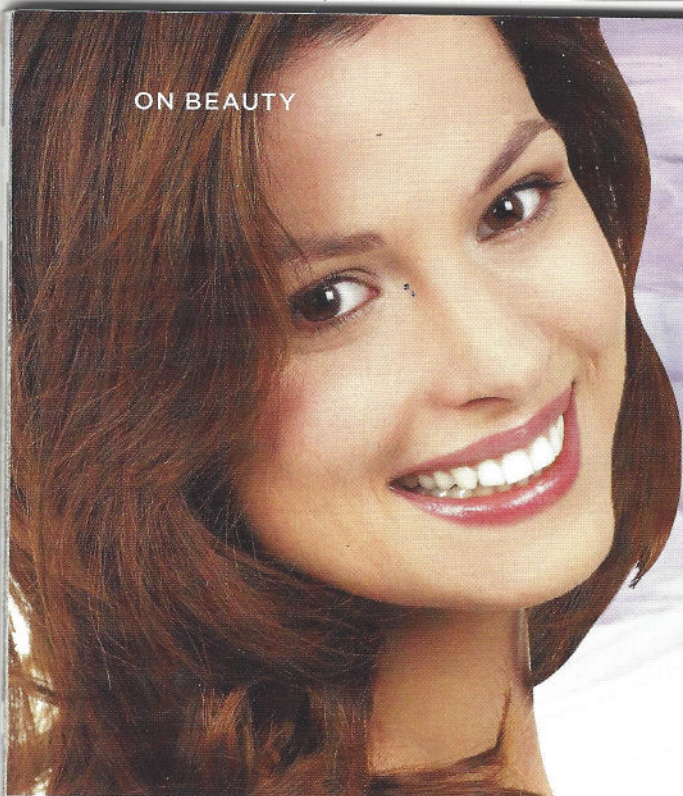


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# SEXY Flawless SKIN

By Fiona Wright M.D.

**The old saying “The Mirror Doesn’t Lie” has been repeated for decades, but now with the tech-age, our “Computer Face” is what we need to worry about! With the overwhelming use of video conferencing, and “high definition” Internet chats, more and more people are seeking solutions to improve their appearance in the on-line video world. Unless you take steps now, sun and environmental damage, and the natural process of aging will affect your appearance, dating you and leaving you longing for the beauty of your youth. So to prevent, protect and reverse the signs of aging and skin damage—read on and get *Sexy Flawless Skin!***

There is no denying that the sun is enemy number one when it comes to your skin—and my first recommendation to everyone is to stop tanning and wear a daily SPF 30! Sun exposure does a lot of damage. Skin texture and elasticity changes, pores enlarge, and exfoliation slows down, all of which leave your skin looking dull.

## SUNCARE 101

Sun protection with broad-spectrum (meaning the product blocks both UVA and UVB rays) is important for everyday use. For days spent outdoors, also look for water-resistant sunscreen. You may prefer the silky texture of a chemical sunscreen, but a physical sunscreen (zinc oxide and titanium dioxide) is usually less irritating and now a good choice for every skin tone because micronized formulas don’t look chalky. Physical sunscreens also absorb excess oil—helpful if you have shiny skin. For those with sensitive skin or suffer with acne, rosacea or eczema, it is important to use a sunscreen that is high in zinc oxide like my formulated *Matte Finish SPF 30* and my certified organic *Sun Shield SPF 30*—both of which avoid chemical based ingredients.

## SMOOTH OPERATION

Procedures to help retexture and repair the surface of your skin can begin at any age and is the best step to your road to recovery.

**In your 30’s:** A gentle Chemical Peel or an Exfoliating Facial Treatment monthly can help stimulate collagen and provide a brighter smoother complexion. Lactic Acid and Glycolic Acid are two of the more common peel solutions. If you are deciding between a glycolic acid peel and a lactic acid peel and don’t know

which to get, go with lactic acid if you have never gotten a peel before or if you have lots of dark marks you want to fade.

**In your 40’s:** The DermaPen Medical Skin Needling treatment is the world’s most advanced micro needling to tighten and rejuvenate the skin. It is considered by leading dermatologists worldwide as one of the best devices in improving fine lines and wrinkles, minimizing open pores, and reducing pigmentation, surgical scars and acne scars.

**In your 50’s:** For many people, reducing the appearance of age spots and wrinkles can be accomplished with Laser Skin Resurfacing Treatments. Lasers work by gently removing the top damaged and discolored layers of skin and allows healthier skin to rise to the surface. When the skin heals, new collagen is formed which helps with fine lines, future wrinkling and pore size.

**In your 60’s:** At this age, the collagen layer of skin becomes very thin, so a combination of previously mentioned treatments to stimulate collagen becomes essential. As well, more skin laxity is noted and a non-surgical option to correct this aging is Radio Frequency Skin Tightening treatments. This series of treatments have no downtime so they fit easily into your daily routine.





## SKINFESSIONS What a Top Skincare Physician Uses on Her Own Face

My name is Fiona Wright, M.D.. I'm 50 and my skin issues are Pigmentation and Dryness. This is how I keep my tone even and my complexion balanced.



**A.M. Step 1.** Pigmentation and Melasma are commonly created from sun exposure. But it is also created from hormonal changes such as pregnancy, birth control pills and menopause. To find a morning cleanser balanced to reduce my pigment and not dry out my skin, I use my *Fiona Wright MD Purifying Cleansing Mousse*. This lightweight cleansing mousse is ideal for all skin types and features *Mandelic Acid*, designed to rid pores of debris and oil and lighten pigmentation. At your drugstore try: *Aveeno Positively Radiant Brightening Cleanser*.



**Step 2.** Every day our skin is exposed to pollutants and UV rays that will destroy our healthy cells, leading to wrinkles and aging. So after washing my face, I apply my organic *Advanced Renewal Serum*, an antioxidant lotion formulated to neutralize Free Radical damage before it can trigger pigmentation and skin damage. At your drugstore try: *Neutrogena Ageless Intensives Anti-Wrinkle deep wrinkle serum*



**Step 3.** Sun protection is paramount. Dark patches and skin damage can recur despite treatment, if you do not stick to sun safe behavior all lifelong. Before makeup, sunscreen should be part of your daily skincare routine – and SPF 30 is required once you step outside. At my home I reach for my *Fiona Wright MD Anti-Photoaging Green Tea Fortified SPF 50*. If you suffer with sensitive, red or acne-prone skin, I recommend a zinc based sunscreen. At your drugstore try: *CeraVe SPF 50 Sunscreen Face Lotion*.



**P.M. Step 1.** It is important to use a nightly cleanser to remove all makeup and build-up from the day. To ensure that all debris is removed, I like to use the ever-so-efficient *Clarisonic Cleansing Brush*. It has high-speed oscillating brushes and a special sonic-technology massage system that whisks away dirt, grime and debris thoroughly – six times better than regular cleansing. So, aside from a deep cleansing and flushing out your pores, it will also make your skin more receptive to serums and moisturizers. At your drugstore try: *Olay Pro X Brush*.



**Step 2.** As we sleep our skin loses a lot of water, so I infuse my skin with a high dose of hydration with the unique properties of *Hyaluronic Acid* which holds 1000 times its weight in water. Applying *Pure Hydrating Serum* provides the most effective hydration to increase skin smoothness and softness, decrease wrinkles and allows the rest of my products to penetrate better and work. At your drugstore try: *Olay Regenerist Micro-Sculpting Cream*.



**Step 3.** At night our skin is in a constant state of repair. Retinols (or it's stronger, prescription-strength cousins, Retinoids) are key ingredients to stimulate the skin's restorative mechanism activating genes to repair skin. Retinoids can be dry and irritating, so it is important to begin with a low dose starting twice a week. For my dry skin I also like to alternate with *Fiona Wright MD Bio-Repair Cream* and *RetrinAL* by Avène. At the drugstore try: *Neutrogena Rapid Wrinkle Repair Regenerating Cream*.

### ONCE A MONTH

To keep my skin its healthiest, I get a *DERMASWEEP EPI-INFUSION TREATMENT* which combines a skin exfoliation treatment with the delivery of skin specific topical solutions – to remove the outer dead layers of skin and expose the fresher, living skin below. This revolutionary system, available only to licensed medical doctors, combines precision brush tip bristles of varying coarseness for exfoliation, and topical solutions known as Epi-Infusions to deliver medical grade solutions formulated to treat specific dermatologic conditions including acne, hyper-pigmentation, and rehydration.

### AGE CONTROL

As we age, our face begins to show the effects of gravity, volume loss and years of facial muscle movements – which all leads to wrinkles, sagging skin and a fatigued face. My secret to youthfulness, without going under the knife, is a *LIQUID FACE LIFT*. This Facial Contouring Procedure involves the use of strategically placed *BOTOX/DYSPORT* and *FACIAL FILLERS* around my face to naturally and safely reverse the signs of aging! This "injectable facelift" can create a younger, rejuvenated look and address concerns like lines, wrinkles, volume loss and sagging.

### TWO TIMES A YEAR

With the Texas heat and sun, many of us do a lot of damage to our skin, so we need as much help as possible to remove the age spots and brown spots that annoy us. My "Go-To" machine to address this uneven skin tone is a *PHOTOFACIAL-IPL (Intense Pulse Light) Treatment*. This procedure is very effective at removing pigmentation, mottled skin and redness while leaving my skin unharmed. My complexion suffers minimal irritation and there is virtually no downtime!



### BEAUTY SLEEP 6-9 Hours

is the amount of sleep you need! "Beauty" sleep is not just an old wives' tale. Sleep allows the skin to restore its natural balance and hydration, and increases the effectiveness of your night creams, potentially providing more benefit to your skin. When you don't get enough sleep, your skin will show it.



# Spring Time Tune Up!

You have probably tried many approaches to get back that body you had in high school... some successful and some not. Body Contouring is not a simple process. To get effective results, you should consult a doctor who can provide not just one—but several methods to help you reach your goals.

**For this reason Skin MD and Beyond offers a variety of advanced body improvement treatments: VelaSHAPE III, ThermiSHAPE, Zerona, the HCG Diet and CyberSlim.**

The **VelaSHAPE III** is set to be a Body Shaping Power House! It remains a leading device on the market to combine four different modalities to provide a total body shaping solution -whether it is to tighten skin, eliminate the cellulite on thighs, focus on shrinking one small area (love handles, belly pooch or knee fat), or a full 360 degree abdominal shrinkage protocol, patients see results!

**ThermiShape** is a revolutionary body sculpting, non-surgical and non-invasive procedure that heats away the fat without surgery, pain or downtime and with real, permanent results. ThermiShape can target problematic areas of excess fat that cannot be removed with diet and

exercise, as well as treat larger areas for skin tightening.

You have seen it out there- the **HCG Diet**. Don't be fooled because not all HCG diets are the "real" deal! I offer a supervised program and we meet one-on-one to help you design the right program for you... and we are with you from the beginning to the end! We believe in giving you, not only the guidance to help you through the HCG diet, but guidance afterwards to maintain healthy eating for a lifetime!

**CyberSlim** is a whole body vibration system that takes minutes! Stimulating muscle contractions, it can tone and clean out toxic buildup in the body to help you lose weight when used for 15 minutes, three times a week!



**As seen on NBC**



## Non-Surgical Facial Treatments

Botox & Dysport  
Facial Fillers  
Eye Rejuvenation  
Laser Skin Tightening  
Acne & Rosacea Treatments  
Chemical Peels  
Photo Facials  
Laser Hair Removal

## Non-Surgical Body Treatments

Neck & Hand Rejuvenation  
Body Contouring  
Skin Tightening  
Scars & Stretch Marks  
Cellulite Treatments  
Laser Vein Removal  
Laser Hair Removal  
and much more!

## The WRxIGHT Beauty Bar

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