



The Skinny on Skin Care: Tips on Treatments

By Constance Dunn

Thinking about de-fuzzing your figure, lasering something or other, plumping up a line or furrow, deep-cleansing or de-aging your complexion?

If so, spend some time learning about the many procedures that exist in the skin care stratosphere — and who is best to perform them — before committing your funds, face or figure.

Here are some tips on how to make your next skin care treatment its most successful and satisfying:

Seek the certified. If you are considering a treatment that requires certification, make sure your practitioner has attained theirs and it is current. A *medical* spa, for instance, must be overseen by a medical director who is a licensed physician, which allows registered nurses (RNs) to administer treatments such as Botox.

Be realistic. If you've been a bronzed-by-the sun beauty for as long as you can remember — and have the skin damage to prove it — do not expect a one-shot fix. (And avoid practitioners that promise one.) Laser Image Company aesthetician Danielle Paulson recommends making sure your practitioner considers your lifestyle when prescribing a regimen. If a client's lifestyle is of the active, beachside variety, Paulson will adjust his or her regimen to correspond to months of heavy sun exposure, and again during months with less, in order to avoid further stress and damage to his or her skin.

Experience counts. Whether you are seeking a basic facial or something more involved, such as laser vein therapy or a dermal filler, do look for a practitioner with plenty of on-the-job experience. Such experience gives the practitioner a deepened understanding of their area of specialty as well as the opportunity to develop their personal aesthetic, or approach. Though science plays a big part in mastering procedures such as Botox or Juvederm, it's also an art.

Look for those that stay current. A barrage of treatments exist in the personal care world to enhance the face and body, along with an ever-evolving lineup of tools to perform them. Laser hair removal systems, for instance, advanced rapidly in the last decade to overcome limitations related to hair types that could be successfully treated. Look for spas and treatment centers that update their equipment accordingly and employ practitioners who are knowledgeable of new products and practices.