



### PROCEDURES OF THE MONTH:

Save 15% on **CoolSculpting** treatments in July! CoolSculpting is a non-surgical alternative to liposuction that is designed to reduce areas of unwanted fat on the abdomen, back, and thighs. The procedure works by freezing the fat cells in the treatment area, while leaving healthy cells untouched. CoolSculpting is a short procedure that requires little to no downtime afterwards.

For the next few weeks, Dr. Aria will be demo-ing a newly released CO2 laser, the **Acclaro UltraClear**. This laser can help exfoliate the skin, improve texture and pores, and provide the skin with a rejuvenated glow. Treatments last 15-20 minutes, cause minimal discomfort, and require virtually no down-time!

### PRODUCTS OF THE MONTH:

Save 10% on our new products from SkinBetter!

#### InterFuse Treatment Eye Cream

A nourishing eye cream designed to improve the appearance of crow's feet, wrinkles, puffiness and under-eye darkness. The patented technology delivers ingredients efficiently to maximize benefits like brightening, hydration, and smoothing.



#### Alto Advanced Defense and Repair Serum

A powerful antioxidant serum that helps shield the skin against the effects of internal and external free radicals. This serum helps improve the appearance of skin dullness, redness, and overall tone and texture.



### TIP OF THE MONTH:

#### HOW TO PREVENT SKIN PROBLEMS WHILE GARDENING

Although gardening is an enjoyable activity for many, it can take a turn for the worse if you injure yourself or have an allergic reaction. To prevent skin problems from gardening or yardwork, follow these tips from board-certified dermatologists:

- 1) **Cover up.** Touching certain plants can cause an allergic skin reaction, so the best way to protect yourself is to cover your skin.
- 2) **Use sunscreen.** To reduce the risk of sun damage, apply sunscreen to all uncovered skin.
- 3) **Avoid gardening when the sun is strongest.** Stay inside or remain in the shade between 10 a.m. and 2 p.m.
- 4) **Prevent bug bites.** Using insect repellent and checking your skin for ticks can protect you from many bug-related injuries or illnesses.
- 5) **Read labels on gardening products before using them.** Pest control products, plant foods, and fertilizers can cause rashes or burns if handled incorrectly.
- 6) **Avoid touching your face while gardening.** Keep a clean washcloth nearby for wiping away sweat if needed.
- 7) **Treat wounds right away.** Even minor cuts can become infected, so it's important to clean them as soon as possible.
- 8) **Skip foods and drinks that contain citrus.** When citrus juice gets on your skin, it can react with sunlight and cause a blistering rash or painful swelling.
- 9) **Shower and change into clean clothes when you finish gardening.** This helps protect your skin from sap, pollen, and other plant residue.

If you have an injury or reaction that doesn't improve with home treatment, contact our office at (310) 626-4631 and schedule a consultation with your dermatologist.  
(Adapted from AAD.org)

The physicians at Dermatology Associates Medical Group have expertise in treating cosmetic, medical, and surgical dermatological conditions.

Please call (310) 626-4631 ext. 227 to schedule a consultation or visit us online at [www.derm90210.com](http://www.derm90210.com)

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