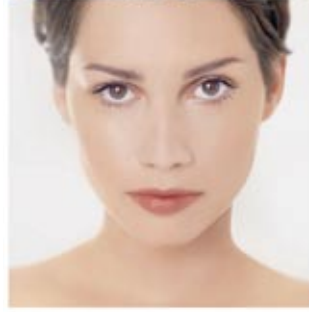


BOULEVARD

M A G A Z I N E



— Turn Back The CLOCK —

Skin Deep Laser Med Spa The Guardian of Your Skin

By Kathy Theodore

I recently had the ultimate pleasure of visiting the Skin Deep Laser Med Spa in Pasadena where your skin is their sole concern. This is quite the impressive place. Their elegant décor evokes cleanliness and beauty. I was greeted by warm and friendly staff members and ushered in to see owner, Colin Hurren, who gave me a tour of the facility. They were voted the Best Med-Spa in Pasadena for 2004 and it was easy to see why.

Every client is treated to the kind of personal attention they deserve. Headed by Dr. Saul Berger, their aim is to help you reach your aesthetic goals by developing individual treatment protocols designed to meet your personal needs. Dr. Berger is a Certified Plastic Surgeon who graduated at age 22 with a passion for helping people become the best versions of themselves. When you have a procedure done at Skin Deep, you can feel confident that you are in the best of hands. There are few spas that have a doctor there on a regular basis, hands-on involved with patient care. Between Dr. Berger and Colin, Skin Deep has been set up to be extremely flexible and progressive in technology, always on the cutting edge of new developments, and have access to a full range of therapy treatments.

Among the many procedures they offer is breast reconstruction. I saw amazing “before and after” photos where after the surgery, the breasts actually looked better than they did before, and so natural! What an esteem builder for a woman who’s gone through the trauma of

breast removal. They also offer Lumenis One, a light treatment that reduces the appearance of age spots, sun damage, Rosacea and other skin imperfections. The treatments are quick, easy to recover from and afterward – your skin will be as soft and clear as a baby’s behind.

You’ve heard about Botox but you may not have all the facts. Botox injections relax targeted muscles to smooth out wrinkles, but if done incorrectly, or without the kind of expert medical supervision that someone like Dr.

Berger provides, Botox can go very wrong, leaving your face looking frozen. Botox “parties” are not conducive to having all the facts and making an informed decision. Who is administering the therapy? Are they properly credentialed? Is there medical follow up or medical back up if there’s a complication? Is the patient ever seen again? If there’s an adverse reaction, who takes care of you? Better to have these medical procedures performed at a medical facility like Skin Deep. Many of the Skin Deep staff members have experienced Botox and they all looked beautiful. If you start with Botox early on, you can prevent wrinkles from ever forming in the first place!

They also offer Restylane injections as a non-allergenic dermal filler that’s better than collagen and lasts 7-12 months. Newly approved by the FDA is Photo-Dynamic Therapy with Levulan. Among other conditions, this new treatment helps clear up acne better than drugs and is safer for you. The light activates the Levulan that attacks the bacteria that causes

acne, and you can see a noticeable difference after just one treatment. Skin Deep offers free Levulan treatments to troubled teens to raise their self-esteem. Laser Hair Removal can be a woman’s best friend. After three to five sessions, it kills the hair follicle so your hair never grows back — and you may never have to shave again!

The first thing you do is have a consultation about your goals. I had my consultation with Jan, an RN who doesn’t pull any punches and is very honest about the treatments and what you can expect from them. She will give you your options and then, completely informed, you can make a decision about what you want to have done. I chose to experience a facial by Lisa. I highly recommend it. Lisa is not only a skilled aesthetician, but very knowledgeable about all aspects of your skin and the products best suited to help it. We started with an aromatic cleanser that decongests your skin. That was followed by exfoliation to remove the dead layer of cells. Then, she put a cream on and focused a steam unit on my face to activate the softening ingredients. While this is going on, she is giving me a hand massage. Ahhhhh! Bliss! Every room is pleausably appointed and equipped with its own sound system for a personal selection of music. This was the first facial I’ve experienced where the extraction process didn’t hurt at all. Afterwards, I looked radiant and felt radiant, too. If there’s one nice thing you do for yourself this holiday season, go get a facial by Lisa.