

## Ask The Expert: Winter to Spring

### **My skin feels so dry in the winter. What can I do?**

Our Colorado winters are tough on skin. The air is more dry than usual, the sun continues to send down its harmful rays and we have frequent, harsh winds. The most important thing we should all do is wear a good, physical-block sunscreen year-round. Many of us aren't as diligent about sunscreen during the winter, but we need to be. Even small amounts of time outside at this altitude inflict damage on our skin cells. A good hydrating moisturizer is also important during our dry months. Our product specialist can help you choose one that will not clog your pores and will still nourish and hydrate the cells. Exfoliation, such as with mild chemical peels or microdermabrasion is especially important this time of year. Exfoliation gets rid of the layer of dead skin cells that builds up on the surface of our skin. These dead skin cells stop hydrating products from penetrating through to the living cells where they are needed.

### **How can my skin look more refreshed for spring?**

There are many options for getting healthier, better looking skin. Medical-grade facials (which can only be done where a physician is present) are anti-aging and hydrating and result in softer, smoother skin. Lasers can be used to reduce brown spots, minimize pores and improve texture. Micro-needling is a safe, effective way to achieve overall skin rejuvenation and can be combined with the application of radio-frequency energy to boost the results. Some of these procedures have no down-time, while some have four to seven days of social down-time.

### **How can my body look better before summer?**

Now is a great time to begin laser hair removal treatments in order to get bathing-suit ready. Laser hair removal can be done anywhere on the body. Usually, a series of six treatments is done for best results. If excess body fat is an issue, the physicians at Genesis can remove it

using ultra-sound assisted liposuction, which is safe and has a relatively quick recovery time. Our Limelight laser can be used to remove brown spots from anywhere, including the chest, arms, legs and hands. All of these treatments will help you feel better in shorts, sundresses and bathing suits.

### **How can I learn more?**

Genesis MedSpa offers free consultations, allowing you the chance to get all of your questions answered. Our skin care specialists will design a program that addresses your needs. Call us today at 719-579-6890.



**Dr. Lisa Jenks**

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*Beautiful Skin is the Genius of Genesis*

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