



PROCEDURE OF THE MONTH

CoolSculpting

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.



Get 15% off CoolSculpting during the month of January.

PRODUCT OF THE MONTH

Receive 10% off our Body Lotion during the month of January

Dermatology Associates Medical Group Glycolic 15% Body Lotion

This light, oil-free body lotion formulated with 15% glycolic acid helps treat dry skin to achieve softer and smoother skin texture.



WINTER ITCH AND SKIN CARE

Winter can bring about a variety of skin challenges, with one common issue being "winter itch" or dry skin. Cold temperatures, low humidity, and indoor heating can strip your skin of its natural moisture, leading to dryness, itching, and discomfort. Here are some tips to help you care for your skin during the winter.

1. Hydrate from the Inside Out:

- Drink plenty of water to stay hydrated.
- Consume foods rich in omega-3 fatty acids, like fish, flaxseeds, and walnuts.

2. Moisturize Regularly:

- Use a thick, emollient moisturizer immediately after bathing.
- Apply moisturizer at least twice a day, focusing on areas prone to dryness.
- Look for moisturizers containing ingredients like hyaluronic acid, glycerin, or shea butter.

3. Gentle Cleansing:

- Use a mild, fragrance-free cleanser to avoid further irritation.
- Avoid hot water, as it can strip your skin of natural oils. Opt for lukewarm water instead.

4. Shorter, Lukewarm Baths or Showers:

- Limit your bath or shower time to 10-15 minutes.
- Use lukewarm water instead of hot water, as hot water can worsen dryness.

5. Humidify Your Home:

- Use a humidifier to add moisture to the air, especially in bedrooms.
- Aim for a humidity level between 30-50%.

6. Choose Winter-Friendly Fabrics:

- Wear breathable, natural fabrics like cotton to prevent skin irritation.
- Layer clothing to stay warm without overheating.

7. Protect Your Skin Outdoors:

- Wear gloves, scarves, and hats to shield your skin from harsh winds and cold temperatures.
- Apply a broad-spectrum sunscreen to exposed skin, as winter sun can still cause damage.

8. Avoid Irritants:

- Choose fragrance-free and hypoallergenic products to minimize the risk of irritation.
- Be mindful of harsh soaps, as they can exacerbate dryness.

9. Use Ointments for Severe Dryness:

- For extremely dry areas, consider using an ointment rather than a lotion, as ointments are thicker and provide more protection.

10. Consult a Professional:

- If your skin condition persists or worsens, consider a consult for personalized advice and treatment options.

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

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