

# american spa

## **medical spa** REPORT

### Simple Skin Solutions

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The heat wave gives clients ample reason to show more skin this summer. When they do, they may also discover unexpected concerns. Concerns like a little patch of itchy, red skin that's been lingering and body breakouts or bumps aren't life threatening but annoying enough to bring clients into your medical spa. Rebecca Kazin, M.D., of the Washington Institute of Dermatologic Laser Surgery shares how she treats some of these common, yet stubborn skin concerns.

**BACNE** – This harmless, but annoying acne incarnation has to do with sweat and bacteria sitting on skin, so it's common in the hotter months. I tell my patients to shower immediately after workouts, use a glycolic acid based wash and a fresh, clean towel only to dry off. SilkPeel for Body is also a great in-office treatment to help treat bacne and keep pores clean.

**ECZEMA** - Skin is extra sensitive so I tell clients to avoid anything with fragrance and choose products that are hypo-allergenic. Ideally, I suggest moisturizers in a tube or tub because they are not thinned out like lotions in a dispenser. I really like the Vanicream line and in general recommend Eucerin and Aveeno for patients with eczema. Aquaquor is also great hydration for eczema prone lips, hands and feet. I tell them to stay away from

anything with hydroxy acid and retinol because it can dry out skin. I also tell them they are not ready to exfoliate during the flare up and it can worsen irritation.

**ROSACEA** - Triggers for rosacea include spicy foods, alcohol and caffeine. I steer clients away from retinoids and glycolic acid and certainly benzoyl peroxide. Instead I recommend anti-redness formulas that contain soothing, anti-inflammatory ingredients like licorice root extract, vitamin E, and tea tree oil. I tell them to stick with physical block sunscreens and stay away from chemical blocks. La-Roche Posay Anthelios 50 Mineral Ultra Light Sunscreen Fluid is a great physical block sunscreen for breakout- and rosacea-prone patients.

**KERATOSIS PILARIS** – My favorite drugstore product to treat “chicken skin” is Amlactic or Lac-Hydrin. These are lactic acid based creams that get rid of dead cells that can be clogging the follicles that cause these little red bumps.