



ACPS

HOLIDAY NEWSLETTER 2012

The Aesthetic Center for Plastic Surgery

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Our Best (Nonsurgical)

"Look Fabulous for the Holidays" Tips

Holiday Traditions

ACPS surgeons share their favorites

5 Beauty Tips

From celebrity stylist

Pedro Abasolo

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Licensed Esthetician

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The latest news



Our Best (Nonsurgical) “Look Fabulous for the Holidays” Tips

We all want to look gorgeous, radiant, and rested for the repertoire of holiday events that typically fill our calendars in the year's last quarter, do we not? But sometimes the stress of juggling a multitude of social get-togethers, shopping, gift giving, and holiday baking in addition to the responsibilities of every day life is not exactly a recipe for looking rested and rejuvenated.

That's why we've compiled a list of our favorite go-to treatments that are guaranteed to give you a more youthful glow, smooth away weary-looking lines, and melt-away stubborn bulges. Each one has been carefully evaluated and determined by ACPS surgeons to both safely and effectively deliver clinically-proven aesthetic improvements.

So whether you're looking to erase skin damage accumulated from years of sun exposure, get rid of crow's feet and forehead furrows, or diminish muffin top flab, read on to learn about the great array of nonsurgical options we offer to help you look your best for the holidays and every day.

Tip 1

Clear + Brilliant® Gentle Laser Serious Skin Improvement with No Downtime

Okay, we knew it was good, but we've been blown away by our patients' enthusiastic response to the Clear + Brilliant® laser skin treatment since we added it to our practice this summer. Sometimes, catchy advertising claims deliver more hype than real results, but in the case of Clear + Brilliant®, our patients consistently say that the results they see live up to the name.

Clear + Brilliant® is a gentle laser treatment that works to rejuvenate your skin from the inside out through laser energy that creates millions of microscopic treatment zones in the skin. This

action stimulates the body to produce healthy, younger-looking skin to replace the older, damaged tissue, which ultimately produces the **following benefits:**

- A visibly more radiant, glowing skin tone
- A smoother, ultra-soft skin texture
- A noticeable reduction in the appearance of pores

Our patients say they love the Clear + Brilliant® because it delivers the more dramatically noticeable improvement of a skin laser procedure without the downtime many such treatments require. After a Clear + Brilliant® session, the skin typically appears sunburned for about 24 hours and may have light flaking and a temporary sand papery feel that is not visible to others.

ACPS Medical Spa patient Natalie became a devotee to the Clear + Brilliant® based upon the results she saw after just one session. As a mother of five, Natalie regularly treated herself to microdermabrasion sessions to smooth and tighten her skin and soften the squint lines around her eyes.

When Wendy Pell, a licensed esthetician at ACPS, invited her to participate in the practice's trial of Clear + Brilliant®, Natalie was amazed at the difference she saw in her skin after experiencing the new treatment: the large pores on her chin and around her nose appeared to have shrunk even on the drive home, and she noticed more serious repair of the fine lines around her eyes.

As someone who spends a lot of time outdoors and prefers to skip makeup and wear sunscreen only, Natalie's naturally fresh-faced appearance became even more radiant after her laser session. She noted, “When I saw my daughter who was away at college, she asked me if I'd had BOTOX®, and she commented, ‘Your skin looks so bright, what are you doing?’”

Since having the Clear + Brilliant, Natalie regularly receives compliments on her skin's youthful glow and fresh appearance, leading even her neighbor, who'd long teased Natalie for her clockwork

like approach to having a microdermabrasion treatment and haircut every six weeks, to exclaim “I have got to do that!”

Pell, who has been with ACPS for 17 years, commented, “Since we introduced Clear + Brilliant®, everyone has loved it. Because it's appropriate for all skin types—anyone can have the treatment done, especially those who want an illuminated skin tone, smoother texture, and a reduction in the appearance of pores. Because the treatment can be completed in less than an hour, it's perfect for those who want to do a more invasive procedure without the downtime that's typically required.”

Tip 2

Cosmetic Injectables Some popular and less-widely known benefits to make them work for you

Cosmetic injectables have become wildly popular in the last 10 years. In 2011 they were the most requested procedures in the nation among both surgical and nonsurgical procedures, with more than 3.5 million performed. Here are a few reasons our patients love them:

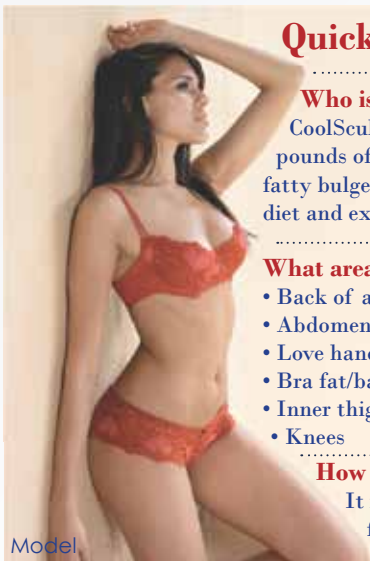
Reason N^o1

**You can erase years off your face
in a quick office visit.**

That's right, crow's feet, forehead lines, those pesky vertical shaped 11s that form between the brows—making you look aged, tired, and even angry—can all be virtually banished



Models



Quick Facts About CoolSculpting®

Who is a candidate for CoolSculpting®?

CoolSculpting® is best for individuals within 20 to 30 pounds of their ideal weight who want to spot reduce fatty bulges that are resistant to improvement through diet and exercise.

What areas can be treated?

- Back of arms
- Abdomen
- Love handles
- Bra fat/back fat
- Inner thighs
- Knees

How long does a treatment last?

It requires one hour to treat each area targeted for fat reduction.

Model

How much fat does CoolSculpting® remove?

CoolSculpting® eliminates at least 20 percent of the fat on average in the targeted areas, although some individuals experience a 30 to 40 percent reduction in fat.

What is a treatment like?

After you and our CoolSculpting® specialist select the specific area to be treated, the device will be positioned on your body, where it will draw up the bulge between two panels. In the first few minutes, you'll feel pressure and intense cold, but this soon dissipates. Because you will be seated or lying down during the treatment, you may comfortably spend this time reading or working on your laptop.

Can I return to my normal activities after a treatment?

Yes! Because CoolSculpting® is completely noninvasive, you can immediately return to your normal activities. Some patients experience numbness, tingling, redness, and minor bruising in the treated area, but this is only temporary.



for approximately 3-5 months with BOTOX® Cosmetic or Dysport™. By inhibiting the muscle movement that causes the skin to crease when we smile, squint, or frown, these injectables provide the dual benefit of both smoothing out lines and slowing the deepening of current lines.

Hyaluronic-acid based fillers, which are composed of a sugar found naturally in the body, generally work best on the lower 2/3 of the face to fill in lines and folds, including the nasolabial folds—the parentheses-shaped folds that stretch from the bottom of the nose to the corners of the mouth—and marionette lines—the lines that form downwards from the corners of the mouth. These typically last anywhere from six months to one year.

Reason N°2

A kissable, perfectly-plumped pout can be yours.

In the right hands, cosmetic injectables can be used to add natural-looking fullness to improve the shape of your lips without creating the infamous duck lips look. Thankfully, our doctors and nurse injectors possess the skill to avoid this pitfall.

Reason N°3

Your hands don't have to give away your age.

When it comes to anti-aging treatments, most of us naturally focus on our faces. But often, the appearance of our hands reveals our true age. As we grow older, not only does the tone and texture of our hands become more weathered, but we also lose fat, which causes the veins and tendons to become more prominent. While laser treatments can improve the tone and texture of the skin, fillers can be used to restore a more youthful, supple appearance to the hands.

Reason N°4

Give your eyes a lift—the red carpet secret of many celebrities.

Just as the skin begins to lose its youthful spring and lift as we grow older, the brows also begin to creep lower on the face due, in part, to a loss of



Lora Duron, shown here with Dr. Germán Newall, was thrilled to be back in her pre-baby jeans just five weeks after her CoolSculpting® treatment at ACPS. A Univision television crew captured Duron's experience for a special news feature on the innovative nonsurgical fat reduction procedure.

skin elasticity and the effects of gravity. BOTOX® Cosmetic or Dysport™ can be injected in a way to provide a temporary brow lift, giving the eyes a more lifted, awake look—a lesser-known aesthetic benefit that's a favorite of the Hollywood set.



Tip 3

CoolSculpting® The Non-Invasive, No Downtime Way to Reduce Stubborn Bulges

Nothing kills the stepping out in style vibe faster than catching a glimpse in the mirror of muffin top flab spilling over the top of nice-fitting pants or an unwanted bulge revealing its bulky contour through a slinky blouse or dress. Most of us have at least one area where stubborn fat refuses to budge: the aforementioned muffin top, love handles, saddlebags, and bra flab are some of the most common trouble zones.

That was the case for Lora Duron, who elected to have CoolSculpting®—a nonsurgical fat reduction method—to reduce the excess fat around her waist and abdomen that made it challenging for her to squeeze comfortably into her pre-baby jeans after the birth of her second child. Though Duron struggled to achieve improvement in these areas,

it didn't concern her to enough of a degree that she wanted to pursue surgery. So she was thrilled when she heard about CoolSculpting®, which generally works best for individuals within 20 to 30 pounds of their ideal weight who desire contour improvement of areas that have proven resistant to diet and exercise.

Based upon technology developed by Harvard scientists, who discovered that fat freezes at lower temperatures than other tissues, CoolSculpting® uses controlled cooling temperatures to freeze and eliminate fat cells, while leaving the surrounding skin, nerves, and muscles unharmed. Over the next 8 to 12 weeks, the fat cells are gradually eliminated from the body, reducing fat in the targeted areas by at least 20 percent on average, although some individuals experience a 30 to 40 percent reduction in fat.

Though CoolSculpting® is not a weight loss method and is not a substitute for liposuction—a surgical procedure ACPS surgeons perform to resculpt the body's proportions through the removal of fat—for many it provides just the right amount of subtle shape improvement without the downtime that surgery requires.

That was the case for Duron, who was thrilled that she was able to slip on her pre-baby jeans with ease after the treatment. "I used to be a medium on top and a large on the bottom, so now I'm more balanced," said Duron. "After CoolSculpting®, I looked a lot better in my pants; it got rid of my muffin top."



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ACPS Surgeons Share Their Favorites



Dr. Henry Mentz

“Though it’s not exactly a Christmas movie, we love to watch *Home Alone* during the holidays. I think my wife Paula likes it since, like the main character, she comes from a large family. My son Henry has a birthday near Christmas, so we like to have a combination birthday and before Christmas dinner at Galatoires in New Orleans with a huge table of relatives and festive New Orleans foods. Afterwards, we enjoy walking the French Quarter for music.

“If we’re lucky, we also get to sample gumbo prepared by my wife’s aunt, Poppy Tooker. Poppy beat Food Network chef Bobby Flay in New Orleans for the gumbo throwdown.”



Dr. Chris Patronella with his mother, Antoinette

Dr. Chris Patronella

“When my kids were growing up, we enjoyed watching the movie version of *The Christmas Carol* by Charles Dickens and also seeing it as a play. I loved it, and it became a tradition. It’s a simple story that conveys the message that you can’t give up on any person—anyone can change.

“Food is always at the center of our family gatherings, and out of the huge spread of food, one of my favorites is my mother’s stuffed artichokes.”

Aunt Poppy’s Seafood Gumbo

If you can, buy fresh shrimp with the shells and heads intact. If not, just the shells can be used to make the stock. Serves six to eight. Yields about 3 quarts.

- 1-1/2 lb. medium shrimp (41 to 50 or 51 to 60 per lb.) or 2 lb. if using head-on shrimp
- 2 cups chopped white onion (about 1 large onion; reserve the skin)
- 1 cup chopped celery (about 2 medium stalks; reserve the trimmings)
- 1/4 cup plus 6 Tbs. vegetable oil
- 1 lb. fresh or thawed frozen okra, sliced 1/4 inch thick (about 4 cups)
- 1/2 cup all-purpose flour
- 1 cup chopped green bell pepper (about 1 medium pepper)
- 1 cup canned crushed tomatoes
- 1/2 lb. fresh or pasteurized lump crab meat (about 1-1/2 cups), picked over for shells, or 4 to 6 gumbo crabs (about 1 lb. total), thawed (see tip below)
- 1 Tbs. dried thyme
- 1 bay leaf
- 2 tsp. kosher salt; more to taste
- 1 tsp. freshly ground black pepper; more to taste
- 1 cup fresh shucked oysters (halved if large)
- 1/2 cup thinly sliced scallions (about 8)
- Louisiana-style hot sauce, to taste
- 1/4 cup hot cooked white rice per serving

Tip: Gumbo crabs are small blue crabs that have been cleaned and halved or quartered. They are served in the shell, and you pick out the meat as you eat the gumbo. They’re available frozen, usually in 1-pound packages. Ask your fishmonger to get you some if you can’t find them in your grocery. Fresh or pasteurized lump crab meat is a reasonable alternative. Do not use shredded or imitation crab meat.

Make the shrimp stock

Remove the shrimp heads, if necessary. Peel and devein the shrimp and refrigerate the shrimp until needed. Combine the shrimp peels and heads and the reserved onion skin and celery trimmings in a 6- to 8-quart pot. Cover with 9 cups of cold water and bring to a boil over high heat. Reduce the heat to a vigorous simmer and cook, uncovered, for

10 minutes. Strain and reserve. You should have about 2 quarts.

Prepare the okra

In a 10-inch straight-sided sauté pan, heat 1/4 cup of the vegetable oil over medium-high heat until hot. Fry the okra in two batches until it becomes lightly browned on the edges, 3 to 5 minutes per batch (fry undisturbed for the first minute or two until browning begins and then stir once or twice to flip most pieces and brown evenly). With a slotted spoon, transfer each batch of okra to a plate or platter lined with a paper towel.

Make the roux

Heat the remaining 6 Tbs. oil over medium-high heat in a 6-quart Dutch oven. Once it’s hot, add the flour, and stir constantly with a wooden spoon or heatproof spatula until the roux reaches the color of caramel, about 5 minutes. Add the onion and stir until the roux deepens to a chocolate-brown, 1 to 3 minutes. Add the celery and bell pepper and cook, stirring frequently, until slightly softened, about 5 minutes. Add the shrimp stock, okra, tomatoes, gumbo crabs (if using), thyme, bay leaf, salt, and pepper. Adjust the heat to medium-low or low and simmer uncovered, stirring occasionally, for 45 minutes.

Serve the gumbo

Five minutes before serving, add the shrimp, fresh or pasteurized lump crab meat (if using), oysters, and scallions. Add hot sauce, salt, and pepper to taste. Serve in large soup bowls over 1/4 cup cooked rice per serving. Pass additional hot sauce at the table.

Make ahead tips

Store gumbo in the refrigerator for up to three days and then reheat gently before serving. As with many stews and braises, gumbo tastes better the second day. You can also freeze it for up to eight months. Simply transfer to freezer-safe containers.



Stuffed Artichokes

- 4 large, full-size artichokes
- 1 lemon
- 1 3/4 cups dried Italian-seasoned bread crumbs
- 1 cup grated Romano Pecorino cheese
- 1/3 cup chopped flat-leaf parsley leaves
- 2 tsp. kosher salt
- 1 tsp. freshly ground black pepper
- 8 cloves garlic, finely chopped
- 5 tbsp. extra-virgin olive oil

1. Using a serrated knife, cut off artichoke stems to create a flat bottom. Cut top thirds off artichokes, pull off tough outermost leaves, and trim tips of

leaves with kitchen shears. Rub cut parts with lemon halves. Open artichoke leaves with your thumbs to make room for stuffing; set aside.

2. Heat oven to 425°. In a large bowl, combine bread crumbs, 3/4 cup Romano cheese, parsley, salt, pepper, and garlic. Working with one artichoke at a time over bowl, sprinkle one-quarter of bread crumb mixture over the artichoke and work it in between leaves. Transfer stuffed artichoke to a shallow baking dish. Drizzle each artichoke with 1 tbsp. oil. Pour in boiling water to a depth of 1 inch. Rub 1 tbsp. olive oil on a sheet of aluminum foil, cover artichokes with foil (oiled side down), and secure foil tightly around dish with kitchen twine. Bake until a knife easily slides into the base of an artichoke, about 45 minutes. Remove foil, sprinkle tops with remaining cheese, and switch oven to broil. Broil until tops of artichokes are golden brown, about 3 minutes. SERVES 4



Dr. Germán Newall with his mother, Natita, and sister, Cristina.

Dr. Germán Newall

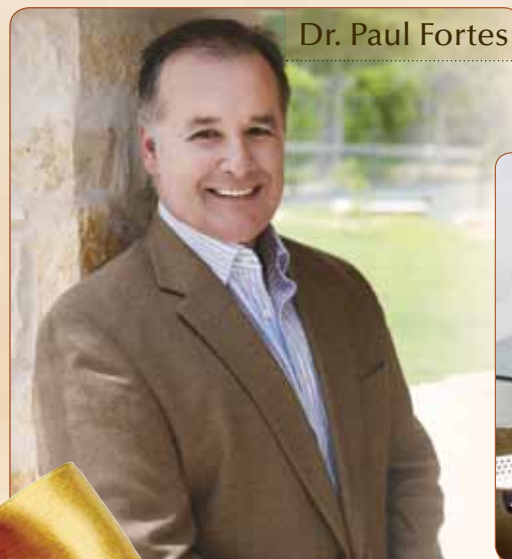
“Growing up in Peru, my sister Cristina and I were always close. Every year, we enjoy bringing our families together to enjoy a vacation in an interesting locale, and during the holidays, we like to gather at Cristina’s home in the tropical setting of the Dominican Republic. We eat paella and traditional Peruvian entrees such as causa. One year, as a special surprise for Cristina’s young children, we made arrangements to have Santa arrive in a helicopter to deliver presents. They didn’t seem to mind that Santa exchanged his reindeer for a helicopter that Christmas!”



Dr. Paul Fortes

“I grew up in a Cuban household in Houston. What’s become traditional in my family is an odd combo of traditional Cuban and Southern cooking. So along with such Cuban fare as yucca with mojo (a garlic-based oil sauté), roasted pig, and flan, we have sweet potato casserole, pecan pie, string bean casserole, and country gravy.

“And you might hear the Christmas songs of Bing Crosby or Celia Cruz, a Cuban-American salsa performer, in the background. It’s a total integration of ethnic with the traditional!”



Dr. Paul Fortes



Pablo and Maria Fortes, Dr. Paul Fortes’ parents, prepare a traditional Cuban staple, tostones.

ACPS
The American College of Plastic Surgeons
Surgeons

The Latest News

ACPS was well-represented at the recent Texas Society of Plastic Surgeons 2013 annual meeting in San Antonio, where plastic surgeons throughout the state gathered to acquire and discuss knowledge about the latest techniques and innovations in plastic surgery.

Dr. Henry Mentz was invited to lead an aesthetic scientific session at the meeting. In addition, he was chosen once again to be one of four body contouring leaders who will teach the Advanced Body Contouring Course to surgeons at the American Society for Aesthetic Plastic Surgery 2013 meeting in San Francisco.



Dr. Mentz and Dr. Patronella at the Texas Society of Plastic Surgeons’ 2012 Meeting



A native of the Galveston area, Dr. Morales built his first real snowman with daughter Juliana while living in Denver during his general surgery internship.

Dr. Rolando Morales

“On Christmas Day, we ALWAYS had to have The Christmas Story movie on the entire day, courtesy of the TBS station, which runs a 24 hour marathon of the classic. Now that I have my own family, I’ve incorporated it into our own Christmas as well. My wife Corrie isn’t a fan of the movie, but I’m hoping to brainwash my girls into believing it’s a tradition. They seem to like it so far, and Corrie has been tolerating it.”



the famous tongue-stuck-to-the-freezing-cold-pole scene in *The Christmas Story*



Dr. Chris Patronella's plastic surgeon colleagues elected him to be the president of the Houston Society of Plastic Surgeons for 2012-2013. At the meetings, plastic surgeons and residents throughout Houston gather once a month to discuss and enrich their understanding of various techniques, innovations, and other topics relevant to their profession.

In addition, the Texas Society of Plastic Surgeons invited Dr. Patronella to speak to plastic surgeons at its annual conference about an innovative technique he and his group developed that has significantly increased the success and safety of combining breast augmentation with a breast lift in a single surgery.



Dr. Newall and his wife Micheline were honored to participate as sponsors of the Latin Gala—Angels of Hope at the Westin Hotel to benefit St. Jude Children's Research Hospital. St. Jude Children's Research Hospital is recognized as a worldwide leader in the research and treatment of pediatric cancer and other deadly childhood diseases.

In addition, as a frequent guest on Univision television, Dr. Newall appeared on the morning program *Vive La Mañana* to discuss Ulthera—an effective nonsurgical option to lift and tighten the face and neck.



Dr. Paul Fortes, as a supporter of the Houston Pet Set—a not-for-profit organization that is dedicated to building public awareness and interest in animal welfare and protecting animals from suffering and abuse—participated in the group's Fierce & Fabulous soirée. The popular event is held to raise funds to support various animal organizations in the greater Houston area.



Dr. Rolando Morales led the ACPS team for the D'Feet Breast Cancer, Inc. walk/run fall fundraising event in Galveston. This charitable organization provides more than 800 free screening mammograms yearly and follow up care programs for underserved and uninsured women who cannot afford this procedure.

ACPS Surgeons: The Latest News

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PEDRO ABASOLO

IMAGE CONSULTANT

5 beauty tips

to make your holiday look a glamorous one

by Pedro Abasolo

Image consultant Pedro Abasolo has a passion for bringing out the unique beauty of every individual and the gifted ability to envision and create the image that helps women and men look and feel their best for every occasion of life. A stylist and makeup artist for numerous celebrities, including Taylor Swift, Jennifer Lopez, Marc Anthony, and Gloria Estefan, Abasolo was the Director of Hair and Makeup for the 9th Annual Latin Grammy Awards and is featured every Monday on the Univision morning program *Vive la Mañana*, where he offers his expertise on a variety of beauty, style, and etiquette topics.

Abasolo's warm and engaging personality helps every guest to his Ovations styling studio, set in a beautifully restored home in Houston's Rice Village, feel like a V.I.P. In his role as an image consultant, he offers wardrobe advice and personal shopping services in addition to customized hair and makeup services to help men and women achieve the perfect look for a broad range of circumstances such as job interviews, dating, special occasions, and everyday living. Abasolo's personal mission is to help individuals from all walks of life discover their distinctive beauty and the inner confidence that inspires them to fulfill their dreams and goals.

The holidays are fast approaching, and this translates to holiday parties and time to mingle and enjoy much merriment with family and co-workers. How do you plan to look your best? I've compiled some basic tips to help you look your best for all of your holiday festivities!

#1 Plan ahead

As you may already know, this the busiest time of the year for all stylists. Planning your appointments ahead will make your life so much easier. If you color your hair, it is a good idea to pre-book your next appointment as these go fast during the holiday season.

#2 Identify your fall and holiday season look

Be adventurous with your color. Find inspiration in the latest celebrity trends. Your



Abasolo with celebrity client Jennifer Lopez

stylist can always customize the color that suits you best. Remember, most stylists are very visual; it would be best to show them a picture rather than trying to explain the look you desire in words only. I am sure you don't want any surprises.

#3 Prepare your skin

As the weather changes, your skin's needs do as well. Shake up your skin ritual and visit an ACPS skin care specialist to stock up on goods to keep your skin glowing this season. Dry skin is the last thing you need! Not only is it uncomfortable, it ages your appearance, emphasizing fine lines and a lackluster appearance. A good skin care specialist can customize a skin care program with services and products to help your skin look soft, supple, radiant, and evenly toned at every age.

#4 Makeup Make room for the new!

So now that you have taken care of your skin, we can talk MAKEUP! It's time to toss all the summer colors and renew to the latest fall colors. Lips take their cue from the cherry red to the natural soft lips. Warm tones remind me of the richly-toned autumn leaves. The best guides are the fashion magazines; try to imitate the looks they feature in front of your mirror.

#5 Prep your closet for a new season

Organize your space and make room for the new fall acquisitions. Nothing is more frustrating then having to hunt for that new cashmere sweater, corduroy pants, or other cool weather attire among summer t-shirts, dresses, and capris. Take some time to set aside space at the front of your closet for your fall and winter wardrobe for casual, work, and special occasions, and move your warm-weather favorites to the back.

Follow these five easy tips, and I promise you will rejoice this holiday season! Remember: to look good is to feel good!

To learn more about image consultant Pedro Abasolo and his services, please visit his website at www.pedroabasolo.com. To schedule an appointment, call 713.533.0008.

since it is not attracted to pigment but instead to water molecules in the dermis.

"There is nothing more rewarding to me than helping a person feel better about themselves. I absolutely LOVE MY JOB."

Shalene Boyd

How far in advance of the holidays or a special event do you recommend people have a Fraxel® treatment?

I would recommend four weeks before any upcoming special event. Your skin becomes a bit vulnerable after Fraxel®. Patients might have a slight pinkish tone lasting for a couple weeks, while others might experience minor breakouts. We just never really know. Everyone responds differently. So, to "play it safe," four weeks is my magic number.

How effective is Fraxel® at correcting skin pigment irregularities?

Dealing with pigmentation concerns are my favorite because Fraxel® delivers such an immediate result. Patients see a difference in pigmentation even after just one treatment. Sun damage / age spots are diminished as well as melasma. Although there is no cure for melasma, Fraxel® works great for those patients who have this concern. Freckles are not as easily responsive because the pigment in most freckles is much more dense.

What is the downtime with Fraxel®?

Downtime, which I like to call "social" downtime is about seven days whether I am treating pigment which is superficial or texture / wrinkles which require deeper treatment settings. When I am correcting pigmentation such as melasma or sun damage/age spots, the patient will become very bronzed and brown looking. The skin becomes extremely dry, so it is important to have the proper post procedure products to help in the healing process. I recommend the SkinMedica Post Procedure System. When I am treating more textural issues such as scars, stretch marks, and wrinkles, the patient experiences slight swelling and redness like a sunburn. The patient will also feel sunburned for about three hours after the treatment is complete. Makeup may be applied afterwards—it does not interfere with the healing process, although I do not recommend it.

Fraxel's light energy penetrates the skin's top layers to stimulate both the skin's natural collagen and the growth of healthy new skin cells from the inside out. The laser treats only a fraction of tissue at a time, leaving surrounding tissue intact, which allows a more rapid healing process to take place.

Fraxel®—The benefits

- Smoother, fresher, younger-looking skin
- Improved skin tone and texture
- Diminishment of brown spots such as melasma, sun damage and age spots
- Reduction of fine lines and wrinkles around the eyes
- Improvement in the appearance of acne scars and surgical scars

ACPS Staff Spotlight

*Shalene Boyd,
Licensed Esthetician*

Prior to joining ACPS as a licensed esthetician five years ago, Shalene Boyd taught biology and speech as a high school teacher in the Cypress Fairbanks ISD. This experience helped her to realize her calling in life, "to make those I come in contact with feel unique and special"—a gift the mother of two now brings to her work with ACPS's patients.

In addition to performing nonsurgical treatments such as Clear + Brilliant® and CoolSculpting®, Shalene is the Fraxel® treatment specialist at ACPS. The Fraxel® DUAL 1550/1927 has two wavelengths that work together to effectively diminish the signs of aging, sun damage, and pigmentation concerns.

In this interview, Shalene discusses the benefits of the Fraxel® treatment and why she loves working with patients at ACPS.

What do you love most about your job?

I have always wanted to be involved in something where I could make a difference in people's lives. Being in this profession allows me to do just that—MAKE A DIFFERENCE. There is nothing more rewarding to me than helping a person feel better about themselves. I absolutely LOVE MY JOB.

How do you help people decide which treatment is best for their needs?

First, I listen to what their concerns are and what they would like to see improved because what I "see" might not be what concerns them. So, I listen, listen listen. Then I evaluate their skin. If I do not think they are a good candidate for Fraxel®, I will tell them. It is also important for me to find out how committed they are to protecting their investment by wearing sunscreen daily and limiting sun exposure. After all, Fraxel® can do part of the work, but the patient has to be on board as well if they truly want to improve their skin. Of course skin typing is also an important factor in deciding how aggressive I can treat someone or what settings to use. However, Fraxel® is safe for all skin types

What is one of your favorite skin care products?

I really like SkinMedica's Vitamin C+E Complex. I love the way it feels silky and smooth while also protecting my skin from future damage by providing it with the antioxidants that are so important in slowing down the aging process.

What do you enjoy most about working for ACPS?

I love feeling like it's not a J-O-B. I really do look forward to coming to work; each day is a new adventure. I like the fact that I get to meet new people and make a positive impact on their lives. The environment here at ACPS is a family one. We are a team and we support one another. It is comforting to know that ACPS is not just my employer but also my family. They are family-oriented and that is huge in my eyes. I will be here until they force me to leave!



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