



elements



SERPENTINE DERMATOLOGY

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TREAT YOUR SKIN RIGHT FOR 'SUMMER'

OUR AUGUST HOLIDAYS ARE VERY DIFFERENT FROM THE TYPICAL NORTH AMERICAN SUMMER – TEMPERATURES AND HUMIDITY LEVELS VARY, AND WE GENERALLY EXPERIENCE A LOT OF RAIN. THIS PLACES PARTICULAR DEMANDS ON THE SKIN OF PEOPLE WHO LIVE IN THE TROPICS.

Naturally, we still need to slather on the sunscreen, but the shift from dry to wet season comes with humidity levels that often lead to unwanted breakouts. In this issue of "Elements", we'll offer you effective solutions that will keep your skin supple and vibrant throughout!

The holidays are a great time to remind you to make skin checks a normal part of your health routine. Skin cancers, after all, can be insidious, so self-checks are extremely useful for catching them early.

We'll walk you through how to go about it and what to look for – because beautiful skin is healthy skin!



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HEALTHY SKIN IS AS EASY AS ABCDE!

JUST AS YOU'D DO REGULAR SELF-CHECKS FOR EVERYTHING FROM BREAST LUMPS TO BLOOD PRESSURE, CHECKS FOR SKIN CANCER SHOULD BE INCORPORATED INTO YOUR HEALTH ROUTINE.

At least once a month, scrutinize your moles to see whether any new ones have shown up, or if you notice any visible changes to ones that have been there forever.

In the Caribbean, there's a misconception that because many of us are darker-skinned, skin cancer is not something we need to worry about, but the fact is that it is one of the most common cancers striking both men and women, regardless of ethnicity. Self-checks are a useful screening tool that can make detection of skin cancers easier and therefore prevent the disease from progressing beyond help.

ATYPICAL MOLES GENERALLY:

- Are **ASYMMETRICAL**
- Have an irregular **BORDER** and **COLOUR**
- Have larger **DIAMETERS**
- Tend to **EVOLVE**

You should also be on the lookout for other unusual skin lesions, growths, or bruises, cuts and sores that don't seem to heal very quickly. Skin cancer exams are best done in the nude in front of a full-length mirror, so just before or after a shower is ideal. A hand mirror also comes in handy, as you will need to examine yourself front and back, as well as left and right.

Check your limbs carefully – especially in hard-to-reach places like under your arms, between your fingers and toes, and places you might not typically pay attention to, like the underside of your hands and feet, the back of your neck, behind your ears, the top of your head, and around your genitalia.



If you find anything suspicious or are concerned in any way, make an appointment to come in and see one of our dermatologists, who can do the requisite clinical exams (or more, if needed) just to make sure.

ABCDE RULE OF THE EARLY DETECTION OF MELANOMA

- A** Asymmetry
- B** Borders (the outer edges are uneven)
- C** Colour (dark black or have multiple colours)
- D** Diameter (greater than 6 mm)
- E** Evolving (change in size, shape and colour)

OUR BEST ANTI-ACNE HACKS

THE RAINY SEASON IS FINALLY HERE! WHILE WE WELCOME BACK THE LUSHNESS OF NATURE AFTER THE HEAT AND DUST OF THE DRY SEASON, THE ADDED HUMIDITY IN THE ATMOSPHERE BRINGS ITS OWN SET OF SKIN CHALLENGES IN THE FORM OF ACNE FLARE-UPS.

Worry not, though! We've got a fabulous combination of acne-fighting facials and products that are sure to help you handle the next few months flawlessly!

1. Our **CLINICAL ACNE TREATMENT** is a facial designed to calm and correct acne-prone skin. The right combination of Vitamin C, Antioxidants and Phyto Corrective Gels gently infuse your skin, calming it down and repairing the damage caused by breakouts. Pair this treatment with one (or a few) of the following SkinCeuticals products...

2. We've found the **LHA CLEANSING GEL** to be an amazingly effective face wash for skin that is suffering from acne. It's an exfoliating gel cleanser, perfect for oily and combination skin, which reduces blemishes without drying out the skin. It also brightens the skin's look and softens its texture, unclogging pores, and removing excess oils and makeup. Gently washing your face just twice a day with this gel and following it up with a SkinCeuticals Vitamin C serum and protective sunscreen during the day and a moisturiser at night yields much better results than harsh blemish-fighting products that can often dry out skin.

3. **BLEMISH + AGE DEFENSE** is a targeted, oil-free acne serum that reduces the formation of adult acne while improving visible signs of aging. It helps unclog pores and even out skin tone, limiting that blotchy appearance that often

accompanies breakouts. Just a few drops on the skin twice a day works wonders with oily and combination skin types.

4. Our **CLARIFYING EXFOLIATING CLEANSER** is a dual-action exfoliating face cream that combines acids and pumice beads to remove dead skin cells, making skin clearer and smoother. Like all SkinCeuticals products, it is paraben, soap, fragrance and alcohol-free. This product works well on dry, normal, oily or combination skin that is experiencing breakouts.

5. Thanks to a hydroxyl acid complex that improves skin texture and reduces the size and appearance of pores – plus a burst of eucalyptus essential oil – the **CONDITIONING TONER** is a refreshing lift for acne-prone skin. Perfect for use after a cleanser, but be sure to follow up with serum and sunblock during the day and moisturiser at night.

6. **DAILY MOISTURE** is an optimum facial moisturiser for oily skin. The light, yet long-lasting hydration it offers helps minimise pores and leaves skin super-soft without that annoying greasy film. Perfect for normal to oily skin, it's a great protector against environmental irritants.

7. All skin types – dry, normal, oily, combination and sensitive – can benefit from the use of **HYDRATING B5 GEL**. It's an oil-free, hydrating serum that

fights acne and restores skin's natural radiance. Use it alone or combined with a daily moisturiser. Only a few drops are needed to make your skin look and feel smooth and supple.

8. The **PURIFYING CLEANSER WITH GLYCOLIC ACID** is an effective cleansing gel that hydrates while improving skin tone. You'll love its gentle foaming action that removes impurities and makes your skin look and feel refreshed!

 SKINCEUTICALS®



LHA CLEANSING GEL \

A TARGETED, EXFOLIATING CLEANSER THAT DECONGESTS PORES AND BRIGHTENS SKIN.



BLEMISH + AGE DEFENSE \

THIS BLEND COMBINES 2% DIOIC ACID WITH ALPHA- AND BETA-HYDROXY ACID FORMULATION TO FIGHT ACNE AND REDUCE WRINKLES.



CLARIFYING EXFOLIATING CLEANSER \

A CLEANSER THAT WORKS TWICE AS HARD TO REFRESH SKIN'S APPEARANCE AND RELIEVE CLOGGED PORES.



CONDITIONING TONER \

MADE WITH AN HYDROXY ACID COMPLEX THAT SOFTENS AND REVITALISES SKIN.



School's out, Summer Specials are IN!

- 20% OFF all Laser Hair Removal Treatments
- 10% OFF all Laser Hair Removal Packages
- BUY 2 Lunchtime Peels, GET 1 FREE
- \$100 OFF all Facials on Thursdays



SKINSIGHT

“The beauty of a woman is not in a facial mode; the true beauty in a woman is reflected in her soul. It is the caring that she lovingly gives, the passion that she shows. The beauty of a woman grows with the passing years.” – Anne Geddes

