce blackheads and minimize pores, both of which worsen with too much sun exposure. But the most powerful effects of retinoids are on collagen, the building blocks of the skin.

Prescription creams, such as the Tretinoin we carry here at the Monterey Skin Fitness Center, contain 0.05% to 0.1 % of retinoic acid. Many patients ask if they should put moisturizer on top of their retinoids and the answer is, yes - moisturizers can be used with retinoid preparations. However, moisturizers are not needed because the retinoid promotes the production of collagen across the skin layer, by reducing the thickness of the epidermis and rejuvenating the skin, giving the user a more youthful and radiant glow. As the skin is introduced to Retinoic acid there may be initial redness, sensitivity and flakiness as cell production increases. A moisturizer may be required to merely comfort the skin.

Whether you start on a retinal product or go straight to a prescription Tretinoin, it is important to talk to your Aesthetician about how to successfully incorporate this effective anti-aging ingredient into your regime!

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**LIPOSUCTION**

Liposuction is intended to remove unwanted fat. The best patients are those who are near an ideal weight and have unwanted fat that they cannot remove with diet or exercise. One hour of liposuction can remove a large amount of unwanted fat from virtually any area of the body permanently.

There are many techniques for liposuction including laser, vaser, cool laser, smart lipo and others. Most important for patients to know when considering this procedure is to ensure that their doctor is a certified plastic surgeon who uses safe techniques and is highly skilled and knowledgeable of the equipment they are using.

Liposuction is affordable and can often be performed as either an outpatient or an office based procedure. The incisions are tiny and heal quickly. Bruising lasts a couple weeks and then most patients can return to normal activities. However, do plan to have a few days off from work. Pain medicine is needed for a week or so after the procedure.

Dr. Goldberg recommends patients wear a light compression garment for a few weeks. Results are usually dramatic and we perform liposuction in most areas of the body, including the neck and chin, arms and bra fat, chest (in men), abdomen, thighs and back.

To deliver our clients exceptional results, Dr. Goldberg uses a micro-liposuction technique with tiny incisions and small canulas.

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LEARN ABOUT THE VALUE OF OUR SKINFITVIP MEMBERSHIP PROGRAM

Find out more at montereyskincare.com
ARM YOURSELF WITH ANTIOXIDANTS

Your “Best Defense” is always a “Double Defense.”

Your first line of defense against premature aging and UVA/UVB exposure is always your sunblock. Your second line of defense are your antioxidants.

By JULIA DOMINGUEZ, CLINICAL AESTHETICIAN

What is an antioxidant? Why do I need it? A must have in everyone’s beauty arsenal, antioxidants are an anti-aging staple and a necessity in your daily routine. These powerful anti-inflammatory compounds fight and reverse free radical damage that has been environmentally induced by UV rays, pollution, smoking, or alcohol. Ultimately, the goal is to minimize free radical damage, which can lead to visible signs of premature aging, including hyper or hypopigmentation, fine lines, wrinkles, and laxity.

Your “Best Defense” is always a “Double Defense.” Your first line of defense against premature aging and UVA/UVB exposure is always your sunblock. Your second line of defense are your antioxidants. Think of antioxidants as your “under armor.” Your under armor is there to support, protect, prevent and reverse any free radical damage generated. Topical Vitamin C, a widely used antioxidant, not only offers antioxidant protection, but it also serves as a collagen stimulator, while lightening and brightening the skin.

SKIN FIT FAVES: TOPICAL ANTIOXIDANTS

Load Up Your Anti-Aging Arsenal

Topical antioxidants are available in many different forms and concentrations. The following are a few of our SKIN FIT Faves.

SkinCeuticals CE Ferulic
SKIN TYPE: This replenishing antioxidant formula is ideal for a normal-dry skin type with antiaging concerns.

- The gold standard in antioxidant therapy.
- 15% L-absorbic acid, 1% Vitamin E, .05% Ferulic.
- Increases your photo protection factor by 8 times.

SkinCeuticals Phloretin CF
Ideal for normal-oily skin types with hyperpigmentation concerns.

- 2% Phloretin (derived from Apple), 10% Vitamin C, .05% Ferulic.
- This antioxidant powerhouse increases firmness and evens out skin.

Obagi C-Peptide
SKIN TYPE: Ideal for all skin types, especially sensitive skin.

This blended C powerhouse has brightening and antioxidant properties coupled with growth factors and peptides to stimulate collagen, soften and smooth texture, tighten and firm.

SkinCeuticals Resveratrol BE
SKIN TYPE: Ideal for dry, normal combination skin types.

- A potent 1% pure Resveratrol nighttime antioxidant concentrate boosts your skin’s repair process for improved radiance, elasticity and density.

At MONTEREY SKIN FITNESS CENTER, we carry an assortment of topical antioxidants to meet your skin’s concerns. Stop by and let our experts guide you in your skin fitness journey!

Ask Your Aesthetician if These Topical Antioxidants are Right for You!

Available at Monterey Skin Fitness Center
Eyelid surgery, or Blepharoplasty, is intended to remove excess skin from the eyelids that can make us look older and also block vision.

Q. Who is a potential patient? Do I have to be older to have this surgery?
A. Any healthy patient who is young or older with excess skin is probably a good candidate. If you have dry eye or other eye disorders, we work with our patients through the surgery and recovery process.

Q. How long does the procedure take?
A. The blepharoplasty surgery takes about an hour to complete and can be safely performed in the office with local anesthetic.

Q. Will I look pulled and scary? How long does it take to heal?
A. Dr. Goldberg focuses on delivering natural appearing results. You will feel rested, with great looking eyes. Patients look less tired and are thrilled with the more youthful, permanent appearance. It takes about a week to heal and most patients can return to work activities soon after surgery.

WHAT’S NEW?
Try Epionce Renewal Cream and Receive 10% off
Valid May 1-30, 2016

Epionce Renewal Cream
A great alternative for those who are sensitive to retinoids. This flagship product provides luxurious elegance while visibly reducing the appearance of fine lines, wrinkles and brown spots.

This paraben-free, fragrance free cream increases hydration, tightens, and smooths. When used in combination with Epionce Lytic Tx, this combination therapy mimics the effects of a .05% Tretinoin without the visible side effects of redness, flaking or sensitivity.

- Malic acid improves skin texture, lightens and brightens, and stimulates collagen production in reducing fine lines and wrinkles.
- Meadowfoam extract, a powerful antioxidant, reverses and prevents free radical damage, softens and replenishes, while locking in moisture and creating a protective barrier.
- Date extracts, rich in Vitamins C and B, reduce premature aging with their antioxidant properties.
- Avocado extract, high in essential fatty acids, provides deep hydrating and anti-inflammatory benefits.

Monterey Plastic Surgery, David S. Goldberg, MD
Certified American Board of Plastic Surgery