

# DESTINATION READY

GETTING BIKINI-READY FOR YOUR SUMMER VACATION IS EASY AT LASER CLINIQUE IN CARMEL VALLEY. BY WHITNEY BUTLER

Getting bikini-ready for your next vacation doesn't have to be a stressful experience. With proper diet and exercise, maintaining youthful skin and a shapely figure can be greatly enhanced by using quality skin care products, taking preventive measures and utilizing new technologies that provide ways to eliminate problem areas on the body. Dr. P. Alexander Ataii, MD, of Laser Clinique in Carmel Valley, shares his thoughts on getting destination ready for your summer vacation.



## PREVENTION

"Using a proper wash or cleanser, a great moisturizer, sunscreen and—depending on one's skin type—retinols, is essential to youthful looking skin," said Dr. Ataii.



### CALMING GREEN TEA WASH

This cleanser is designed to gently cleanse without drying. Its antioxidant formula contains a blend of green tea, polyphenols, caffeine, soy

phospholipids, and liposome encapsulated Vitamins A, C and E.

### TNS ESSENTIAL SERUM

The TNS Essential Serum, developed by SkinMedica, is the best product on the market, according to Dr. Ataii.

This prescription-grade product features an anti-aging formula developed from a naturally occurring growth-factor serum, antioxidants, soluble collagen, cytokines and matrix proteins to help rejuvenate the skin.



### GREEN TEA TINTED SPF 50

This slightly tinted sunscreen has been formulated to protect the skin from the sun's harmful rays. Added vitamin E, combined with Green Tea extract, helps heal the skin while protecting it from free radicals and supplying long-lasting hydration.

### RETINOL COMPLEX



This topical product provides the components your skin needs to improve the appearance of imperfections caused by sun exposure, environmental assaults and aging. The skin will become visibly smoother, the appearance of fine lines and dark spots on the face will be minimized and a more even skin tone will allow its natural beauty to emerge.

## FACIAL PROCEDURES

"Proper skin care starts with preventing sun damage," said Dr. Ataii. But sometimes preventive measures are not enough. Dr. Ataii and his team at Laser Clinique have developed both simple and comprehensive treatments that significantly reduce sun damage, as well as improve the overall health and radiance of

skin. Dr. Ataii recommends these quick and non-surgical procedures are needed to achieve beautiful and fresh summer skin.

## IPL OR PHOTOREJUVENATION

Intense Pulsed Light (IPL) is a laser treatment that helps reduce fine lines, wrinkles, rosacea, sun damage, uneven skin tone, melasma (hyperpigmentation) and age spots. With no downtime and minimal discomfort, this treatment allows patients to enjoy the



results in only three to five treatments. This laser treatment will greatly improve any discoloration and stimulate collagen. "Aside from treating existing damaged skin, IPL can also prevent the formation of pigmentation in the first place," said Dr. Ataii.

## CHEMICAL PEELS

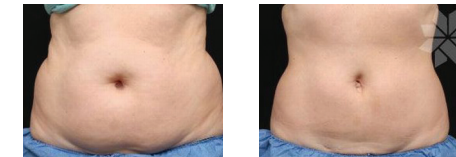
Medical Grade Chemical Peels are cosmetic treatments designed to help erase imperfections by greatly improving the tone and texture of the skin. If you need results in a hurry, light medical grade chemical peels are the way to go. With full results in about a week, this facial procedure is ideal for patients who want to maintain the quality of their skin. Results are enhanced when combined with other treatments like Botox® Cosmetic and dermal fillers like Juvederm.

## BECOMING BIKINI-BODY READY

"Statistically eighty percent of women have cellulite and twenty percent of women believe they have cellulite," said Dr. Ataii. When diet and exercise are not enough, these innovative body sculpting procedures can help get your body ready for that summer bikini. "With nearly 300 days of sunshine here in San Diego, getting ready for summer can happen almost anytime," said Dr. Ataii.

## COOLSCULPTING

CoolSculpting is a nonsurgical body



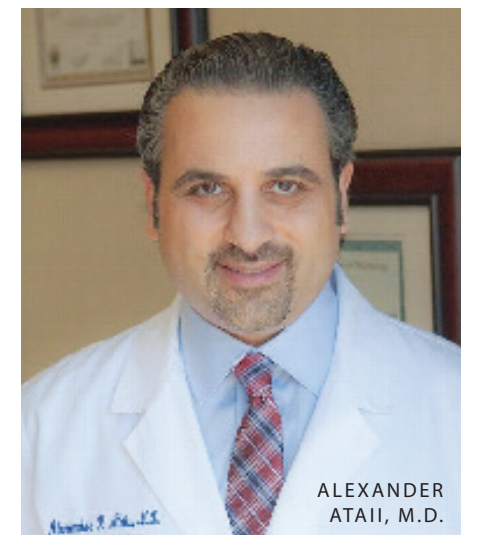
contouring treatment that freezes away stubborn fat. "This procedure actually mimics liposuction as far as results," said Dr. Ataii. The CoolSculpting device uses a strong suction to pull loose fat into a chamber that uses a targeted cooling process that kills the fat cells underneath the skin. While the fat freezes, patients can kick back and enjoy a movie. With no downtime and full results in eight to twelve weeks, it sounds like science fiction but the results are real and permanent.

## MESO-CELLULITE

Meso-Cellulite is an injection treatment that can dramatically reduce the appearance of cellulite and fatty deposits on the body specifically in outer thighs and buttocks. This simple treatment is the answer to a problem that almost all women struggle with. By breaking up the fat globules under the skin, the surface texture become more even and less dimpled. Because let's face it, ladies—squats don't get rid of cellulite.

## LASER HAIR REMOVAL

Perfect for getting bikini-ready, improved technology has allowed treatments to become painless and fast. This means no messy gels, no numbing and no hassle. "Laser hair removal gave birth to an entire spectrum of laser cosmetic procedures," said Dr. Ataii. The next generation of laser hair removal is virtually painless and can have lasting results with minimum maintenance.



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