

Larchmont Chronicle

Hancock Park • Windsor Square • Fremont Place • Park LaBrea • Larchmont Village • Miracle Mile

March 2010

Q: I'm starting to think about warmer LA weather and the clothes that go with it but my neck and chest look dry, freckled and even a bit wrinkled. What can I do?

"Start by **treating this skin like an extension of your face**," says Dr. Rebecca Fitzgerald. "It's safe to say that no one wants their head looking 20 years younger than their décolleté." Smooth your facial sunscreen and antioxidant treatments down over your neck and chest, she explains.

Reverse some of your sun damage in a single office visit. "We may think children's skin looks so fantastic because of its flawless texture. Well, just as important is its completely even color. It's like a clean, fresh canvas," says Dr. Fitzgerald. **One of the most effective options for addressing pigment changes is IPL (intense pulsed light) laser treatment.**

"You know those little red capillaries you see around your nostrils? Well, they're likely also on your neck and chest." With a single IPL treatment that redness will vanish and brown spots, after initially darkening, will fade a week later. Mild sun damage will be effectively treated with one IPL application, while more moderate to severe cases will require additional treatments, she explains. "Lasers today can accomplish in one application what took three visits in the past," she says.

Next up? Crepe-paper textured skin can be smoothed in two ways:

- The injectable, SculptraAesthetic, restores your neck and chest to its youthful past for two years after a single treatment. **"It's as though you took a pencil eraser to lines and wrinkles,"** says Dr. Fitzgerald.
- Alternatively, **skin-tightening laser treatments** typically require a series of three to five treatments with results lasting indefinitely - which is *definitely* promising. After all, your body deserves to look as gorgeous as your face.