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Ongoing Specials

TNS Tuesday

Receive a 30% discount on all TNS SkinMedica products the first Tuesday of every month.

Transformation Thursday

Receive a \$15 discount on each Obagi product the last Thursday of every month.

Wrinkle Free Friday

Receive 25% off your BOTOX® Cosmetic procedure every Friday. Spots are filling up quickly - call to schedule your appointment today.

Acne: Advances in treatment options

While we typically think of acne as a "teenage disease," the fact is that acne affects most of us at one time or another. Acne affects both young men and women almost equally, however young men can have more severe, longer-lasting types of acne. Despite this, they tend to seek professional help less often than young women.

Acne comes in many forms - from comedonal, more commonly referred to as non-inflammatory acne (blackheads or whiteheads), to cystic or pustular acne, known as inflammatory acne with deeper and more painful lesions. It is most common on the face, but can occur on other areas of the body such as the back, shoulders, chest, scalp, arms, and legs.

Acne treatments range from over-the-counter products for mild acne, to a wide variety of prescription treatments for more severe forms of the disease, as well as light/laser procedures and medical devices. Most skin care specialists agree that every acne patient should be on a topical retinoid, as this is a "first-line" defense against comedonal acne which can eventually turn into cystic acne. Some of these include tretinoin (Retin A Micro, Tretin X, Atralin), adapalene (Differin), and tazarotene (Tazorac). These retinoids are applied sparingly, daily in the evenings and can cause dryness or irritation.

As well as retinoids, some simple routines can have very beneficial results:

- **Mild or non-inflammatory acne** can usually be treated by washing with warm water and a mild cleanser and then applying an OTC acne treatment containing benzoyl peroxide or salicylic acid. Improvement or clearing of the acne can take up to 8 weeks and maintenance is crucial to prevent new acne from forming. Cosmetic Solutions carries two medical-grade skin care lines that have excellent acne treatment systems: Obagi and Skin Medica.
- **Moderate to moderately severe or inflammatory acne** usually requires the help of a skin care professional, who may recommend a combination of treatments including oral antibiotics, mild soapless cleansers, and topical treatments that contain antibiotics, benzoyl peroxide, or both. Epiduo is a new topical treatment that has shown great efficacy. A topical retinoid may also be added to the treatment. Let us at Cosmetic Solutions help design a protocol that can help you.
- **Severe acne** may require other advanced treatments including Photodynamic therapies, which boosts the efficacy

of the light treatment, and IPL (intense pulsed light), which destroys bacteria and scar sebaceous glands, and other laser devices. Oral isotretinoin (Accutane) may also be prescribed by a dermatologist with close observation and regular testing .

Thorough cleansing is essential with for people suffering from acne. To get skin as clean as possible, a Clarisonic Skin Care Brush is a very useful tool. This brush is from the makers of the ultrasonic toothbrush and utilizes sonic movement of the brush to produce cleansing unlike any other device.

Although acne can be difficult to treat, there have been many advances in dermatology to deal with this disease. When treated early, patients may be able to prevent embarrassment of acneic lesions or scarring.

For more information call Cosmetic Solutions at 368-5566,

New, reduced pricing for Radiesse treatments

Save even more on our Radiesse Day, Aug. 27

Firm, wrinkle-free skin is now more affordable than ever. Cosmetic Solutions has introduced a new pricing model for its Radiesse® wrinkle filler treatments. The regular syringe will now be offered at \$500 (this is a \$200 savings).

Save even more during our **Radiesse® Day**. Schedule your appointment for a Radiesse® injection on **Aug. 27**, and receive the second syringe free. There are a limited number of appointments available, so [contact us](#) today to schedule yours!

[Radiesse®](#) dermal filler provides both immediate and long-lasting correction of wrinkles and folds by stimulating the body to produce new collagen that fills wrinkles and provides facial volume for a natural look that lasts up to a year.

[Contact us](#) for more information!

Save the Date: Cosmetic Solutions Open House

You won't want to miss the **Cosmetic Solutions Open House on Tuesday, Sept. 22**. This all-inclusive Open House will feature information about our full line of fabulous products and services.

Representatives from all product lines will be present to answer your questions and share information about how you can look and feel more beautiful than ever.

The Open House will also feature awesome door prizes. Bring a friend! More details to follow....

Save \$100 on Laser Genesis and \$50 on Vibraderm

packages this August

Save big this August at Cosmetic Solutions. Schedule your appointment this month, and receive a \$100 discount on your Laser Genesis package, and a \$50 discount on your Vibraderm treatment package.

The [Laser Genesis](#) is a comfortable, non-ablative form of laser rejuvenation skin therapy that gently heats the dermis to stimulate and increase the production of collagen and elastin fiber growth. The results? Smoother, firmer and softer skin!

The [Vibraderm](#)™ is a microderm abrasion system that gently massages the skin while removing the outer layers of damaged tissue, leaving you looking healthier and more radiant in only 20 minutes.

[Contact us](#) for more information!

Staff Favorites

Haley Peterson, Licensed Medical Esthetician

2 years with Cosmetic Solutions

"Like many others, I suffer from sensitive skin. As your skin matures it doesn't exfoliate itself the way it used to, so treatments to aid in the process are necessary.

I love to have the [Illuminize](#) peel done when I feel like my skin needs a little pick me up or added glow. The chemicals exfoliate my dead skin cells and help with cellular turnover in a very comfortable and non-intense treatment. I leave the office with the peel on and leave it on until the next morning. The next morning my skin looks brighter and feels tighter.

You have no physical peeling, and I can usually use all my skin products again after 2-3 days. All in all, if you tend to be sensitive or have never tried a chemical peel before this is the perfect treatment for you. No downtime and a healthy glow, what could be better?"



**Receive a \$15
discount on any
Skin Medica or
Obagi Acne**

Thank you for subscribing to the Cosmetic Solutions Science of Beauty newsletter. For our newsletter subscribers only: Receive a \$15 discount on any Skin Medica or Obagi Acne product.

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