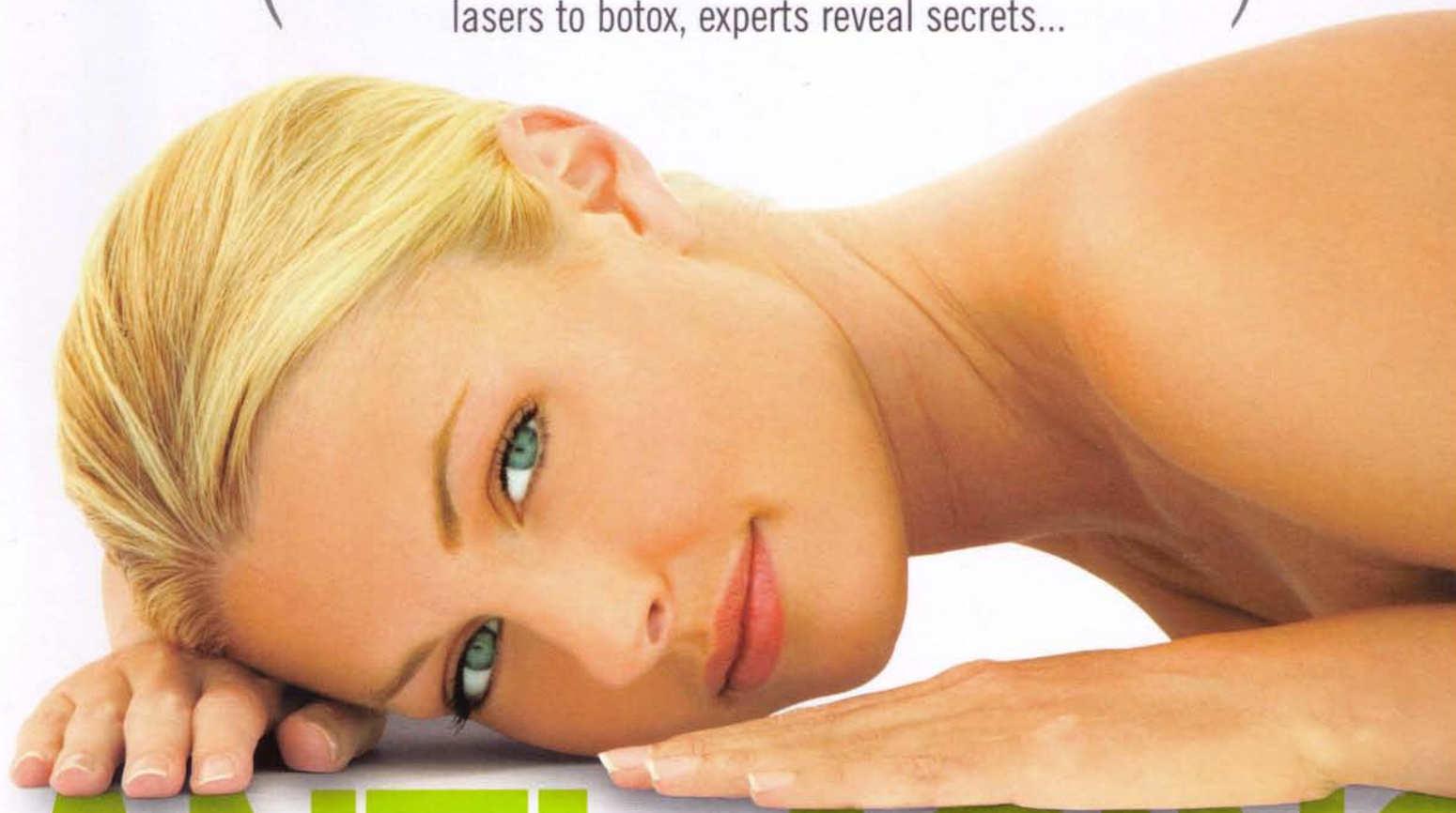


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“MY CHEST IS  
BLOTCHY AND CREPEY.”

**PROTECT  
YOURSELF**

To maintain the results of any skin-improving treatment—whether performed on the face, hands, chest or neck—diligent sun protection is essential. Just remember, the sun probably caused most of your skin issues to begin with. After any resurfacing procedure, look for a physical sunblock that contains zinc oxide or titanium dioxide; each creates a barrier that deflects the sun's rays.

chest 02

The skin on the décolletage is delicate and often exposed to the ravages of the environment. It is also so thin that it takes longer to heal when damaged. (In women, the lack of hair follicles and oil glands in this area also contribute to the slower healing pace.) “Once you get below the jawline, the skin is unforgiving,” says dermatologist David McDaniel, MD, of Virginia Beach. So tread carefully, and if you're susceptible to scarring, be sure to tell your dermatologist or plastic surgeon.

### A PLASMA QUICKIE

For those who can't tolerate the week of downtime associated with the original Portrait treatment, February marked the introduction of the less-intense **Portrait Express**. It delivers lower levels of plasma energy so the patient only feels a little bit of warmth during the five- to 10-minute procedure. The results: a healthy flush with no peeling or crusting. Six treatments performed at three- to four-week intervals are recommended for optimal results. *About \$350 to \$450 per treatment*

### TCA PEELS: EVEN OUT SKIN TEXTURE AND TONE

One method that's relatively gentle and effective for a blotchy, discolored chest is a trichloroacetic acid (TCA) peel to smooth out the skin's texture and color. During this 30-minute procedure, a 20% to 25% acid solution is applied to the skin to remove the damaged surface cells. However, it can be uncomfortable: "It feels like a bad sunburn," says Washington, DC, dermatologist Tina Alster, MD. Within a week or more, the top layers of the skin flake and peel off, leaving you with a renewed, smoother, more even-colored chest.



— \$500 to \$1,000 per treatment

### LASER TREATMENT: ELIMINATE AGE SPOTS

If you have a spotty chest, your dermatologist or plastic surgeon may recommend a pigment-specific laser treatment, either in conjunction with a chemical peel or on its own. The specific laser recommended for you may be determined by your natural skin color, as well as your pigment problem. "It's a one-two punch that works," Dr. Alster says. At least two treatments are recommended, spaced about one to three months apart. For sun-damaged chests, dermatologist Mitchel Goldman, MD, of La Jolla, California, says treatment may also involve two to three sessions of Intense Pulsed Light (IPL) therapy, which uses a spectrum of different wavelengths of light to improve the appearance of discoloration and crepey skin with little to no downtime.



— Starting at about \$1,000, depending on location and extent of age spots

### PORTRAIT PLASMA RESURFACING: REJUVENATE SKIN FROM THE INSIDE OUT

A relatively new treatment that uses ionized nitrogen gas to regenerate the skin, Portrait can improve a wrinkled, blotchy chest (and hands). During the 30-minute procedure, cells in the skin's deepest layers absorb the energy delivered by the hand-

held device. While this is happening, you do feel heat (sometimes a lot of it), but topical anesthetic can be used to minimize discomfort. With Portrait, most of the healing happens beneath the surface. After treatment, you can expect your skin to turn red and swell, and you may also have brownish marks that show the actual treatment path. The skin begins to peel away in the first few days and this phase lasts about a week, so keeping skin moist during this time is very important. As the skin begins to flake off, you'll get a sneak peek at the payoff: a smoother, less spotty chest. "You need to basically wound the skin, so you can get a healing response," says Mark Goble, MD, a British surgeon who helped develop the technology. "The energy goes deep into the skin and regenerates it."



— Starting at about \$2,200 (\$1,500 for the hands)

### LIGHT THERAPY: GRADUAL IMPROVEMENT WITH NO DOWNTIME

Found in medi-spas as well as dermatologists' and plastic surgeons' offices, GentleWaves delivers skin-improving energy from 2,000 tiny light-emitting diodes (LEDs) embedded in two 15-inch panels. LED treatments don't destroy cells in order to get them to heal. Cells do get energized as they absorb the heat, a process that has been clinically shown to produce more collagen and less collagenase (an enzyme that destroys collagen) over time, according to Dr. McDaniel, who helped develop the technology. The treatment takes 35 seconds, during which you feel absolutely nothing. You won't even look like you've been out in the sun; in fact, you won't look like you have had anything done at all. At the same time, you won't see any results right away either. But over an eight-week treatment regimen, it's possible you'll see smoother, plumper skin across your chest as the collagen starts to build up. Age spots may also fade.



— About \$100 per treatment; a series of eight is recommended



After one Intense Pulsed Light (IPL) treatment. Procedure performed by David Van Dam, MD, Barrington, IL.



### COLORESCIENCE SUNFORGETTABLE SPF 30

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