

ManeGait: *Join in. Mount up. Ride tall.*  
Top Trainers Share Their Secrets  
Getaway: *St. Kitts Island*  
Bryan's House: *Our Children,  
Our Community, Our Future.*  
Healing: *Photos by Anthony Chiang*  
Skin Care Myths & Reality



## ARE YOU APPROACHING YOUR SKIN CARE ALL WRONG?

A lot of skin care treatments come with a lot of hype, and bad things happen to good skin, but not always for the reasons you suspect. How do you know what's best for your skin? With the help of Dr. Wright, we've got some answers. Here, in no particular order, are some of the top skin care myths she encounters in her practice.

**1 MAIN SQUEEZE.** It's better to get the pus out of a pimple by popping it. "Extractions are best left to the pros," warns Dr. Wright. "When you pop a pimple, a lot of it will go deeper- and you'll get another one a few days later, close to the first." But if you cannot resist, then after a hot shower, with vinyl gloves, use a comedone extractor (purchased at a local beauty store), and afterward apply witch hazel to the spot.

**PRO TIP:** For women, treat your skin to an Acne Facial 2 weeks before your menstrual cycle to help with oil control and congestion.

photo by Anthony Chiang

# skincare myths & REALITY



**Dr. Fiona Wright**, founder of Skin MD and Beyond has helped thousands of patients look younger, as she focuses solely on the expertise of non-surgical options for her patients' cosmetic concerns. By her successful blending together all of the latest skin care therapies, injectable treatments and cosmeceutical skin care products, it is no surprise that she treats an A-List of Texans! Dr. Wright has lived and practiced in Collin County for 16 years and has earned a reputation as one of the community's premier physicians in the area of skin care and beauty. Dr. Wright has been featured in several NBC Health News Reports and is well known for her honest opinions and expertise.

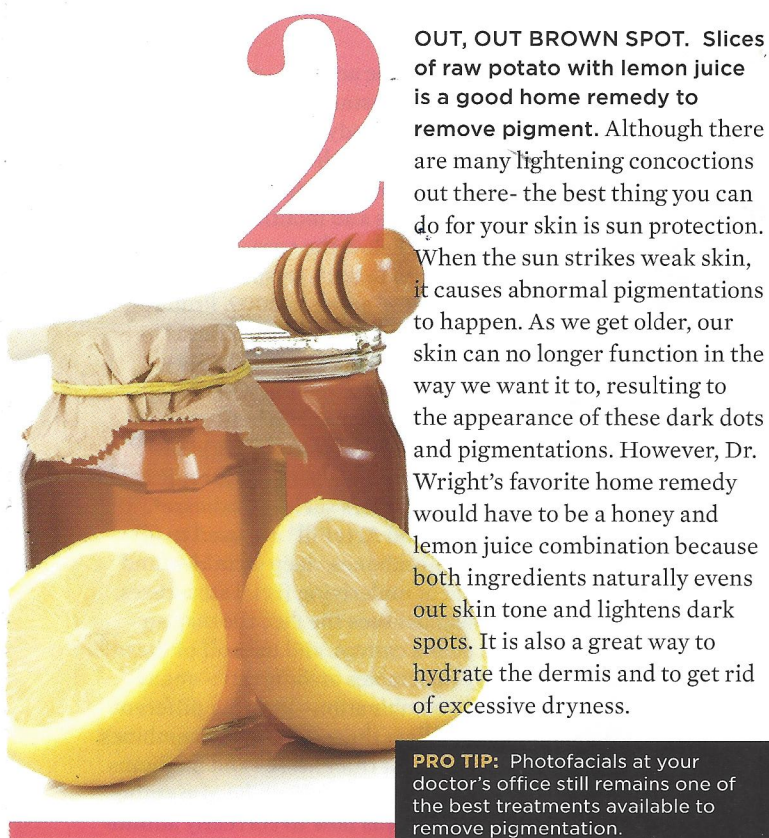
## MAKE UP BONUS

### OXYGENETIX BREATHABLE FOUNDATION

Oxygenetix Foundation is a breakthrough foundation to cover, help heal and minimize - even eliminate - acne and other scars. Designed for doctors, this light breathable foundation covers and treats a wide variety of skin problems: skin injuries, wounds, rashes, cracked, dry skin, acne scars, rosacea and other skin conditions. Because "Ceravita", the super charged oxygen complex helps proliferates collagen cell in aging or wounded skin, it is also great skin care that can be used as a daily skin friendly foundation.

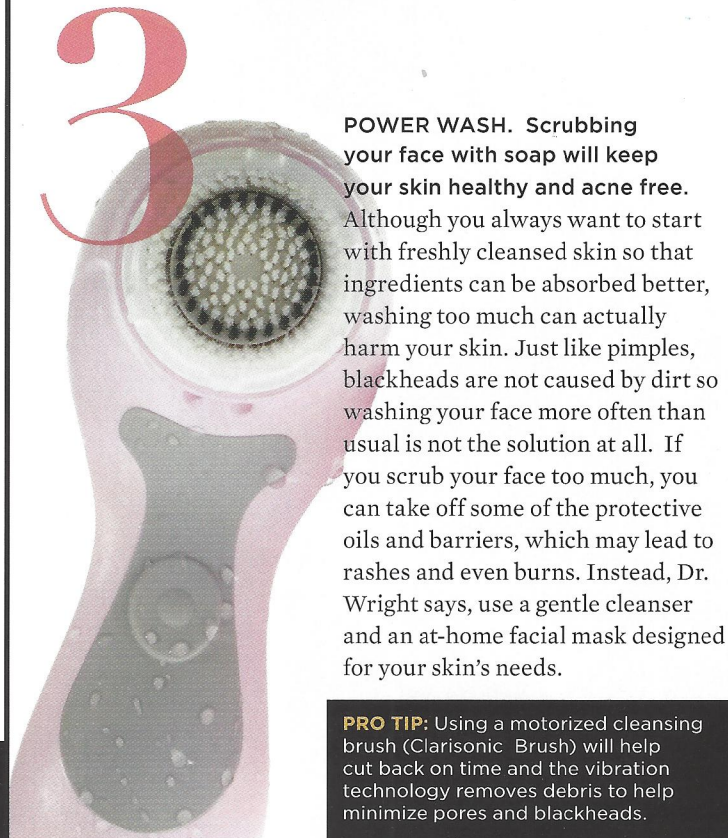






**2** OUT, OUT BROWN SPOT. Slices of raw potato with lemon juice is a good home remedy to remove pigment. Although there are many lightening concoctions out there- the best thing you can do for your skin is sun protection. When the sun strikes weak skin, it causes abnormal pigmentations to happen. As we get older, our skin can no longer function in the way we want it to, resulting to the appearance of these dark dots and pigmentations. However, Dr. Wright's favorite home remedy would have to be a honey and lemon juice combination because both ingredients naturally evens out skin tone and lightens dark spots. It is also a great way to hydrate the dermis and to get rid of excessive dryness.

**PRO TIP:** Photofacials at your doctor's office still remains one of the best treatments available to remove pigmentation.



**3** POWER WASH. Scrubbing your face with soap will keep your skin healthy and acne free. Although you always want to start with freshly cleansed skin so that ingredients can be absorbed better, washing too much can actually harm your skin. Just like pimples, blackheads are not caused by dirt so washing your face more often than usual is not the solution at all. If you scrub your face too much, you can take off some of the protective oils and barriers, which may lead to rashes and even burns. Instead, Dr. Wright says, use a gentle cleanser and an at-home facial mask designed for your skin's needs.

**PRO TIP:** Using a motorized cleansing brush (Clarisonic Brush) will help cut back on time and the vibration technology removes debris to help minimize pores and blackheads.

## Face Time

### *Complexion Perfection in 5 Easy Make-Up Tips.*

When you start your beauty routine each day, your main goal is to look better. You want to look youthful and pretty, not older. However I see the same mistakes being made over and over again by women. Here are some of the most commonly made beauty mistakes and how to avoid them.

- Dr. Wright

**THICK FOUNDATION:** Heavy makeup is a one-way ticket to looking older than you actually are. Choose a sheer foundation or tinted moisturizer.

**BASE THAT'S TOO LIGHT:** When you apply base that is paler than your natural skin tone it actually exaggerates fine lines. Try a little bit warmer light-reflective formula to help your skin glow and look beautiful.

**FACE POWDER TOO HEAVY:** Applying face powder to your shiny areas on your face is fine, but applying it all over will exaggerate fine lines and wrinkles as well as making your skin appear dry.

**MAJOR LIPSTICK:** Bright colors, dark shades, and anything metallic or iridescent are too heavy for thinning lips. Instead, choose a neutral rose shade. And consider switching from a lipstick to a sheer gloss—it will give you more fullness.

**LASHES:** As you age you should stop applying mascara to your bottom lashes. It exaggerates crow's feet and dark circles under your eyes. Rather apply very black mascara to just the top lashes.

**MENU LINES?** Doing facial and neck exercises will tone your muscles and tighten your neck. Are you one of those people who won't bend their head down when reading a menu because of your neck lines and turkey skin? The facial muscles attach directly to the skin and the direct pull of muscles on skin, is what creates facial expressions and enhances lines. So doing facial maneuvers or using "seen on TV" gadgets will only add to that double-chin much faster! Collagen and Elastin are tissues that are present under the skin which are responsible for the skin's elasticity and tone. When these tissues decrease in number due to aging, it results in wrinkles in neck.



**PRO TIP:** Dr. Wright's 3-DEEP Radio Frequency Device is an in-office machine that is the latest and most reliable treatment to tighten collagen and elastin to and improve the neck, jawline and lower face.

**NIGHT CREAMS A MYTH OR A MUST?** Like vampires, all anti-aging creams work best when the sun goes down. While, it is true that many creams can be used as a day cream and a night cream – there are several reasons for am/pm directions. Night creams tend to be more rich, which can make skin look greasy if worn during the day. This is especially true for those who have oily or acne prone skin. Day creams should also contain sun protecting ingredients to defend against harmful free radical damage created by the sun's rays. As well, anti-aging creams that contain retinoids, peptides, AHAs, or BHAs should be used at night," says Dr. Wright. While you sleep, blood flow to the skin increases, the PH level decreases, and the protective barrier is weakened. These ingredients work best under these conditions.

**PRO TIP:** For a "Spa Experience" to fight free radical damage and aging skin, try a medical grade Oxygen Facial. Using pure oxygen, these treatments can literally breathe new life into your skin.

