The Science of BEAUTY

Recapture your youth by using the latest technology

LESLEY HOWARD

“Recent advances in skin care have enabled cosmetic dermatologists to help their clients look younger without invasive surgery and with minimal downtime. In the old days, people had very few options when it came to attaining the youthful appearance they longed for. But scientific advances have changed all of that. Now the most advanced noninvasive cosmetic procedures can minimize the signs of aging and ensure our faces look as young as we feel.”

—Dr. Iris Gin
r. Iris Gin is a petite woman with the face of a young girl and the mind of an Ivy League graduate. She earned her undergraduate degree in biology with honors from the University of Pennsylvania. She then spent two years doing medical research at the Rockefeller Institute in New York City, and went on to earn her medical degree from the University of Southern California, School of Medicine. She completed her dermatology residency at the University of Pittsburgh Medical Center, where she also performed several clinical studies during the early development stages of dermatological lasers.

Let’s start with the basics. What are some of the most common cosmetic procedures that people ask for?

Minimally invasive procedures have increased by roughly 50 percent over the past five years. People are delaying surgical procedures because of the alternatives that are now available. I’d say injectable procedures, such as Botox, derma fillers, and laser services are the most popular. The beauty of these treatments is that they are so effective yet subtle, and there is little to no recovery time. So people look younger and more refreshed without the risks and lengthy healing process of a surgical procedure. My clients often tell me that they feel much younger than their chronological age and that they simply want their appearance to reflect that. But as they’ve grown older, their skin has become wrinkled, started to sag, and is showing age spots. It happens to all of us. People just want to remove the most visible signs of aging and regain some of their lost youth.

Dr. Iris Gin is a board-certified dermatologist and the head of Kalia Dermatology & Laser Center in Los Gatos.

What are some of the advantages you’ve seen in microdermabrasion?

The older microdermabrasion procedures tended to be more painful and less effective than they are today. Traditional microdermabrasion typically used aluminum crystals to remove the superficial layers of the skin, and a vacuum removed the dead skin cells and crystals from the face. The newer machines, such as the SKPeel Dermatological, use a diamond tip to polish off dead skin cells without loose crystals. The SKPeel also infuses a moisturizing liquid to loosen the debris and clear clogged pores, so the dead skin cells can be softly taken away with a gentle vacuum. It is noninvasive. Patients are very enthusiastic about it. It has no downtime.

What about laser hair and vein removal?

Laser hair removal has been around a long time, but because of new advances in hair removal, laser and light treatments are now far superior to what they once were. It is now possible to remove hair with less painful, more effective treatments. We customize each procedure to match the patient’s skin type, hair color and medical history. Another area that patients are very excited about is laser vein removal. We have had excellent results with our clients and our clients have been thrilled. The process is fast, virtually painless and the results are immediate. Patients marvel when they see the ugly veins they’ve hated for years vanish before their eyes.

What about Botox and fillers?

Botox and fillers are a wonderful way to reduce wrinkles, plum lips, and reduce dark circles under the eyes. And they’re very safe. Those who are administered by a physician who has studied the skin, has clinical experience in using injectables, and is well versed with the newest application techniques, patients can expect excellent results. We offer a wide variety of injectables—from Botox to the newest fillers such as Juvederm, Radiesse, and Perlane. These fillers are long-lasting and very natural-looking. The treatment procedure is quick and usually take a few minutes. The results are immediate, and patients can return to work the same day. The most important thing for me is that my patients get a result that is so natural-looking that their friends and family can’t tell that anything was done—only that they look rested and refreshed.

What about facials?

There are a variety of facials that answer anything was done—only that they look rested and refreshed.

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