

REVERSE SUN DAMAGE

WITH THESE COSMETIC TREATMENTS

WHEN FREE RADICALS, WHICH ARE EMITTED BY THE SUN, COME IN CONTACT WITH SKIN CELLS, THEY ATTACK AND DAMAGE THE CELLS. THIS IS THE CAUSE OF SUN DAMAGE, WHICH LEADS TO DRYNESS, DISCOLORATION AND SCALY SPOTS.



BEFORE


AFTER

Age 55. Four months after Portrait plasma resurfacing and three full-face Fraxel treatments. Procedure performed by William F. Groff, MD; La Jolla, CA.

FRACTIONAL RESURFACING

MULTIPLE TREATMENTS, NO DOWNTIME

Also known as Fraxel, Mosaic, ProFractional, ActiveFX, Lux 1540 and Affirm (among others), all fractional resurfacing follows the same premise: Microscopic columns of the skin are ablated while leaving surrounding areas intact. This is why fractional resurfacing offers dramatically less recovery time than skin resurfacing procedures used in the past, with comparable results after a series of treatments in many cases. Fractional resurfacing treats sun damage by reducing fine lines and unwanted pigmentation while boosting the skin's natural collagen production to renew its firmness and tone. Dermatologists and plastic surgeons generally recommend about three sessions for optimal results, and each treatment comes with minimal downtime and mild side effects that include redness and swelling, which subside within a few days.

 **COST** Starting at \$750 per treatment

PLASMA RESURFACING

ONE TREATMENT


At this time, Portrait is the only available plasma resurfacing procedure, and it utilizes pulses of nitrogen to resurface the skin. Treatment can range from a single high-energy session to multiple low-energy sessions, depending on the extent of your sun damage, the overall state of your skin and your goals. Portrait leaves the surface of the skin intact after treatment (so there's no raw skin to contend with), acting like a protective dressing before it begins to slough off about three days after treatment. It can take up to 10 days to recover from one high-energy treatment, and results continue to improve for upward of a year.

 **COST** Starting at \$2,400 per full-face treatment

PEELS

MULTIPLE TREATMENTS, NO DOWNTIME

Your dermatologist or plastic surgeon may also recommend a series of chemical peels to address mild sun damage. Though the concentration used depends on the extent of the damage, as well as how much downtime you're willing to accept, glycolic acid is especially effective, but the TCA-based Obagi Blue Peel and phenol peels are options as well. Superficial peels are generally recommended in a series of at least six, while deeper peels may be one-time treatments. You may be able to return to your regular activities immediately after a light peel (with mild redness); deeper peels may require significant downtime.

 **COST** Starting at about \$150 per peel



REVEAL YOUNGER-LOOKING SKIN

You can rejuvenate your skin at home by accelerating cell turnover and eliminating excess pigment. The prescription Tri-Luma contains the retinoid tretinoin to increase the rate at which the skin produces new cells, hydroquinone to lighten pigment, and a steroid to prevent inflammation. Dr. Lefkovits also recommends prescription retinoids for mild to moderate sun damage. And if you don't want to go the prescription route, he says, "Topical vitamin C combined with an over-the-counter retinol keeps the skin nice and fresh."