

Put the Spring Back in Your Skin!

Spring is here, and it is a great time to renew your complexion. Harsh winter weather can take a toll on everyone's skin with dry air and frequent temperature changes making skin sensitive; prone to redness, dryness and flaking. We find that while many experience these winter weather symptoms, most aren't sure how to give their skin the boost it needs once the season changes

Here are some of our favorite treatments – from topical products to laser treatments – for a skin renewal to get your face fresh and ready for spring and summer.

A great start is with some skin care products you can use at home. A good moisturizer – such as SkinCeuticals Triple Lipid Restore 2:4:2 or Elta MD Barrier Repair Complex – is essential for preventing and treating dry winter skin. These rich moisturizers contain ceramides that work to replenish the outer layer of skin and repair and maintain the skin barrier function. Use of a hyaluronic acid serum such as CSL Hydrating Serum with a good moisturizer will help retain moisture and keep your skin plump, soft and supple.

Year round use of a retinol or tretinoin cream will keep the upper layer of your skin smooth while it works in the deeper layers of the skin to protect and renew collagen (Avène RétrinAl, or Obagi Tretinoin .05 are great examples). Occasional use of a gentle scrub will exfoliate the outer skin layer and remove any dry, dull skin.

A variety of treatment masks are available to hydrate and calm the skin as well as clear clogged pores – like a facial but at home! Alpha-hydroxy acid containing lotions such as Obagi Exfoderm, are a great way to further exfoliate the skin for a brighter and fresher appearance. Depending on individual skin type and strength of the acid, these lotions can be used daily or just several times a week.

Many clients enjoy a light chemical peel for skin renewal. Chemical peels loosen and remove surface skin cells and address many skin issues from aging skin to acne. Two popular peels at Charlotte Skin & Laser are the PerfectPeel and the VI Peel. Both of these peels are a great option to improve dull, uneven skin tone, fine lines and wrinkles.

Laser and light based treatments can offer a deeper rejuvenation than home products and chemical peels.

BEAT THOSE WINTER BLUES AND PUT THE SPRING BACK IN YOUR SKIN. WHETHER TRYING ONE OR ALL OF THESE TREATMENTS, YOU'RE SURE TO NOTICE A DIFFERENCE.



Fraxel Clear + Brilliant works by creating thousands of small treatment zones in your skin that renew the surface and stimulate new collagen in the deeper layer. Fractional laser technology is a proven skin rejuvenator, but what is new and exciting about the Clear + Brilliant is the ease and comfort of treatment and lack of downtime. It is a quick, gentle treatment that will improve skin tone and texture and give your skin a radiant glow.

Photofacial or IPL is another popular rejuvenation treatment that uses intense pulsed light (IPL) to

target and treat both red and brown discolorations as well as stimulate collagen renewal. IPL is thus great for improving sun damage, red blotches or broken capillaries and brown spots on the face, neck and chest. There is no recuperation time – with an IPL Photofacial you can return to work or resume your normal activities on the same day.

These are just a few things that Charlotte Skin & Laser recommends to beat those winter blues and put the spring back in your skin. Whether trying one or all of these treatments, you're sure to notice a difference.