



September 2024

DERMATOLOGY ASSOCIATES  
MEDICAL GROUP

### PROCEDURE OF THE MONTH

#### Clarifying Facial with our new Aesthetician Gloria Cordova

This month, we're excited to spotlight our Clarifying Facial is all about getting to the root of acne problems and delivering clear, healthy skin. Here's how we make it happen by Deep Pore Cleansing, Focused Extractions, High Frequency, Blue LED Light and a Refreshing Clay Mask.

Enjoy **10% off** your Clarifying Facial in September!

### PRODUCT OF THE MONTH

*10% off in September*

#### Glycolic Elite Ultra Lite Facial Cream

Light moisture enriched facial cream formulated with aloe vera and antioxidants, it helps to achieve smoother and softer skin.



### TIP OF THE MONTH:

#### Back-to-School Skincare for Clear, Healthy Skin

Hard to believe summer is coming to a close. As teens head back to school, establishing a consistent skincare routine is key to maintaining clear and healthy skin, especially with the increased stress and changes in schedule. Start with a gentle cleanser that suits your skin type—whether it's oily, dry, or combination. Cleansing twice a day helps remove excess oil, dirt, and sweat that can clog pores and lead to breakouts. Follow up with a lightweight, oil-free moisturizer to keep the skin hydrated without causing congestion. For those prone to acne, incorporating a product with salicylic acid or benzoyl peroxide can help manage and prevent breakouts.

Sun protection is essential, even during the school year, so make sure to apply a broad-spectrum sunscreen with at least SPF 30 every morning, even on cloudy days. For teens involved in sports, it's important to shower and cleanse the face immediately after activities to prevent sweat and bacteria buildup. Additionally, encourage avoiding picking at pimples, as this can lead to scarring and further irritation. Pimple patches with hydrocolloid are a great way to help heal pimples and keep busy fingers off of the face. A consistent routine, combined with a healthy diet and adequate sleep, will help keep skin looking its best throughout the school year.

Please check in with our office for products to help your teen keep their skin clear. In addition we offer teen facials to help with acne prone skin.

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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