

# prep your skin for summer

Minneapolis cosmetic physician  
**Elizabeth Brauer Hagberg MD**  
explains why now is the best time  
of year to focus on skincare.



Instead of spending winter counting the days until warm weather is finally upon us, why not take advantage of the cooler months and prep your skin for summer? From MicroLaser peels to laser hair removal treatments, there are many new and effective ways to prepare the face and body for a shimmering summer glow. With a bit of assistance, you can ensure your skin has never looked fresher and more youthful for your class reunion, important wedding, or other major summer event.

#### Tackling sun damage

Not only is now the best time of year to help reverse the effects of sun damage, but now is probably the time when you will notice more facial skin damage. When a person's

skin has been without sun for a period of time, the damage is more visible to the eye. Excessive exposure to the sun can make a person look older. In addition to deep wrinkles, this skin damage creates coarse, dry skin, sun spots, freckling, skin discoloration, and leathery skin. The good news is it's never too late to start turning back the clock on your aging skin.

For sun spots, I recommend an Intense Pulsed Light (IPL) treatment. I prefer Sciton BBL technology, as it utilizes the power of pulsed light to deliver excellent results in lifting brown spots or reducing redness. Although clients can see results after just one treatment, typically a series of treatments is recommended for more dramatic results.

For the treatment of damaged skin with some

discoloration, MicroLaser peels can achieve excellent results. These intra-epidermal laser peels precisely ablate the outermost layers of the skin. I have successfully treated skin conditions such as wrinkles, scars, acne scars, keratoses, and pigmentary problems. Healing takes three to four days. The procedure can be performed on a Thursday or Friday, so you can return to work the following Monday. Symptoms immediately following the procedure resemble those of sunburn, with minor sloughing on the second day. Redness will begin to fade by the third day,

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and be easily covered by makeup on the fourth day.

In addition to the MicroLaser peel, or for more aggressive wrinkle therapy, I often use a ThermoScan treatment in conjunction with Gentlewaves photomodulation. The ThermoScan is a laser that can selectively target the region in your skin responsible for stimulating collagen. The Gentlewaves treatment has no downtime and delivers light to the skin through Light Emitting Diodes (LEDs) to activate cells and stimulate collagen.

For sun damage that is not as severe, I recommend a microdermabrasion treatment or peel, which can provide a much-needed boost with no downtime at all.

#### Smoothing skin, plumping lips

For deeper lines around and above your eyes (think crows feet and frown lines) consider an FDA-approved Botox injection which inhibits the muscles around your eyes and in your forehead, providing smooth skin for up to four months. Botox injections are the fastest-growing cosmetic procedure in the industry, according to the American Society of Plastic Surgeons. In 2004, three million people in the US received Botox injections and from 2000 to 2004, there was a 240 percent increase in the number of people acquiring these treatments.

Many people tell me they don't want to try Botox because they fear being left with a 'frozen face' look, but what they don't realize is that Botox can be used to help perfect the arch of the eyebrow or, in some cases, even balance an uneven eyebrow. Botox injections do not have to be an 'all or nothing' treatment. A skilled injector can soften lines and even out the symmetry of your face without causing the dreaded frozen look.

Correcting deeper wrinkles and folds below the eye line, is most effectively done using fillers such as Restylane, Hylaform, or Collagen. In addition to shaping facial contours,



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