

BODYLASE[®]

SKIN SPA

<http://www.getbodylase.com/services/laser-treatment/fraxel-skin-rejuvenation/>

What is Fraxel?

Fraxel treatment is a revolutionary laser treatment that helps you remove years from your appearance and regain a more youthful look.

Whether you have sun damage, wrinkles or other signs of age, Fraxel treatment delivers remarkable results with fast recovery. So you can quickly return to work or other activities with renewed skin—and renewed confidence.

The range of Fraxel treatments vary in aggressiveness, downtime, number of procedures needed and results. Fraxel re:store treatments can produce significant results for mild to moderately damaged skin over the course of 3 to 6 treatments. Typically, there is no after treatment wound care with these treatments and downtime is minimal.

FRAXEL SKIN SCIENCE

Think of your skin as a digital photo that is delicately touched up one spot at a time. Fraxel treatment, likewise, affects a fraction of tissue at a time with thousands of microscopic laser columns—each just one-tenth the diameter of a hair follicle. Then your body takes care of the rest. The laser columns stimulate a natural healing process that works from the inside out, replacing damaged tissue with younger, smoother, healthier skin.

The science of Fraxel treatment involves three key components:

- **The epidermis**—the outer layer of our skin
- **The dermis**—sub-layers of skin that include collagen and elastin
- **Microscopic laser columns**—rebuilding skin from the inside out

Under the epidermis is a network of collagen and elastin, which are proteins that keep your skin youthful and tight. But as you age and get more sun exposure, those proteins simply break down faster than your body can rebuild them. As a result, your skin may start to sag and show damage like wrinkles, lines or spots.

This is where Fraxel laser treatment can help. Microscopic laser columns penetrate deep into the dermis to create tiny wounds, which trigger your body's natural response system to heal those wounds. This process expedites your body's remodeling of collagen and elastin, which results in tighter, fresher, more youthful-looking skin. This is how Fraxel treatment creates new skin from the inside out.

Just as important are the areas of skin that Fraxel treatment *doesn't* touch. Because the treatment is so precise, the laser columns target only a fraction of skin at a time, leaving the surrounding tissue intact. This "fractional" treatment allows your body to heal the skin faster than if the entire area were treated at once.

The Fraxel family of products has three laser treatments, all delivering remarkable results with fast recovery. The range of Fraxel treatments vary in aggressiveness, downtime, number of procedures needed and results. The most aggressive treatment, Fraxel re:pair, can produce dramatic improvement for severely damaged skin. This is a single treatment procedure, but will require more downtime and after treatment wound care. Less aggressive treatments, like Fraxel re:store, can produce significant results for mild to moderately damaged skin over the course of 3 to 6 treatments. Typically, there is no after treatment wound care with these treatments and downtime is minimal.

Fraxel re:store® treatment—for mild to severe skin damage

The original and most popular Fraxel treatment, *Fraxel re:store* treatment can resurface damaged skin and uncover the skin of your youth—all with minimal impact on your daily routine. **What it treats:** wrinkles around the eyes, acne scars, surgical scars, age spots/sunspots, melasma and Actinic Keratoses. **Downtime:** Most return to regular activities within a day or two.

How is Fraxel treatment different from other laser skin rejuvenation procedures?

Traditionally, two kinds of laser treatment have been available for cosmetic skin treatment: ablative and non-ablative. Typical ablative treatments, which use a high temperature to vaporize unwanted tissue, can be effective—but with significant side effects and several weeks of recovery time. Non-ablative treatments, meanwhile, have very few side effects and low downtime, but they commonly require numerous treatments to produce more modest results.

Fraxel laser treatment delivers the potency of ablative treatments with the gentle safety of non-ablative lasers. So you get the best of both worlds: dramatic results *and* less downtime.

SKIN PROBLEMS? FRAXEL TREATMENT HAS A SOLUTION.

Whether you have sun damage, wrinkles or other signs of age, Fraxel treatment can deliver remarkable results that help you look and feel your best.

WRINKLES

As you age, your skin's collagen and elastin simply break down faster than your body can rebuild them. The slowed remodeling of these skin-tightening proteins causes your skin to thin, droop and lose elasticity—which often leads to wrinkles, furrows and fine lines.

Causes

If you have wrinkles on your face or around your eyes, you've probably had a wonderful life rich with laughter and emotional experiences. After all, expressions like smiling, laughing, pondering and squinting naturally involve the contraction of muscles—which can lead to wrinkles, furrows and fine lines.

Wrinkles can develop most anywhere, but the skin around your eyes is especially vulnerable because it's more delicate and tends to age more rapidly than skin on other areas of the body. These wrinkles around the eyes are also called "crow's feet" or "periorbital wrinkles."

Treatment

Unfortunately, many of the quick-fix "beauty in a bottle" products and other treatments are a vortex of empty promises: You get caught in an endless, expensive, risky and sometimes painful search for something that works. You may have experimented with acid peels, injectable fillers, collagen, dermabrasion or traditional laser treatment.

Fraxel treatment is a more gentle and effective option, which has been approved by the FDA to improve the appearance of wrinkles, including those on the sensitive areas around the eyes. Fraxel treatment is different because it treats one fraction of tissue at a time with thousands of microscopic laser columns. These columns stimulate a natural healing process that works from the inside out, expediting the production of collagen and elastin, which results in tighter, fresher, more youthful-looking skin.

Prevention

To help prevent wrinkles and fine lines around the eyes, wear sunscreen during the day and a high-quality cream at night. Wear sunglasses or a hat to minimize squinting in the sun.

ACNE SCARS AND SURGICAL SCARS

Scars are depressions or indentations in the skin that occur after a medical condition such as acne or after a surgical incision. Especially when they're on the face or other visible areas, scars can carry the stigma of adolescent acne long after the acne is gone, or they can serve as unpleasant reminders of a past surgery.

Causes

Acne scars can occur as the skin heals from pimples, whiteheads and blackheads that form when oil, bacteria and dead cells get stuck below the skin's surface. Acne scars are typically indented marks or raised, red areas that sometimes give the skin a wavy appearance. Surgical scars, meanwhile, form naturally as skin heals from an incision.

Treatment

Treatment of acne scars and surgical scars requires both the removal of damaged skin and the production of new collagen to improve the area's tone and texture. Traditional approaches—such as deep chemical peeling, conventional lasers, topical agents and abrasion therapies—usually achieve only moderate results or, worse, they destroy a lot of healthy tissue along with the scar. In addition, these treatments often require extensive recovery time.

Unlike other procedures, Fraxel treatment removes damaged skin on the surface *and* reaches deep into the skin to stimulate collagen remodeling. In this way, Fraxel treatment improves the elasticity, texture and tone of your damaged skin while keeping your healthy tissue intact—which minimizes any discomfort or downtime. It's no wonder that doctors consider Fraxel treatment the most effective answer for acne scars:

The FDA has approved Fraxel treatment to safely and gently reduce the appearance of acne scars and surgical scars. And according to a study published in *Dermatologic Therapy* by Dr. Vic A. Narurkar, Fraxel treatment provides more consistent, successful results than any other procedure for treating acne scars.

Prevention

While you can't change the genetics that sometimes cause acne, you *can* take these steps to keep skin clean and clear:

- Cleanse with a mild, non-drying soap in the morning, night and after exercise.
- Always remove make-up before bed.
- Clean cosmetic brushes regularly in soapy water, and throw out old make-up.
- Wash your hair daily, especially if it's oily.
- Keep hair off your face by pulling it back as often as possible.
- Avoid squeezing, picking or rubbing pimples—which can lead to scarring.

AGE SPOTS/SUNSPOTS

Despite their name, age spots are due more to sunning than aging. These spots—also called sunspots, brown spots or liver spots—are flat, uneven dark patches on the face, neck, chest, hands, arms, shoulders and other such areas that are regularly exposed to the sun. Even though they're usually harmless, these blotchy brownish patches can make you look and feel older than you really are.

Causes

When you're in the sun, your body reacts by producing a pigment called melanin to protect your skin from ultraviolet rays. If you spend a lot of time in the sun, your skin may overreact by producing too much melanin. That increased pigmentation can result in age spots, which fall into a broad medical category called "pigmented lesions."

Treatment

Conventional techniques for improving the appearance of age spots include bleaches, freezing, acid washes, pulsed light and traditional laser treatments. But such procedures often fade spots only slightly.

Fraxel treatment, on the other hand, is FDA-approved to effectively treat age spots and other pigment irregularities—on and off the face. And because the Fraxel laser treats one fraction of tissue at a time while leaving healthy skin intact, Fraxel treatment delivers remarkable improvement with minimal downtime.

Prevention

Avoid age spots by minimizing your skin's exposure to the sun:

- Wear wide-brimmed hats and clothing that covers as much of your body as possible, especially the arms and legs.
- Wear sunscreen with a sun protection factor (SPF) of 15 or higher, and choose one that is broad spectrum, inhibiting both UVA rays ("A" for aging) and UVB rays ("B" for burn).
- Apply liberally 30 minutes before going outside, even in the winter months, and reapply every 2-3 hours after sweating or being in water.
- Remember to apply sunscreen to the front and back of your neck.
- Wear sunglasses to protect your eyes and surrounding areas.

MELASMA

Melasma—which is most common in women and affects about 45 million people worldwide—appears as irregular patches of brown skin on the forehead, cheeks, upper lip and nose. Like most other pigmented lesions, melasma is not dangerous, but it can be a self-confidence crusher, prompting many women to hide behind a mask of make-up.

Causes

Melasma is most common during hormonal fluctuations associated with pregnancy, oral contraceptives or hormone replacement therapy. So instead of celebrating the beauty of motherhood, women with melasma must wear what's often called "the mask of pregnancy."

Treatment

For some women, the brown patches will fade after childbirth, hormone therapy or the discontinuation of oral contraceptives. However, in many cases, melasma will not go away on its own.

Traditional remedies include enzyme inhibitors, bleaches, depigmenting agents, steroid creams, pulsed light, chemical or acid peels, microdermabrasion, aggressive dermabrasion and traditional laser treatments. These methods often deliver lackluster results, significant downtime or the risk of adverse complications.

Fraxel treatment, on the other hand, has received FDA approval for significantly reducing melasma where other treatments have failed—at the same time minimizing downtime or discomfort.

Prevention

Since melasma can be influenced by genetics, skin color, hormones and pregnancy, it in many cases cannot be avoided. However, there are ways to prevent melasma from worsening:

- Wear sunscreen with an SPF of 30 or higher, with a broad spectrum that protects the skin from both UVA rays ("A" for aging) and UVB rays ("B" for burn).
- Discontinue any make-ups, facial cleansers or creams that irritate the skin.

SKIN RESURFACING

Over the years, your skin is exposed to sun, air pollution, stress, fatigue and lifestyle factors such as smoking. It all can affect your skin's texture, color and tightness.

To resurface your skin and correct imperfections, there are many options from chemical peels to dermabrasion. But unlike other remedies that scrape, peel and cut the surface of your skin, Fraxel laser treatment has been approved by the FDA to safely, gently and effectively resurface your skin *from the inside out*. That means improved texture, more even tone and smoother skin—all without the risks, discomfort and prolonged downtime of other procedures.

Uncover the youthful skin buried within

Using microscopic laser columns, Fraxel treatment penetrates deep into the skin to trigger your body's natural healing process, replacing damaged tissue with younger, healthier skin—all while keeping the surrounding tissue intact.

Because this unique fractional technology is so precise, Fraxel treatment can resurface skin on and off the face, even on delicate areas like the chest, neck and hands. In addition to wrinkles, scars, age spots and melasma, Fraxel treatment can help with these resurfacing conditions:

- Irregular texture
- Uneven skin tone
- Discoloration and pigment irregularities
- Sun-induced redness (vascular dyschromia)
- Loose skin
- Enlarged pores

Remove Actinic Keratosis, prevent cancer

Actinic Keratosis (AK)—which appears as red, scaly patches of skin on the face, lips, ears, forearms, scalp, neck and back of the hands—is the most common precancerous skin condition, affecting more than 10 million Americans. If left untreated, Actinic Keratosis can lead to skin cancer.

While traditional AK treatments such as surgery, freezing and dermabrasion are moderately effective, they have significant side effects, discomfort and prolonged recovery time. Fraxel treatment, in contrast, has FDA approval to effectively remove AK, at the same time stimulating the body's natural production of collagen to heal the skin, tighten and tone the skin's texture, and prevent future damage. All without surgery, complications or prolonged downtime.

Of course, the best treatment is to prevent lesions from forming in the first place:

- Always wear sunscreen.
- Schedule annual full-body screenings with your dermatologist.
- Routinely assess your diet, stress levels and overall lifestyle.

Actinic Keratosis

Actinic Keratosis (AK) is a pre-cancerous condition of the skin that affects more than 10 million people in the United States. AK is seen more frequently among people with fair complexions and those that spend a lot of time in the sun. As with any pre-cancerous condition, early detection and prevention are key to avoiding more serious intervention in the future.

AK lesions are scaly or crusty in appearance and characteristically grow in areas that are most exposed to sunlight. The majority of AK cases involve more than a single lesion, and lesions typically appear in patches. Conventional therapies for AKs include photo light therapy, topical ointments, freezing and surgical excision. The Fraxel technology is a laser based system that not only effectively treats AKs, but also rejuvenates the

surrounding skin surface. According to the American Academy of Dermatology, studies show proper sunscreen application can prevent the likelihood of developing more AKs.

Who is it for?

No matter your age, sex or skin color, Fraxel laser treatment can uncover your youthful skin buried within.

For men and women of all ages.

Whether you're in your 30s and just starting to see wrinkles...

Or in your 60s or older with deeper lines and loose skin...

Or somewhere in between...

The Fraxel family of treatments has an option for your unique skin.

For all skin colors.

Since African-American, Latino and Asian skin types generally have more melanin (pigment) than Caucasian skin, they've traditionally been at a higher risk for discoloration and scarring with many conventional laser treatments. But unlike these other procedures, Fraxel treatment precisely targets water in the skin, not melanin, and therefore may be safe and effective for all skin colors.

On and off the face.

Because the technology is so precise, Fraxel treatment works not only on the face, but also on delicate skin areas like the neck, chest and hands.

S K I N S P A