



ADVANCED DERMATOLOGY

BEL AIR • HUNT VALLEY • TOWSON

Promoting Awareness of Comprehensive Skin Health

Winter 2016-17

The ZO[®] Medical 3-Step Peel™



tony Obagi Skin Health Institute in Beverly Hills, and the founder of ZO[®] Skin Health, the new ZO Medical 3-Step Stimulation Peel is now available at dermatologists and plastic surgeons nationwide. It is touted as a highly effective treatment for many of the signs of skin aging, including melasma, sun damage, fine lines, uneven texture, large pores and dullness, and also for acne.

The 3-Step Stimulation Peel is a professional peel and must be performed in a physician's office by a licensed skincare professional.

Step 1 of the system's three steps is the peel itself, which is formulated to remove the outermost layer of skin. Composed of salicylic acid (17%), trichloroacetic acid (10%) and lactic acid (5%), the peel also contains saponins to minimize inflammation and glycerin for hydration.

Facial peels are still one of the most effective ways to treat signs of aging, discoloration, and UV damage.

Step 2 is application of the Stimulating 6% Retinol Crème. Applied after the peel solution, the cream works to stimulate cellular function at a deep skin level. The results include collagen enhancement as well as firming and wrinkle reduction.

Step 3 refers to the application of the Calming Crème Post Procedure Skin Relief. This cream works to minimize inflammation and irritation that may result from the first two steps, as well as restore the moisture balance of the skin. You can take the cream home to apply twice daily following the in-office treatment to speed the healing process.

"The most unique thing about the new 3-Step Stimulation Peel is that post treatment peeling is very mild or even unnoticeable in many cases, as most of the dead cells are removed by the twice daily washing following the peel. So there is minimal or no downtime with this peel, and your skin will look healthier very quickly," said Dr. Obagi.

The following article by Dorene Kaplan originally appeared on the website beautyinthebag.com and is used with permission.

Peels are the new black, when it comes to skin rejuvenation. This tried and true method of reversing skin damage has been overshadowed in recent years by laser and light technology, but facial peels are still one of the most effective ways to treat signs of aging, discoloration and UV damage. But not all peels are created equal. Some of the deeper peels around can leave you red and irritated for days.

The new 3-Step Stimulation Peel from ZO[®] Medical works to improve the health of facial skin through exfoliation, cellular stimulating and a calming post-treatment cream – with little or no downtime.

Created by Dr. Zein Obagi, the uber dermatologist of the



Winter Savings

Winter Skin Care Regimen Special!

Purchase 1 each of CeraVe[®] AM, CeraVe[®] PM and CeraVe[®] SA and receive a Free CeraVe[®] Foaming Cleanser

HydraFacial[®] Treatment Special - \$120 (regular price \$165)



Quantities Limited. Offer good while supplies last. Offers cannot be combined. Offers expire 2-28-2017

The 3-Step Stimulation Peel is suitable for any skin type or color. Dr. Obagi recommends pre-conditioning your skin prior to the application of the peel to improve skin health as well as accelerate post peel healing. "It is important not to peel skin that has not been prepared properly. If the skin is sensitive or dehydrated, it is not ready to be peeled," he said. He recommends using ZO Skin Health Radical Night Repair Plus or the even more potent ZO Medical Retamax for 3-4 weeks before having the 3-Step Stimulation Peel. "The skin must be ready to tolerate the peel safely. Using Retinol or retinoids consistently will help strengthen the skin to improve barrier function." The ZO 3-Step Stimulation Peel can be repeated every 3 to 4 weeks, or as needed. It is quickly becoming a

most requested skin rejuvenation treatment.

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For more information on the ZO® 3-Step Peel and other aesthetic services, contact Jessica Pitz. Jessica is a Skin Care Specialist and Aesthetician at Advanced Dermatology Bel Air, Hunt Valley, and Towson. Her specialty is personal skin evaluations and cosmeceutical therapy. Jessica works side by side with our Medical Professionals, and is knowledgeable about the newest trends and breakthroughs in skin care.

Her custom skin care regimens include the latest in skin protection, chemical peels, HydraFacial® Treatments, as well as skin care products for home use. Jessica's experience with physician-grade skin care products and her drive to remain at the forefront of aesthetic skin care ensures the best results for our patients. She believes that consistency with at-home skincare products, coupled with patient education, is the key to any successful skin care regimen. Call our office, or go online to DERMTEAMMD.COM to schedule an appointment with Jessica.

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Office Locations

Bel Air

Office Hours:
8:30 a.m. - 4:30 p.m. M-F

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Towson

Office Hours:
7:00 a.m. - 2:00 p.m. M-Th

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410-472-0901

Winter Sun Protection Reminder!

When participating in outdoor activities (skiing, snowboarding) apply sunscreen liberally and evenly to all exposed skin. You should apply at least a teaspoon of sunscreen to the face.

source - *The Skin Cancer Foundation* www.skincancer.org



DermTeam Spotlight



In this Winter issue, our spotlight is **Melissa Malkowski**. Melissa has been a member of the **Englert Dermatology Derm Team** for 3 years, and is the Lead Medical Assistant (MA) at our Hunt Valley office. As Lead MA, Melissa works with our Medical Assistants and Medical Staff to help make sure that our patients experience a warm, caring, positive environment, and that their visit is timely and

professional. Melissa is also involved in the training of new Medical Assistants as well as helping to manage provider workflow. Melissa enjoys working with her extended "Derm Family" and says, "I feel like my job helps change lives, and that is the biggest reward." When not in the office, Melissa enjoys traveling, working out, and spending time with friends. Melissa always brings a smile and an enthusiastic outlook to the office. If you are in the Hunt Valley office, don't be surprised if you hear her favorite quote, "It's a great day to be great!"