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Fiona Wright M.D.

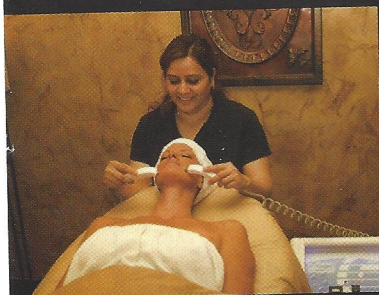
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Thank you for honoring
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"With over 20,000 voters participating, I am honored by the trust and confidence you have placed in us and welcome you, your family and friends as patients."

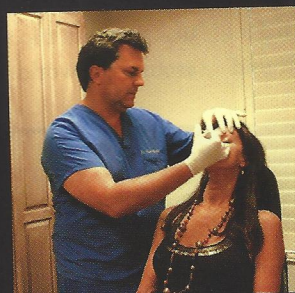
- Fiona Wright M.D.



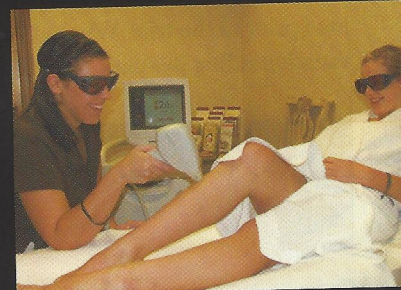
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* not board certified in dermatology.

Erase the sun damage and get Flawless skin.

by DR. FIONA WRIGHT

Did you spend too much time in the sun this summer? Have your soft fine lines become more etched-in creases that you can see when your face is relaxed? Did your dark patches get darker and you have more aging textural changes? Are you aware that 90% of your environmental aging is due to over exposure to the sun?

Damaged DNA from the sun's harmful rays diminishes the capability for genes and cells to communicate properly and to fight the aging process. It will damage your DNA, leave your skin sagging and dull, and suppress your immune system to create more acne issues.

These damaged cells become dysfunctional in a variety of ways, from losing the ability to produce collagen and elastin, which supports the skin and

gives it firmness and youthful plumpness, to losing the ability to slough off layers of dead skin cells, leading to a dull, muddy appearance.

After reading this, I bet most ladies in Texas will wish that they may be made young again. Because if they do go back to their young selves, they would know better than to play outside without sun block! They would use sunscreen as a second skin and make pale skin the "in" thing. Unfortunately this is all wishful

thinking. But the good news is that thanks to advances in skincare and dermatology, there are viable and affordable options to truly reverse some damage and improve the look and health of your skin- under the Texan Sun!

Dr. Fiona Wright has provided us with HOW-TO ADVICE on the top buys and most effective procedures to show us how to EFFECTIVELY get rid of dark spots, rough texture, acne, and lack-luster skin -fast!

AGE DEFYING

ROUGH AGING TEXTURE

MORNING REGIME

In the morning use a gentle **exfoliating cleanser**. Our natural exfoliation is an uneven process that slows with age, seasons, and hormonal shifts- and becomes more erratic when your skin is stressed with chronic sun exposure. Renewing your skin with skin softening exfoliators will remove impurities and dead skin while unclogging pores and detoxifying the skin.



SPA FIX

Visit your facialist for an exfoliation treatment. By combining a physical scrub with a chemical peel and then an intense hydration mask - you will polish your skin to a smooth healthy glow, giving your skin a fresh and younger feeling.

AT THE DOCTOR

The Palomar 1540 Laser Resurfacing Device is a great overall skin perfecting treatment - to improve texture and fine lines, tighten skin and remove discoloration -and with little to no down-time!



STAR PRODUCT

By treating your skin nightly with the Vitamin A product, **Retrinal**, you will protect the life of your skin from aging by **smoothing your skin** and reducing your lines - and without the drying and irritating effects of prescriptive products.

Retrinal by Avene \$59.50

DARK SPOTS

MORNING REGIME

It's a fact - the more brown spots you have, the older you look. To avoid pigmentation, you have to avoid the sun. The regular long-term use of a daily physical- block sunscreen with micronized Zinc Oxide will help to prevent premature aging and pigmentation. It is recommended to avoid chemical sunscreens (such as avobenzone) as they may create more skin irritation- which can itself lead to pigment problems.

Peter Thomas Roth
Instant Mineral SPF 45
peterthomasroth.com



SPA FIX

A series of **chemical peels** can be a great start to revealing a more radiant complexion. For fairer complexions trichloroacetic acid (TCA) peels are beneficial, and darker complexions will do better with glycolic or salicylic acid peels.



AT THE DOCTOR

Pulse Light Treatments (IPL, Photofacial) are a gentle, no-downtime series of procedures that that can significantly improve your tone and colors, and clear the signs of sun damage without disrupting the skin's surface! As well, this system can be used to safely treat discolored skin on the neck, chest and hands.



STAR PRODUCT

Radiance is designed to fade away unwanted discoloration and aging. This advanced lightening serum improves the skin's radiance by exfoliating damaged cells leaving your skin significantly softer, even-toned and younger looking. This concentrated and effective medical blend of potent skin lighteners will block pigment production, while erasing sun spots away.

Radiance by Fiona Wright MD \$40.45

BEAUTY

*Dr. Wright's
How-To*

LACK- LUSTER & LINED

MORNING REGIME

The sun produces a massive amount of free-radical damage to the skin which causes 90% of our aging. By using antioxidants and peptides every morning, these skin restructuring therapies can dramatically restore vital elements lost to aging and hormonal changes. With age-defying peptides and potent anti-oxidants you can rebuild the skin from beneath and protect renewed skin from further damage.



SPA FIX

For a "Spa Experience" to fight free radical damage try an **Oxygen Facial**. Using pure oxygen, these treatments can literally breathe new life into your skin. Not only do they provide immediate and visible results to all skin types, the oxygen will also restore the skin at

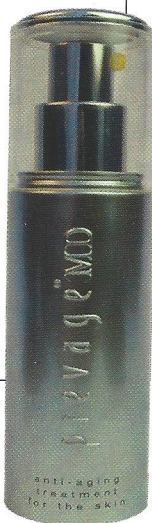
a cellular level and promote new energy and tonicity. This is also the perfect facial to maximize the benefits of a microdermabrasion.

AT THE DOCTOR

If you want a home run, nothing works better to remove lines than **Botox or Dysport**. And with the right combination of facial fillers, you can redefine the architecture of the face and plump out the creases.

STAR PRODUCT

Protect your skin from environmental damage. PREVAGE MD Anti-Aging Serum contains the most powerful antioxidant ingredients when it comes to healing and preventing cell damage. Give your skin a fighting chance against free radicals. Your skin will be smooth and wrinkles will be significantly reduced.
Prevage MD \$103.40



OILY & ACNE

MORNING REGIME

Get oil production under control and keep your skin clean. Gently wash your skin as too much scrubbing of your skin can further irritate the skin and trigger inflammation. Do not overdry your skin as it can stress the skin and create "rebound oil".

*Cosmedicine
Speedy Recovery
Exfoliating Cleanser
cosmedicine.com*



SPA FIX

A monthly blemish control facial with extractions and exfoliation can make a world of difference! As dead skin accumulates with excess oil, pores will get clogged and cut off its oxygen supply – then bacteria will grow and a pimple will form. Gentle, medicated exfoliations will open your pores and remove this oil and bacteria.



AT THE DOCTOR

Look to the light! For mild acne, Blu-U light machines are frequently used to reduce oil production. For more stubborn acne, pre-treating with the chemical, Levulan, can help clear the most severe cases.

STAR PRODUCT

Dual Action B.P Scrub is a powerful, yet gentle, dual cleanser which combines a safe form of 2.5% benzoyl peroxide to treat acne and oily skin with purifying cleansing beads to remove dead skin cells and blockage. With daily use it will clear blemished-prone areas, tighten pores and normalize oil production.

Dual BP Scrub \$27.85

