

Skin Wellness Center of Chicago, Newsletter

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Greetings! I hope the New Year is treating you well. In this issue of *Skin Speaks* we have tips and tricks to save your skin from our harsh winter weather and razor tips for guys. We also wanted to show our "L-O-V-E" to our clients with some special offers found at the very end of the newsletter.

Besides Valentine's Day, February marks Black History month. I'm honored to have been nominated and selected as one of Chicago's most influential African American doctors by the [Black Health Magazine](#) staff and a group of peers. This honor is very close to my heart since educating the African American community about skin cancer has been a priority in my career.

For the latest updates, please "friend" the Skin Wellness Center of Chicago on Facebook!



Sincerely,

Brooke Jackson, M.D.
Skin Wellness Center of Chicago, SC

Be "Sweet" to your Skin

Indulging is not always a bad thing, especially when you choose wisely. The following treats taste delicious, but they are antioxidant-rich and filled with super food health benefits.

Here's the 'to-eat' list:

- Red Wine & Green Tea
- Dark Chocolate (our office loves Vosges chocolates)
- Dark, bright berries like: Blueberries, Raspberries, Blackberries, Cranberries
- Nuts, Avocados, Beets & Sweet Potatoes

Interested in more "eating healthy for your skin" tips? Tune into WGN-TV's 'Healthy Living Chicago' and its regular repeats on CLTV.

Things we adore....

At the [Skin Wellness Center of Chicago](#), we support our friends that are doing amazing things in the community. You may have seen or read about [Flirty Cupcakes](#) and their cupcake



bakery on wheels. Our friend Tiffany Kurtz owner of [Flirty Cupcakes](#) is enjoying "sweet success" of putting a cupcakery on wheels! This Valentine's Day if you are looking for that perfect gift or something to bring to the office that will bring a smile to everyone's face, check out

Shaving 101

Did you know a man will shave on average 20,000 times in his life? Every time you put a sharp razor to your skin there is a chance of risk. All men are at risk for razor burn on sensitive facial skin when they use products that contain alcohol.



Shaving demo taping with NBC's Nude Hippo Entertainment Show!

Here are some quick tips for a smoother, easier shave:

Pre-shave skin prep. At least once or twice a day use a baby's (soft bristle) toothbrush in circular motion to dislodge any ingrown hairs.

Pre-shave exfoliation. Men need to exfoliate at least once or twice a week. However, don't do this just prior to shaving. This can be inexpensive. Look for items available at the drugstore from companies like Aveeno and Dove. Exfoliating removes dead skin and softens it.

Use clippers. This will not give you such a close shave.

Use chemical depilatories such as Magic shave. Thioglycolate melts hair and allows you to scrape it off. However, men with sensitive skin should not do this since it involves a chemical and can cause irritation.

Consider a wet shave: Wash skin with a gentle cleanser. Soften and hydrate the beard hair prior to shaving. Apply a warm compress to the beard area for 3-5 minutes prior to shaving. This allows hairs to stand up on skin. Use a non-irritating cream to lubricate face.

Always remember to shave with grain of hair and do not stretch skin. It's also important to use the one-handed method to shave. Shaving against grain can push hair back into the skin, causing bumps. Rinse the blade frequently to unclog it.

It's critical to **soothe the skin afterward.** Consider using a hydrating serum or a hydrapeptide gel. Avoid products containing alcohol as they can be too drying and cause irritation.

Last but not least, **maintain your shave.** Use the topical glycolic or kojilic cream. These products can soften the skin and decrease hyperpigmentation on dark skin, especially on days not shaving.

If troubles still persist, call us. The collar area is the most common area for problems. Laser hair removal reduces density of hair, which will lead to the need to shave less often and ultimately reduce irritation. Laser hair removal is very safe for dark skin, too. This procedure is not as effective for white or gray hair on lighter skin. We can also provide a chemical peel that will help with inflammation and discoloration found in darker skin.

the glorious options from [Flirty Cupcakes](#) or follow the adventures of their food truck on twitter @flirtycupcakes. We are falling in love with some of their special Valentine's themed cakes such as Chocolate Strawberry Fields, No Plain Jane or A Raspberry Stole My Heart! Check out this lil' devil of peanut butter and chocolate cupcake. One word: YUM.



Winter Care

Chicago winters can wreck havoc to the skin. Here are a few tips to get you through the winter with smoother, softer skin from head to toe.



Hydration - Most people are slightly dehydrated during the winter. We drink less water, so make sure you keep up your fluid intake.

Humidify your home - Once the heat goes on in the house, everything dries out. Increase the humidity gage on your furnace or place a humidifier in your bedroom.

Shorter Showers - Cold winter mornings mean long hot showers. Shorten the shower to 10 min or less and avoid steamy hot showers. They will dry your skin out even more.

Gentle Fabrics - Avoid scratchy fabrics next to skin such as wool. Wear cotton or silk t- shirts under sweaters.

Avoid the Pump- During the winter months it's best to use moisturizer from a jar vs. a pump bottle. Products that are poured from a bottle have higher water content and are less moisturizing than those you scoop from a jar.

Heavier Products- Because of the harsh weather here, Chicagoans need two sets of products- just like your clothing in the Fall/Winter - its time to layer up with heavier products and for Spring/Summer - go lighter.

And parents - check out the kid winter tips, Dr. Jackson gave [Parents.com](#)

Avoid Chapped Hands This Winter

Everyone knows the importance of washing your hands, especially during cold and flu season. Many don't realize, however, that soap and antibacterial lotion used to keep your hands clean can cause them to dry out as well. By following these simple tips you can keep your hands soft and smooth all winter long!



Bring Your Own Soap

Most soap used in office buildings, while convenient, is not always the best for your skin. Make sure you are getting the best for your skin by bringing your own soap with you. Recommended brands include Dove, Cetaphil or Cerave.

Use a Reliable Over the Counter Moisturizer

A good moisturizer goes a long way to keeping skin healthy. Many fine dermatologist recommended brands are on the market, such as Impruv, which has ingredients proven to hold moisture to your skin over the course of the day.

Practice Weekly Maintenance

By taking preventative measures, skin will stay soft all winter long. Once a week a night, coat your hands in vaseline and wear white a pair of white cotton gloves to bed. This practice will help repair dryness and damage that has already occurred as well as preventing future dryness.

Know Your Skin

Certain skin conditions such as eczema or psoriasis can be exacerbated by the harsh winter weather. Be sure to take extra special care of your sensitive skin during this time of the year and consult your dermatologist if any problems begin to arise.

\$99

Get a GLOW and a SWEET TREAT on Valentine's Day with Peels and Products

LOVE your skin with our one day product and peel day on Monday, February 14. Book a Illuminize Peel Special (which requires no downtime) for a special rate of only \$99 valid only on MONDAY FEBRUARY 14th, Valentine's Day. Maintain your in office treatment with at home products. Purchase 1 SkinMedica product for a 10% off, 2 SkinMedica Products for 20% off and 3 or more Skin Medica products for 30% off. Peel Appointments are available from 10a-4:30 p.m. An appointment needs to be booked ahead of time with a \$50 deposit to reserve your space (reservation fee will be applied to services for the day!) Appointment is not required for product purchase only.

Peel patients will enjoy a special [Flirty Cupcakes](#) treat from Dr. Jackson on Valentine's Day!

Offer Valid Only on February 14

Save \$100 for 3 vitals

Pump It ...Without Giving Your Secret Away

Try out the first facial injectable that gives subtle results over time that replaces collagen and can last up to two years. [Sculptra](#) is an ideal option for a more natural-looking appearance. For a limited time only, from February 1-March 31 you can **save \$100 per vial up to 3 vitals of Sculptra**. For more information on the treatment click [Sculptra](#). Consultation appointment required.

Offer Valid: February 1- March 31

Save \$50

Show your Frown Line Show L-O-V-E

It's a new year and a great time to try *Dysport*[®], a prescription injection used to temporarily improve the look of moderate to severe frown lines between the eyebrows (glabellar lines) . For a limited time only, from February 1-March 31, you can **save \$50 on a Dysport treatment**. With this new promotion from Medicis Aesthetics, there's no better time to Discover Dysport!

Offer Valid: February 1- March 31

15% off series of 4 treatments

Warm Up to a New Way to Reduce Wrinkles- Pelleve'

Have you tried Pelleve'? The Skin Wellness Center of Chicago is one of a handful of Chicagoland locations to offer this FDA approved, non-invasive collagen building treatment that produces firmer, tighter skin with no downtime. The warm sensation of this treatment that feels great in these harsh Chicago winter days! For a limited time only, from February 1 -March 31, you can **save 10% off a single treatment of Pelleve' for first time users AND 15% off a series of 4 treatments!**

Offer Valid: February 1- March 31 * Must Schedule Appointments Prior to March 31.