

fashiondailymag

chic style + beauty + art

A CURATED SOURCE FOR FASHION ENTHUSIASTS + INDUSTRY INFLUENCERS... A LUX LIFESTYLE DESTINATION

BEAUTY RESOLUTIONS: LASER by age

Posted by Brigitte Segura on Apr 3, 2016 in EDITOR FAVES, NEWS, SKIN CARE, SPRING | SUMMER, the [BEAUTY] bits, the [FEEL-GOOD] series...



The path to more awesome **skin**: With all the wonderful skincare options out there, it can be overwhelming for a girl (or guy) to know their correct path to younger skin. Though it's cute like candy to try out the latest face cream or laser, the not so great part is the possible reactions to ingredients

or treatments that can trigger even more skin issues. Ouch!



So, I recently started talking 'laser' with a few of my beauty blogger colleagues, and I realized how little any of us knew about the latest and greatest laser treatments. One knew about the lunchtime laser, one knew about something for after acne scarring, one talked about face peeling, but NONE really knew because "they all had perfect skin" and were too young to personally try it.

My question is pretty simple: To get the awesome clear skin + glow that's better than skincare alone, what LASER is good for what type of skin – and btw, for what age? My logic for the curiosity is, It's got to improve your skin, right? Otherwise, why would there be so many lasers out there, and *-don't all celebrities get these treatments?*



Since no-one actually admits their magic formula to beautiful, it seemed fitting to ask an expert opinion, so we asked Dr. Goldenberg at Mount Sinai to give us (me) some clarity on this LASER treatment mystery- especially since office brochures can confuse me even more.

Dr. G gave us the quick 411 on the 3 most commonly used lasers by age group of 20s, 30s, 40s:

clearer skin via LASER: Clear and Brilliant // Fraxel Dual // V-beam.

20s:

clear and brilliant shrinks pores, gives skin glow, helps treat pigmentation;
fraxel dual helps with acne scarring and dark spots/melasma;
v-beam treats residual acne redness.

30s:

clear and brilliant shrinks pores, gives skin glow, helps treat pigmentation;
fraxel dual helps with acne scarring and dark spots/melasma, etched in lines;
v-beam treats redness of rosacea and spider veins on legs.

40s:

clear and brilliant shrinks pores, gives skin glow, helps treat pigmentation;
fraxel dual helps with acne scarring and dark spots/melasma, etched in lines and wrinkles;
v-beam treats redness of rosacea and spider veins on legs, treats cherry angiomas.



the quick data + down time:

Clear and Brilliant : this “lunchtime laser” has little to no downtime, great for glow, skin surface improvement, large pores, acne, hyper-pigmentation. Expect the skin to exfoliate peel for a few days- a week to get the vibrant, re-energized face results.

Fraxel Dual: but best for acne scarring, etched in wrinkles and lines, melasma and hyperpigmentation, scars | keloids and other discoloration. Has about 3 days of down time, and expect to peel for a week before you get the clearer result.

V-beam: the best option for residual acne redness, rosacea, angiomas, AND spider veins. Though results are almost immediate, it may cause bruising + some redness, which can be concealed with makeup.



Now we have a quick expert guide to help choose the laser for that extra 'beauty awesomeness' we're ALL looking for. BEAUTY RESOLUTIONS: CLEARER skin via LASER: 20's, 30's, 40's written by Brigitte Segura.

photo credit: angus smythe x fashiondailymag

more FashionDailyMag Collabs.

my take on the skin glow.

more info + get checked out:

GoldenbergDermatology

about: Dr. Gary Goldenberg is the Medical Director of Mount Sinai Dematology Faculty Practice + Board Certified Dermatologist & Dermopathologist, located at 5 E. 98th st | Mount Sinai. (212) 241-9728.