

Beauty IS Skin Deep

Mary Barghelame



How do you define beauty? It's interesting how not only individuals but different cultures have their own view on what is beautiful. While one values raven hair and moonlight pale skin, another prefers blonde locks and a golden tan. But most agree a fine, smooth complexion is a desirable attribute in any culture. So why do some people seem to grow old with grace while others wrinkle and have age spots? Part of the natural aging process, combined with exposure to sun and pollution, destroys collagen — leaving many with skin that no longer looks plump and line-free. The good news is there are many treatments available today to help restore and reverse some of the aging that occurs with time.

One of those is CO2 skin resurfacing. WebMD calls it the antiaging breakthrough of the decade. How does it work? CO2 laser skin renewal uses a carbon dioxide laser for skin resurfacing. The outer layers of damaged skin, facial lines and wrinkles are precisely removed

to reveal the underlying skin, which is softer, smoother and younger looking with more even tone and reduced wrinkles. This microablative procedure greatly diminishes downtime compared to the old method. The new fractionated process leaves surrounding zones of skin intact around each treated spot, allowing the skin to heal faster.

Looking for options to rejuvenate your skin without any downtime or recovery period?

Try a laser facial. This fabulous procedure uses a laser to stimulate collagen production, thereby helping to tighten fine lines and assist with wrinkle reduction. The treatment is followed by a facial, using products to enhance the results of the laser treatment.

Hydrfacial, a non-laser alternative, is a wonderful pampering treatment that shows immediate results. The new


technology removes dead skin cells and impurities while bathing the healthy underlying skin with deep cleansing exfoliating and antioxidant serums. It's delightfully hydrating and helps provide a foundation for healthy skin while decreasing signs of aging — all without discomfort or downtime.

No one has to live with damaged skin. Today's procedures will give you back the smooth, youthful skin you remember.

Mary Barghelame is a Certified Family Nurse Practitioner (FNP-C), state-licensed professional and owner of Avalon Arbor Private Spa. Mary is Avalon Arbor's master professional specially trained in the art of medical esthetics such as Botox, dermal fillers and other treatments that maintain the overall health and beauty of the skin.
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