

Glow brighter for the holidays

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BEAUTY RESOLUTIONS: Get a jump start on the holiday glow, go brighter for the new year. There's nothing like the after effects of a professional dermo skin treatment. We're not talking major makeover here, just a better looking clear and brilliant face that's naturally more photo ready

without the extra contouring makeup.

Think of the "clear + brilliant" laser treatment as a special lunchtime treat that gives a more even tone while reducing your enlarged pores, and decreasing dark spots (+freckles), acne, and hyper pigmentation. A less invasive option than most office treatments with less down time; so you can literally go to see DOC at lunch and go back to the office, business as usual. Another bonus is that clear and brilliant gives a boost of elasticity to the skin while re-stimulating the production of collagen. Sounds pretty good, right? Well, I gave it a go... and here's how it went.



As an uber picky skincare regimen loving girl, I'm always resistant to random skin miracles on the market. The possibility of a reaction, discomfort, and walking around with a red or peeling face is not an option for an editor. I was recently visiting Dr. Goldenberg about a newly acquired skin reaction | medical condition that required some DOC TLC. After a few visits to diffuse the condition with the usual steroids, I realized that I was still unhappy with the "patchy" results on the side of my cheek that had become more evident during my treatment.

We discussed some options that are non-invasive for my face during my delicate skin recovery, and that's when I discovered clear and brilliant. The best news of all to me was that the doctor himself- *not an aesthetician*, would actually be doing the process. Someone who I trust, knows my skin + its sensitivity – and my answer was "yes"- especially since he would do it the same day as my visit.



About 15 minutes later, I was nummed up- (OK, I'm a little pain sensitive) and then there was a gadget, maybe another 15 minutes and I was done. Here's how I felt after + recovery: Immediately after the treatment, I sensed an odd numbness- kind of like going to the dentist with a little warmth. My face was slightly flushed for a couple of hours after, but nothing my usual makeup couldn't cover- I added some powder this time. I went to my typical fashion events that afternoon + evening, without any reminder I had just gotten a treatment- *nor did my fashion friends ask about my face...* a good sign.

My regimen in the evening was same as usual with no reaction, but a little pink-ish toned. The next morning, the tone went back to normal, and by that evening, my skin felt like it was peeling slightly- just in certain areas. After washing with a wash cloth, all of it went away. The 2nd night, the same very light peeling occurred, and I washed with the washcloth carefully again. By day 3 AM I got the voila! I have awesome more even skin that glows + it showed in my selfie moments.



Whether your issue is too much sun, acne, age, or medical, the clear + brilliant, done by a professional is your new face BFF. Also, Clear + Brilliant is also the only laser approved by the FDA to reduce pore size. And since that is genetically determined, and topical treatments don't always help, this is an awesome option.

The reality of this treatment though, is that it's not a one-time forever treat. Like everything, it fades with time, and longer-term results are best achieved after multiple treatments – which can be planned out with a professional like Dr. Goldenberg, to best suit your skin condition. The good news is once you do one treatment, you see the glowing results almost immediately, which is the biggest inspiration to go back to get another scheduled glowing boost.



I've never considered a trip to the DOC as a giftable item, but this treatment is like a spa treat without the glass of champagne- and it's so worth it... for you or anyone that deserves it :).

Glow brighter for the holidays written by Brigitte Segura.

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Dr. Goldenberg was named in SuperDoctors in New York Times in 2010, 2011, 2013, 2014, 2015, and 2016.