

# June Newsletter



## Cosmetic Feature



### Are Age Spots the New Wrinkles?

According to a study published in the Journal of the American Academy of Dermatology, age spots (hyperpigmentation) can make people look up to 20 years older. So it should come as no surprise then that more people are seeking cosmetic treatment for sun spots than ever before. At Aesthetic Dermatology, we offer a wide range of skin care treatments to **turn back the clock** and **minimize the appearance of facial aging signs** - from wrinkles to age spots.

### How Do We Treat Age Spots?

Age spots are brown, gray and black spots that appear on the skin as a result of overproduction of melanin, a dark colored skin pigment. **When skin is exposed to the**

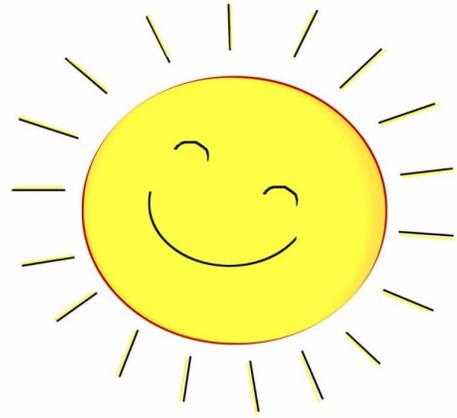
sun or UV light for prolonged periods of time, the production of melanin is accelerated, causing it to clump together and form age spots. The main cause of age spots is overexposure to the sun. Other causes include the natural aging process and tanning beds.

Before choosing one specific treatment, it is **important** for individuals to discuss their hyperpigmentation and other skin care concerns **with a board certified dermatologist** first. The dermatologist will need to evaluate the skin to determine the age spots are not a result of **serious skin condition such as melanoma**.

**At Aesthetic Dermatology, we offer a wide range of skin care treatments for age spots, including chemical peels and intense pulsed light (IPL) therapy. To learn about our skin treatments, schedule a consultation with us today.**

## Sun Fact

Did you know?  
Perfumes and colognes can cause hyperpigmentation, as alcohol-based products have been shown to increase the production of skin pigmentation when exposed to the sun.



*Medical Feature*



## Treating Your Skin During the Summer Heat

The hot summer sun can have an unhealthy effect on your skin. In addition to using sunscreen and using the right skin care products, there are other things you can do to keep your skin cool and healthy:

### Diet

Cooling foods, such as asparagus, cucumbers, plums and pineapples, can help expel heat and toxins. Limit foods like red meat, hot and spicy dishes and sour foods, which can have a heating effect on the body and lead to inflammation. Olive, sunflower and coconut oils are great to cook with as they help stimulate digestion and cool down the liver. And if you're a fan of summer cocktails, we recommend keeping them to a minimum. Alcohol has a heating effect on the body and can increase skin flare ups.

### Lifestyle

Research has shown that stress can have an effect on the health and appearance of the skin. Keep your mind and body cool and stress-free by using refreshing essential oils and sprays like rose water, lavender and sage. Listening to soothing music and meditating can also keep the body calm and cool.



If you wish to seek professional help for your skin concerns, contact our board certified dermatologist, [Dr. Daniel Parish](#). The trusted skin care expert can evaluate your skin and recommend an appropriate treatment plan.

Schedule a one-on-one consultation with Aesthetic Dermatology by calling (610) 668-2570 today or [Click Here to schedule your appointment now!](#)

## *Our Special!*

**\$100 OFF ANY Laser, Light, and  
Radiofrequency Procedures**  
\$500 or greater\*

June 2, 6, 9, 12, 16, 20, 23, 26, 28

SCHEDULE NOW! 610-668-2570

\*Cannot be combined with any other specials or discounts  
Must prepay

**40% OFF any of the  
listed procedures below  
\$500 or greater, now until the end of  
June**

**Exilis**



**Pelleve**



**Laser360**



**ClearLift Non-ablative**

**Laser Resurfacing**



## Pixel Fractional Laser Resurfacing



\*Cannot be combined with any other  
specials or discounts  
Newly scheduled patients only  
Must prepay

Must complete treatment by the end of June

YOU ARE INVITED TO BOTOX DAY ON  
**June 7th!**



Join us on Botox Day and be entered to win a basket with skin care items.

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