



Before

- fine wrinkles around the eyes and on the forehead
- enlarged pores
- irregular skin pigmentation due to early photo damage
- coarse in skin texture



Immediately After

- typical sunburn like dark pink appearance to the skin after the treatment



Two Weeks After

- appearance of fine lines have softened around the eyes and on the forehead
- improved pore size
- irregular pigmentation has improved leaving a much more homogeneous and uniform appearance to the skin
- skin texture has improved with a resulting radiance to the face

How I became more beautiful on my lunch hour

BY LOUISE RACHLIS

“The best thing is to look natural, but it takes makeup to look natural.”

– Calvin Klein

A newspaper cartoon a few months ago had a man asking a young woman why she’s wearing makeup, and she replies, “to look older.”

Then he asks an older woman the same thing, and to the man’s bewilderment, she responds, “to look younger.”

These days, there are many options for and interest in making ourselves more attractive in others’ eyes, whether they be employer, friend or lover.

I’m not averse to becoming as beautiful as possible as my 59th birthday passes into history; I just don’t want to give up my social life, work time, travel, athletic activity, or health, for that matter, to do it.

As Dr. James Daniel, director of Carling Laser Clinic, described a variety of “simple, yet effective non-surgical cosmetic procedures” like the MicroLaserPeel™, I listened with both skepticism and interest.

MicroLaserPeel™ is a procedure done with a computer-guided laser to precisely remove the outer layer of the skin cells. “This is a milder peel than skin resurfacing, but deeper than microdermabrasion or chemical peels,” says Dr. Daniel. “The procedure is individually tailored to the nature of the condition to be corrected.”

When considering the anticipated recovery time of certain procedures, Dr. Daniel says that is not unusual for busy women to prefer long weekend and holiday time for scheduling.

When I agreed to give it a try, it wasn’t easy to co-ordinate an appointment into my busy schedule.

As we went back and forth with dates, I had trouble committing – “I’ve got a race on Sunday ... No, I’ll be in Toronto for the weekend ... I’ve got my swimming course that night ... We have theatre tickets with friends...” – it was as if we were carrying out vital labour negotiations.

In order to maximize my skin rejuvenation results, Dr. Daniel’s “combination

therapy protocol” utilizes Botox® Cosmetic injections – complete with ‘before’ photos. “The synergy of combining multiple procedures yields results that far exceed using a solitary treatment approach,” he says. “Botox® Cosmetic remains the most popular non-surgical cosmetic treatment performed, and has thereby become the cornerstone of most ‘combination therapy.’”

Next, a cream was prescribed for daily use in order to prepare my skin for the procedure and optimize my healing phase. Then, an antiviral medication was prescribed prior to the procedure as a precaution to prevent a possible outbreak of cold sores. The MicroLaserPeel™ was subsequently scheduled eight days later.

The Treatment

Dr. Daniel’s cheerful assistant Janet applied an anesthetic cream to my skin an hour before the laser treatment, explained what would be happening, and provided me with the requisite paperwork to sign prior to the procedure. She then reviewed the after care instructions with me. Because this was a mild peel, there was no need for sedation or other anesthetic, and I could drive myself right back to work.

So I would have an idea of what the laser would feel like on my face, Dr. Daniel demonstrated the procedure via a small “test patch” on the back of my hand so I could “see the laser in action.”

He then placed protective laser eye shields over my eyes, and then proceeded with the MicroLaserPeel™. I could feel the laser beam as it was precisely and methodically advanced around my face—from forehead to chin, some parts more sensitive than others, but certainly nothing unbearable.

The procedure was completed about 30 minutes later, and the warm sunburn-like sensation began to set in. At this point, specially formulated cooling gel dressings were placed on my entire face, which was immediately soothing and cooling. I was encouraged to relax in the chair with those gel-foam dressings for the next 20 minutes to allow my skin to dissipate the warmth.

Thirty minutes later, I was back at work, attracting stares – “You look like you were

up on a hill looking at the sun!” remarked one of the first people to gaze upon my dark pink face – but healthy enough to be functional.

They call it the ‘weekend peel’, and it truly is.

My after care products for the evening and following days included a soothing and cooling gel to be applied to my face over the first two days, followed by a moisturizing ointment. A tinted SPF 45 sun block gave sun protection and camouflaged the redness. I didn’t need any pain medications at all after the procedure.

DAY 2

Like the morning sunrise, I am at work shiny and red after a night of applying soothing gel, and lying down listening to the music of Les Miserables. It stung a bit as the gel dressings lay on my face, but it didn’t feel worse than a bad sunburn. I don’t mind having people look at me because I’m writing about it anyway, but I can understand why others would want a few days off before appearing in public.

Co-workers around the coffee pot volunteer their thoughts on my situation. “I couldn’t ever do that,” says one, wincing at my glossy face.

“It’s no one’s business to judge,” says another, who wanted all the details. “Some make themselves happy with travel, or playing cards. If improving their appearance makes someone else happy, it’s their choice.”

DAYS 3 & 4

During the day, Saturday, my face was exfoliating in shaggy peels as if it were the first snowfall of the year.

However, I went to dinner and a play at the National Arts Centre Saturday evening, and put on my sunscreen and ran a 10k race outdoors on Sunday, with little attention.

DAY 5

By Monday, my face was almost normal, and generating approval.

For more information on this and other procedures, please view carlinglaserclinic.com.