



# VIP MedSpa Clinic News

VIP MedSpa Clinic

[VIPMedSpaClinic.com](http://VIPMedSpaClinic.com)

858-451-6500

11665 Avena Place, Suite 104 San Diego, CA 92128

## Aesthetic News

### What is Juvederm Vollure XC?

It is an injectable gel for the correction of moderate to severe wrinkles and folds, such as nasolabial folds that lasts up to 18 months.

Juvederm Vollure XC is specifically tailored with a balance of gel firmness and low cohesivity, yielding a versatile formulation that adds subtle volume for the correction of moderate to severe facial wrinkles and folds.



## Message from Medical Director of VIP MedSpa Clinic

*Maryam Hekmat, M.D, FACP*

I am pleased to let you know that we are celebrating VIP MedSpa Clinic's 3 year anniversary this month. Please join us for our 2 week anniversary specials from April 17 - 28, 2017. Our mission continues to guide and support your medical and aesthetic needs. Cheers to 3 years and more to come! Thank you for all your love and support.

## What is Microcannula?

It is the innovative technique for administering an essentially pain free, non bruising filler injection.

The Microcannula technique utilizes the blunt tipped, flexible needle, allowing for a safer, more accurate injection. This minimizes the risk of causing damage to the surrounding blood vessels, lowering the risk of skin necrosis, ulcers, blindness, and strokes.

## Spring Cleaning for a Fresh Clean Face

### Facial Cleanser

- ✦ Thoroughly removes environmental pollutants, excess oil, and makeup
- ✦ Hydrate and refresh skin
- ✦ Helps prep skin for better absorption of products

## How to prevent rosacea flare-ups

### Think sun protection

Just a few minutes of sunlight on rosacea-prone skin can lead to uncontrollable flushing and redness.

- Apply a gentle, broad-spectrum sunscreen with an SPF of 30 or higher every day. A fragrance-free sunscreen that contains zinc oxide, titanium dioxide, or both is least likely to irritate your sensitive skin.
- Wear a wide-brimmed hat when outdoors during the day.
- Stay out of the midday sun.
- Seek shade.

### Reduce stress

If stress causes your rosacea to flare, you can learn to manage it so that it doesn't trigger a rosacea flare-up. Here are a few ideas:

- Find an activity that relieves your stress and do it often. Common stress busters include tai chi, meditation, or joining a rosacea support group.
- Do something that you enjoy on a daily basis.
- In a stressful moment, take a deep breath, hold it, and exhale slowly.

### Avoid overheating

Here are a few things you can do:

- Take warm baths and showers rather than hot ones.
- Dress in layers, so that you can remove clothing if you start to feel overheated.
- Feeling overheated? Drape a cold, wet cloth around your neck. Sip a cold drink. Keep cool with a fan or air-conditioning.

## **AHA/BHA Exfoliating Cleanser**

- ◆ Improves appearance of skin texture, tone, and smoothness
- ◆ Ideal for all skin types
- ◆ Elegant formulation features a mild fragrance

## **GlyPro Exfoliating Facial Cleanser**

- ◆ Sloughs off the top layer of skin using eco-friendly microbes
- ◆ Refines the appearance of pore size and imparts smoother, more radiant skin
- ◆ Helps improve the overall tone and texture of skin
- ◆ Helps brighten skin

- Sit far enough away from fireplaces, heaters, and other heat sources so that you don't feel the warmth.

## **Rethink hot beverages**

Studies show that the heat from hot beverages causes some people's rosacea to flare.

If that sounds like you, making a few changes can help you enjoy beverages that most people drink hot.

Try these ideas:

- Drink iced coffee or tea
- Let the beverage cool so that it's warm or lukewarm.

## **Observe alcohol's effects**

When it comes to flare-ups from alcohol, red wine may be the biggest culprit. You may be able to reduce flares from alcohol if you:

- Drink white instead of red wine.
- Add soda or lemonade to white wine, beer, and other alcoholic beverages to lessen the amount of alcohol.
- Limit yourself to 1 or 2 drinks, and have a large glass of cold water after each drink. Not drinking alcohol also works.

## **Dial down spicy foods**

If spicy foods leaves your face red, you may be able to eat your favorites by:

- Trying a mild version. Instead of eating hot wings that makes you sweat, opt for mild wings. Choose a mild rather than a hot salsa.

If your rosacea still flares, it's best to avoid all spicy foods.

## **Carefully select skin and hair care products**

Does your face burn, sting, or itch when you use certain skin or hair care products? Do any of these products

cause your face to become dry and scaly? These are signs that they are irritating your skin, which can cause rosacea to flare.

Here's what you can do to avoid flare-ups:

- See a doctor, who can give you a skin care plan for rosacea and recommend products.
- Stop using astringents and toners.
- Look at the ingredients in each of your skin and hair care products, and stop using ones that contain these common rosacea triggers — menthol, camphor, or sodium lauryl sulfate.

The last ingredient is common in shampoos and toothpaste. If you'll use a product around your face, it's best to avoid ones that contain sodium lauryl sulfate.

### **Use rosacea friendly makeup**

If makeup seems to trigger your rosacea, you may still be able to wear some makeup.

- Applying a mild, fragrance-free emollient to your skin before you apply makeup.
- Use a light, liquid-based foundation makeup that spreads easily and can be set with powder.

You want to avoid:

- Waterproof makeup
- Heavy foundations that don't spread easily or require makeup remover

### **Check out your medicines**

If you think a medicine could be causing your rosacea to flare, DON'T stop taking it.

First, ask the doctor who prescribed the medicine if it could be triggering your rosacea.

Medicines that can worsen rosacea, include those used to treat:

- High blood pressure
- Many types of heart problems
- Anxiety
- Migraines
- Glaucoma

Vitamin B3 can also trigger a rosacea flare-up.

If the medicine (or vitamin) could be turning your face red, ask if you could take a different one.

## **Protect your face from wind and cold**

Windburn is common in rosacea-prone skin. A windburn can trigger a rosacea flare-up, especially in the winter. Cold can also trigger rosacea.

The following can reduce flares from wind and cold:

- Cover your face (up to just beneath your eyes) with a scarf. Silk or acrylic works best. Avoid putting wool and other rough-feeling fabrics next to your face, as this can trigger a flare-up.
- Protect your skin by wearing rosacea friendly sunscreen (see "Think sun protection") and an emollient every day.
- Limit your time outdoors.
- Follow your rosacea treatment plan.

## **Keep cool while exercising**

Anything that raises your body's temperature, including exercise, can trigger rosacea. You can still exercise.

Here are some ways you can work out without a flare-up:

- Lower the intensity. You can still benefit from a low- or medium-intensity workout.
- Exercise where it's cool. In the summer, try an air-conditioned gym or a shaded path during the coolest part of the day.
- Try exercising in the water. Aqua aerobics or swimming in cool water can limit flares.
- Keep supplies with you to help you cool down. A towel that you can dip in cold water and then drape around your neck, a bottle of cold water; or ice cubes can cool you.

## **Sleep: The foundation for healthy habits**

Getting at least seven hours of quality rest each night is essential for optimal health. Sleep provides the foundation for all of your daily habits and decisions.

Sleep deprivation can negatively affect your mood and temperament, as well as your ability to focus on daily tasks.

Lack of sleep influences what and how much you eat. Since hormones are regulated during sleep, when you are sleep deprived, your hunger hormones become out of wack, which increases feeling of hunger and decreases satiety. It's not a coincidence that you find yourself reaching for bagels and muffins when you're exhausted.

Furthermore, sleep allows time for your mind and body to recover from days' work, and these important processes are cut short when you don't get ample shut-eye. During the rapid eye movement (REM) stage of sleep, your brain sorts the important information from the unimportant and files long term memory. If this stage of your sleep cycle is shortchanged, your mental focus and acuity may decrease. Plus, you may feel cranky and short-tempered.

Need more incentives to prioritize healthy sleep habits? Sleeping less than seven hours a night is associated with weight gain, diabetes, high blood pressure and depression, among other health risks. In addition, when you don't get enough sleep, you may experience increased body aches and pains, reduced immune function and impaired performance at work. All of these problems can have a ripple effect on your daily habits.

On the flip side, making sleep a priority can help you achieve your other wellness goals, such as stress management. When your body and mind are well rested, you'll be able to respond to life with greater perspective and understanding. Try these tips for getting better sleep and creating the foundation for your overall wellness.

- **Set a sleep goal.** Aim to get at least seven hours of sleep a night so that you have the energy to tackle everyday demands. Waking up refreshed will help you make smart decisions and stick to your diet and exercise plan. Sleep can help boost your motivation and willpower, making it easier to fend off temptations.
- **Establish a regular bedtime and honor it.**

The first step to behavior change is making a commitment toward what you want to accomplish and sticking to your plan. Establish a regular bedtime and stick to it

as much as possible. That might mean putting your smartphone in another room so that you aren't tempted to scroll through your social media feed right before bed or setting an alarm to remind you that it's time to start getting ready for bed.

- **Eat healthier foods.**

When your body and mind are fatigued, you may misread hunger cues. The next time you find yourself wandering into the kitchen or mindlessly snacking at your computer, ask yourself if you may be tired rather than hungry. It is common to mistake fatigue or emotions for hunger.

- **Ease into sleep.** Setting aside a little time before bed for relaxation can help you transition into sleep. Try deep breathing, progressive muscle relaxation, gentle stretching or guided imagery to help focus your attention away from worries and into the present. If your busy mind keeps you awake, jot down your thoughts in a journal or on a pad of paper by your bed.

The payoff for adequate sleep goes far beyond banishing dark under-eye circles.

Dedication to this healthy habit is one of the best steps you can take to a healthier you.

1. Keep a sleep diary for a week, and take note of any patterns you discover.
2. Make a conscious effort to cut back on disruptive foods and beverages at night, such as rich and heavy meals, alcohol, coffee, caffeinated tea, and chocolate.
3. Create a relaxing bedtime routine, such as taking a bath or reading a book.

