

# Skin Care Treatments Restore Healthy Glow

BY SUSAN COLE

**T**ired of looking tired? Do you feel like you wear all of the stress you have known on your face for all the world to see?

Whether you are barely 30 something or have already celebrated your nifty 50, Lisa Topham, a nurse who specializes in skin care, offers women, and men, the latest topical solutions to rejuvenate their appearance.

She recalls after nursing school feeling a bit lost because while she wanted to help people, she did not feel a calling to work in hospital medical wards. It in was a position with a plastic surgeon that opened the door to her calling, helping peo-

ple look great and feel better as a result of liking what they see in their mirrors.

A member of the American Society of Plastic and Reconstructive Surgical Nurses, her practice is located at the Skin Rejuvenation Center in Norwalk with Dr. Rick Rosen.

## Options

Today, there is an array of prescription lotions and creams that are designed to work at much deeper levels than those sold over counter, whether at discount or department

## Topical solutions for rejuvenation

stores, she explains. For many women, these are magical potions because they recreate their skin a healthy glow that many women thought was only a memory.

For more pronounced changes that come with stress and age or both, such as deeper furrows between the eyebrows sometimes associated with worry, and other areas of the face that benefit from filling, Topham uses what she refers to as the gold standard treatment, namely Restylane. This FDA approved non-animal based product

does not cause allergic reactions and lasts anywhere between six and 18 months, depending on the procedure used, and the condition of the woman's skin.

Botox remains a popular option and has become the treatment of choice for rejuvenating the eyelids, with far more women choosing this non-surgical approach for looking younger. Botox is also helpful when filling deep lines between the nose and mouth, says Topham.

There are also peels and microdermabrasion treatments to literally cast off the old so healthy new skin can shine through giving women of every age a glowing new look, no matter how hard life has been.