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FOUR FACES, FOUR MONTHS

Can four 30- somethings
change fine lines, age spots,
acne scars and uneven
skin with lasers, peels,
vitamin C and a new found
devotion to sunscreen?

This is the first of three stories about four 30-something women who wanted to know what could be done to fight aging. KTVN Channel 2 Reporter Wendy Damonte and Reno Gazette-Journal reporter Siobhan McAndrew have teamed up on this story. Watch Damonte's news report, Four Faces Four Months, at 5:30 p.m. Wednesday on Channel 2.

BY SIOBHAN MCANDREW
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At around age 31, your skin stops being forgiving. I remember my 20s as a happy time when I could stay up all night, and my face still looked refreshed and dewy. Once you hit 32, your pillow starts to leave marks. Years of sun worshipping become age spots. Fine lines stay around after squinting. Long work hours and children start to make what once was a pretty complexion now tired and uneven. And what is happening to my forehead should be outlawed.

Your 30s are that time in life when your face starts to show its age.

KTVN Channel 2 reporter Wendy Damonte and I decided the best way to see what really works on aging skin is to try it out for ourselves. Both of us noticed that our faces post 35 aren't what they were at 29. We'd like to blame our careers in journalism, but the truth is your 30s are that time when crow's feet appear. Dove soap doesn't seem like enough of a defense.

Along with Damonte's friend, Sally Overholser, and my sister, Molly McAndrew, we decided to see if four women, with four completely different skin types, really could see results without going under the knife, getting Botox or resorting to piling on more makeup every time we left the house.

All four of us will spend four months trying different treatments raging in price and recovery time designed by Lisa Mueller of Skin Pros at the Center for Plastic Surgery.

"The most basic thing you can do to help your skin, the first step, is using sunscreen," said Mueller. Mueller looked at each of our faces and designed a program that over four months she promised would show results. All four treatment can be done on women of all ages, said Mueller.

"The truth is, the more dramatic the damage, the more dramatic the results," Mueller said.

SEE FACES ON 3C

ON RGJ.COM

Watch video of "Four faces, four months" online at RGJ.com. Shots include Siobhan McAndrew and Wendy Damonte undergoing photo facial and laser treatments.



DETAILS

For more information on any of the four procedures, contact Lisa Mueller at Skin Pros at 828-0118 or go to www.bonaldimd.com

Siobhan: Intense pulsed light photo facial



Siobhan McAndrew lies still as Lisa Mueller of Skin Pros applies a protective gel on her skin before starting a photo facial on Oct. 3. The photo facial uses pulses of light to repair broken capillaries, sun damage, acne scars and other conditions.

Sally: Biomedic micropeel



Dry ice smokes as aesthetician Debbie Poudrier runs it over Sally Overholser's skin during a micropeel. The dry ice is applied after the skin has been cleansed, dermaplaned and treated with glycolic acid.

Molly: Vitalize Peel



Molly McAndrew has an acid solution run over her skin by Eryn Turk during a Vitalize Peel at Skin Pros. The procedure only takes several minutes and improves skin tone and texture.

Wendy: Fraxel Laser Treatment



Wendy Damonte has her first Fraxel Laser Treatment from Jennifer Hickok at Skin Pros. The procedure targets wrinkles, age spots, acne scars and other signs on aging.

PHOTOS BY
JULIE DAVIES
RGJ

Faces/Treatments target different skin types

From 1C

The four of us will see if 30 years of damage can be erased in 120 days.

"The first thing any person should do is get a consultation," Mueller said.

She offers free consultations and said treatment programs can range from suggesting products to laser treatments.

"There are many factors to consider when you are doing something," she said. "You want to consider what you want your end result to be, how much money you have to spend and what the downtime will be."

"Adding a \$20 product with vitamin C can make a difference," she said.

The four of us will spend four months trying out lasers and peels, taking better care of our skin, using products designed for our skin types and slathering on sunscreen whenever we leave the

house.

MONTH 1:

SALLY OVERHOLSER, 38

Overholser has three children and was looking to improve her skin tone and texture. Her skin looked a bit tired, and her goal was to look more refreshed.

Recommendation: Mueller suggested Overholser get a series of four biomedic micropeels. The peel is a three-step, 75-minute light-acid peel. It removes the micro-thin top layer of the skin. It is often referred to as the "lunchtime peel."

Results after one Micropeel: "I noticed results immediately after the first treatment," Overholser said. "I got compliments from people that I didn't tell," said Overholser, who had no downtime after her peel. She said her skin looks refreshed and she feels comfortable leaving the house without makeup. She is looking forward to seeing results from the second treatment. She also has started using a vitamin C serum.

Cost: \$125 each, \$450 for a series of four.



PHOTOS BY JULIE DAWES/RENO GAZETTE-JOURNAL

Eryn Turk gives Molly McAndrew her first Vitalize Peel at Skin Pros on Oct. 3. The procedure only takes several minutes and improves skin tone and texture. Multiple peels can be done over a period of time to get desired results.

SHOBHAN MCANDREW, 37

My main skin concerns were age spots and pigmentation. Along with the other three women, I was concerned that I don't look as good as I could. I don't want to change how I look, but I want to look like I've gotten a great night's sleep. I also am worried about a melasma, dark patch of skin, on my forehead.

Recommendations: Mueller suggest an intense pulsed light photo facial to treat my skin. The device used pulsed gentle light in the skin and should change skin tone and reduce pigmentation.

Results after one IPL treatment: My skin seemed smoother, although I didn't see a big change. Darker freckles disappeared over a few days so I had a more milky complexion but I don't look more refreshed. The treatment feels as if your face is being snapped with a rubber band.

Cost: \$100 for partial treatments on face, neck and hands, \$300 for four full treatments.

WENDY DAMONTE, 36

Damonte was worried

about fine lines and wrinkles around her mouth and eyes, as well as uneven skin tone. She wanted fresher looking skin and the ability to leave the house without makeup.

Recommendation: Mueller recommended four Fraxel Laser Treatments, which is a resurfacing laser that improves tone and texture. The Fraxel Laser can improve wrinkles and sun spots. The patient is mildly sedated, and a topical numbing cream is applied to the face. A laser is used to resurface the skin.

Results after one Fraxel treatment: "I feel comfortable leaving the house without makeup," Damonte said. She said her skin texture and tone is improved. She said wrinkles and fine lines seem about the same but expects after an additional treatment she will see a difference. Damonte said it wasn't painful. Immediately after the treatment, she looked sunburned and had some swelling. Her face peeled on days 2 and 3. By day 4, she was able to wear makeup.

Cost: \$1,000 for one treatment, \$3,200 for a series of four.

MOLLY MCANDREW, 33

McAndrew has some acne scarring. She worried that as she got older, it would become more prominent. She was also worried about sun damage and hyperpigmentation.

Recommendation: Mueller suggest a Vitalize Peel. The peel uses Alpha-hydroxy acid, Salicylic acid and Retinoic acid to shed layers of the skin. The acid solution is applied in the office and then after a day or two, the patient will peel.

Results after one Vitalize Peel: "I feel like the scars are less noticeable and my skin texture has improved," McAndrew said. She said she is looking forward to see the results after a second peel to see if the results are more dramatic. The results were more dramatic after week one, but in the follow-up weeks the results aren't as noticeable. Immediately after the Vitalize Peel, McAndrew's face was yellow from the solution, which she washed off four hours later at home. Peeling of the entire face happened on days 3 and 4, and by day 5, McAndrew was able to wear makeup.

Cost: \$185 each, \$600 for a series of four.



Shobhan McAndrew sits for a series of "before" pictures before getting a photo facial on Oct. 3 at Skin Pros.



Aesthetician Debbie Poudrier uses a scalpel to scrape layers of skin off Sally Overholser's face during a micropeel, also known as the "lunchtime peel."



Is pleased to introduce our new associates!



Devang M. Desai, MD



Susan M. Lane, MD

For an appointment with Sierra Nevada Cardiology Associates, please call 775-688-8000 or 1-800-628-6915
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