

BEAUTY & FASHION

My quest for beautiful skin

Local aesthetic physician offers effective, painless procedures.

BY MELISSA SCHULZ

We all want glowing skin that makes us appear youthful and healthy; however, pollution, bad eating habits and the stress of everyday living make beautiful skin hard to maintain. I recently decided to start paying a little more attention to my beauty regime, and to see if I could get rid of some of those fine lines and old acne scars that have haunted me since high school. Up until now, I have been using over-the-counter moisturizers and getting the occasional facial, which has simply not made much of a difference.

A short time ago, a friend of mine had confessed her secret to flawless skin; she had been getting chemical peels, Botox and Restylane for the past year. This new information shocked me a bit, because, like me, she was only 31, but the difference in our complexions was noticeable. She has smooth, porcelain skin that Snow White would be jealous of. The only problem that immediately crossed my mind: I am deathly afraid of needles. My friend recommended that I see Dr. Susan Davoodifar, an aesthetic physician who is the Medical Director at the DermaSmooth Clinic in Irvine. She promised me a "pain free" experience, along with remarkable results.

I was shaking in my boots, but immediately, Dr. Davoodifar set me at ease. She has a very personal approach and spends a lot of time getting to know your desired beauty outcomes. We talked for quite awhile the first time we met, and not only about

my skin but how I was feeling, what I did for work, etc. She took the time to understand me and my lifestyle before recommending any procedures.

I decided to have the Restylane treatment to correct the uneven lines of my lips. With age, the lips tend to decrease in size and lose the fullness they once had. (Or, if you're like me, you are just born with thin lips.) Dr. Davoodifar numbed my lips by giving me a painless injection into the gums, and then spreading on a numbing cream. It takes about half an hour for the lips to be completely numb, so in the mean time, she suggested I do the Botox injections to get rid of my angry, furrowed brow. (I have actually woken up with headaches because I furrow my brows so much in my sleep.) Dr. Davoodifar recommended Botox to relax the lines between my eyes. She said it may also help my headaches.

But where was my numbing cream? Don't worry, she told me, "I am very fast and precise, you won't need the numbing cream for the Botox. Just breathe deeply and relax." My lips were too numb to utter any objection, and before I knew it, she was already finished with the Botox injections. I honestly did not feel much, except a very slight prick, and she had such skill that she completed the procedure with lightening speed.

Now, back to my lips. Obviously, if I needed numbing cream this could be a painful procedure. She told me that many doctors perform the

procedure without the numbing cream, but for some patients this is not advisable. Again, I did not feel much, except a bit of pressure as the Restylane went in. The results were instantaneous - suddenly I had a very natural, pouting look - I loved it!

About three days later, the angry line between my brows

relaxed, and she was right, the headaches did go away. I am so impressed with the results. They are subtle, but what a world of difference for my skin. People have started to comment on my looks, wondering if I changed my hair or have a new man in my life!

Next time I meet Dr. Davoodifar, I am having the chemical peel done. (Be sure to read about it in our next issue.) Now that I know the level of her skill, I have no fear, and am excited to see the results. The quest for beauty can be painful, but Dr. Davoodifar took the pain out of the equation, and has helped me to feel and look better than I have in years. **tw**

Dr. Susan Davoodifar has been practicing cosmetic dermatology for seven years and is the founder and Medical Director of the DermaSmooth Clinic in Irvine, CA, a highly specialized clinic, focusing on facial rejuvenation and aging prevention treatments and therapies. For more information, call 1.888.78.BOTOX or visit her website dermasmoothclinic.com, where you can sign up for her monthly e-newsletter that features essential skin care tips.

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