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## Beauty & Style / Skin & Body / Anti-Aging

### Renew Your Facial Skin at a Dermatologists Office

It used to be that the best way to "renew" the skin on your face was to remove the top layer with a chemical peel. Cosmetic and laser dermatologist Dr. Melanie Grossman explains that today a procedure called non-ablative laser skin rejuvenation can be used for similar results - and your skin is not 'peeled.' Therefore there is no healing time needed.

The treatment is comprised of a dermatologist applying laser light to your skin, which stimulates the lower layers of skin to produce new collagen. "The treatment does not involve using any man-made substances or injections," says Dr. Grossman. "We're actually using a laser to produce a biological response." She claims monthly treatments over five months can minimize pore size, improve skin texture, decrease skin sagging and help with fine wrinkling.

If you go for this rejuvenation procedure, expect to pay between \$300 and \$1,000 per session. Each treatment takes about 10 minutes and you may experience a slight redness in the treated area immediately following treatment. You'll notice an improvement in your skin over the course of the next six weeks, she says, adding that skin will continue to improve as you get treated. As with all cosmetic dermatology procedures, don't make an appointment unless you've checked out the credentials of the dermatologist. You want someone who has done hundreds of similar treatments. (Feel free to ask to see before and after photos!) ❁



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