

MAY EVERY DAY OF YOUR NEW YEAR GLOW WITH GOOD CHEER... AND HEALTHY SKIN.

SKINCARE TIPS FROM THE PROS

DR. TREMAINE SHARES HER PERSONAL WINTER SKINCARE REGIMEN



Even in Southwest Florida, we need to make some changes to our skin care regimen when the winter weather rolls in. The decrease in humidity can definitely be felt and seen on the skin. While I do recommend a gentle skin care regimen all year round, it is even more important during the winter. Limit showers to once daily and use a mild soap, like Dove for sensitive skin.

Keep the shower time short and avoid hot water as well. Within 3 minutes of the shower, apply a moisturizing cream from head to toe to lock in the moisture. My favorite moisturizer for the body is Cerave Cream.

For dry cracked feet, I like to do an intensive treatment at night. First apply a generous layer of SkinCeuticals Body Retexturing treatment, followed by Vaseline, and white cotton socks. Put your feet up and relax!

STAY TUNED NEXT MONTH FOR PART 2, SKINCARE TIPS FOR THE FACE.

EVENTS

YOU'RE INVITED TO OUR
SPARKLE PARTY

THURSDAY, JANUARY 31, 2019
5:30PM TO 7:30PM

Learn about the latest skincare technologies and non-invasive cosmetic procedures as we celebrate our partnership as a SkinCeuticals Advanced Clinical Spa.

RSVP@SKINWELLFL.COM
OR 239.732.0044



PRODUCT OF THE MONTH

CE FERULIC®

Patented, triple antioxidant vitamin C serum delivers advanced environmental protection while improving the appearance of fine lines, wrinkles, and brightens skin's complexion.

Special Offer – Purchase CE Ferulic or Phloretin CF and receive a FREE Cosmetic Bag and FREE Travel SkinCeuticals Product. While quantities last.

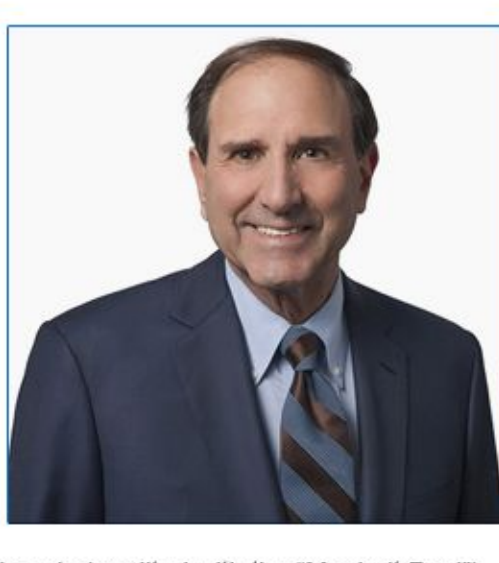


SPECIALS

SPOTLIGHT

DISCOVER GARY D. MONHEIT, MD

SWP would like to spotlight Dr. Wasserman's fellowship director, Dr. Gary D. Monheit, in this month's newsletter. Dr. Monheit was one of the original trainees with Dr. Frederic Mohs and a great inspiration to Dr. Wasserman. Since his time training with Dr. Mohs, Dr. Monheit went on to start a practice and fellowship in Birmingham, AL where he trained approximately 31 fellows in nearly 35 years including SWP's Dr. Wasserman. If that was not enough, he is one of the world's foremost experts in aesthetic medicine, is one of the world's leaders in chemical peels (credited with the "Monheit Peel"), has authored nearly 200 peer-reviewed research papers, and edited or written dozens of book chapters. Dr. Wasserman adds, "Despite either assisting or performing over 2,200 surgeries during my fellowship, what I learned most from Dr. Monheit was the grace and sincerity to practice medicine."



A COMBINATION LASER BREAKTHROUGH

FEATURE

Medical and technological advances have led to the development of skin rejuvenation treatments that are increasingly customizable to the patient. While talented physicians have always taken an individual's unique characteristics and goals into account when administering a cosmetic treatment, modern options are more able to accommodate specific preferences than ever before.



One of the best examples of this is Sciton® Halo™, a versatile laser device available at Skin Wellness Physicians and designed to combine the rejuvenating effects of two types of lightbased treatments—ablative and non-ablative—into one.

Ablative laser treatments remove the outermost layer of skin, exfoliating what is known as the stratum corneum of the epidermis so that dead skin cells are taken away and younger, fresher skin is revealed. This strategy is ideal for treating superficial signs of aging and sun damage, such as spots and fine lines, as well as redness and dullness.

Non-ablative laser treatments have a deeper focus, with the light energy passing through the surface. Cells farther down in the skin convert this energy into heat, which causes collagen to even out in a process known as remodeling. The heat also prompts new collagen production for a smoother, more youthful look. The results from this treatment can become increasingly apparent over weeks, or even months.

With Sciton® Halo™, patients do not have to choose between one strategy or the other. The laser can be adjusted to be more intense for a few aggressive treatments or less intense for a longer series of gentler sessions. This customization allows patients to determine their recovery time, results, and more.

Anyone interested in pursuing these customized results should choose only highly trained and well-regarded providers. Even the most sophisticated and automated devices require a person to operate them. Dermatologists and their teams are especially qualified due to their skin-focused education, training, and experience.

Drs. Daniel Wasserman and Anne Marie Tremaine at Skin Wellness Physicians both completed a fellowship at Harvard Medical School, in the very laboratory where the two most common laser technologies used for rejuvenation efforts were invented and developed.

It is important to understand that the use of laser technologies is regulated by the state of Florida and limited to physicians and supervised physician assistants and nurse practitioners.

Sciton® Halo™ treatments should be performed only by medical professionals experienced with their use.

[Learn More About Halo](#)

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