About Face

Hermosa Beach’s Dr. Sheila Barbarino shares some of her favorite gifts for winter beauty.

ILLUSTRATED BY CHRISTINE GEORGIADES

FACE FORWARD

Winter beauty gives us time to focus on our faces and take a slight break from our obsession with our bodies. It’s a great time to treat yourself to a series of Intense Pulsed Light (IPL) treatments to your face, neck, chest and hands to reverse the sun damage to those areas that have taken a beating all summer and all the summers before. IPL treatments, otherwise known as a photo facial, can effectively treat fine lines, wrinkles, hyperpigmentation (such as sunspots, melasma, age spots), acne, rosacea and vascular lesions. It even stimulates collagen and can improve skin tone for years to come with very little to no downtime. Because you should not have direct sun exposure after the treatment, this is a great time to schedule it. Your skin will look stunning for the holiday season.

LASER TAG

You can continue treating yourself at home with the latest in home laser treatments. There are two new devices in particular from SkinCeuticals and NuFace. SkinCeuticals came out with a fantastic little device called the Tria, developed to treat crow’s-feet at home. It is FDA-cleared for full-face anti-aging, and it only takes minutes a day. There is also NuFace, a clinically tested, FDA-cleared home laser for improved facial contour, skin tone and wrinkle reduction to give you a more radiant, younger-looking appearance. Of course, neither of these lasers is as powerful or as effective as the lasers in any physician’s office (so you don’t burn yourself), but you can do it in the comfort of your own home every day and maintain your results from other physician-delivered lasers.

CHIN UP

Finally, here’s something that makes the difference between a good holiday photo and a great holiday photo. Until June, when patients came into my office complaining about their double chin, the only thing I could offer them that truly made a significant difference would be a surgical solution. Now I can offer my patients an effective non-surgical treatment called Kybella. With each treatment, a patient receives a series of injections with a needle that’s slightly smaller (and less painful) than Botox. It takes only 10 minutes in the office for permanent fat loss under the chin (several sessions may be necessary, depending how significant the need). The results are very close to those of patients who elect to go under the knife to get submental liposuction. It’s really amazing.