



**The Lightening Skin Treatment
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Ask LNE & Spa

Les Nouvelles Esthétiques & Spa is the leading source of information for the esthetics industry, and now offers you the opportunity to connect with the foremost authorities in our business and have them answer your questions! Each week we feature a question brought to you by our readers.

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Light differences

Question:

What are the differences between LED, IPL and photo rejuvenation lights?

Answer by Rob Trow:

Light emitting diode (LED) is a natural, non-ablative method to aid in skin rejuvenation. Yellow light assist with photo-rejuvenation, blue light helps with acne and red light serves as a photo-dynamic therapy. Combing light sources in a series creates a more effective treatment regime.

Intense pulse light (IPL) transmits a broad spectrum of light through a small, smooth hand piece gently placed over the skin. The light penetrates the tissue and is absorbed by the blood to improve vascular conditions and/or reduce pigmentation. IPL can be helpful in the reduction of erythema, flushing, photo-aging, pigmentation and acne.

Using LED and IPL in alternating series normally provides more effective results than the use of each method on its own. The most effective treatments combine LED, IPL, mild peels (lactic and low level TCA) and home skin care products that contain the following in significant concentrations: vitamins A and C, antioxidants, peptides and growth factors.

About Rob Trow



Rob Trow and his wife Carol own DermaConcepts USA, the eastern U.S. distributors (excluding metro NYC) for Environ® Skin Care. Trow is an authority on skin science and the skin care business. He speaks at national and international meetings to estheticians, medical spas and physicians, has published over 50 articles for professional publications and maintains an active consulting practice.

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When to apply, and when to avoid, galvanic and high frequency treatments

Question:

Can you perform galvanic and high frequency treatments on clients who wear braces?

Answer by Rob Trow:

Also called iontophoresis, the galvanic technique uses electrical current to increase product penetration into the skin. It is not advisable for use on clients who have excessive metal in the area that is to be treated, including metal pins, plates or braces, as it can cause discomfort and pain.

Iontophoresis is also not advisable for use on those who have implanted electrical devices (e.g. pacemakers), highly sensitive skin, sinusitis, epilepsy or infectious skin disorders, as well as on clients who are in the more advanced stages of pregnancy. When in doubt, check with the client's physician first.

The high frequency method is another story. While you can use it on clients with braces, the high frequency technique may warm up the metal in braces, which may be uncomfortable for the client.

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Skin lightening ingredients

Question:

What are the best products for brown spots and hyper pigmentation in the market today?

Answer by Rob and Carol Trow:

Treating hyperpigmentation is not a one-dimensional issue, as there are a myriad of schools of thought and approaches to the problem. Rather than focus on products, below please find an outline of the most popular ingredients. This response does not address the use of lasers, IPL and LED, which can be effective modalities.

The concentrations/strength of the product, how it is made and packaged and its freshness are all vital to an ingredient's efficacy. Wide mouth and clear containers are not as effective as airless pumps in protecting ingredients from degradation. The cost of raw materials also plays a role. For example, hydroquinone may cost 1,000 times less per kilogram than say licorice extract or undecylenoyl phenylalanine. Antipigmentation products fall into several categories: suppressing melanin production, inhibiting melanin production, stopping the action of tyrosinase and bleaching out existing melanin.

Staying out of the sun, practicing safe sun exposure and using sunscreens with physical and chemical blockers plus antioxidants are essential to any prevention and management of hyperpigmentation, either with or without the use of lightening products.

Most widely used ingredients:

Hydroquinone is one of the most widely used skin lightening ingredients that acts as a bleaching agent. It has come under increasing scrutiny regarding its safety and the negative health related side effects from long-term use. Hydroquinone is banned from use in cosmetics in over 50 countries and is currently under review by the Food and Drug Administration. It is probably the fastest acting known ingredient to treat pigmentation, but its use is subject to rebound pigmentation as well.

Mercury will lighten skin with the potential for significant health risks. Pigmentation is also subject to reappearing worse than before due to the rebound effect.

Arbutin (bearberry extract) inhibits the creation of melanin by limiting tyrosinase activity.

Vitamin C is available in many forms. It can assist in lightening the skin as it inhibits the production of melanin while also assisting in collagen synthesis and in the formation of vitamin E to enhance sustained antioxidant protection from free radicals. Vitamin C must be fresh and potent, as many products lose potency over time as they oxidize. VCIP is a newer, highly effective form of Vitamin C gaining popularity because of its stability.

Vitamin A is arguably the most important element in any skin care regime. It has also been shown to have a material effect on skin renewal, making the skin brighter and lighter while decreasing melanin granules. Use of Vitamin A will yield excellent results but they will take longer to become noticeable.

Kojic acid Derived as a by-product from the fermentation of rice, kojic acid is a fungal metabolic that inhibits tyrosinase activity. Very popular in Asian countries, it is recently coming under the attention of regulatory bodies for possible safety and health issues. As of today, the data is far from conclusive.

Azelaic acid (extract of bearberry plant) is an option for inhibiting melanin production in appropriate concentrations.

Undecylenoyl phenylalanine is a new, state of the art tyrosinase inhibitor that is highly effective at treating pigmentation that controls tyrosinase activity, melanin formation and melanosome transfer.

Licorice root (glycyrrhetic acid) is widely used to inhibit tyrosinase activity. It also has anti-inflammatory properties.

Niacinamide inhibits melanosome transfer from melanocyte to keratinocyte.

Acids (alpha hydroxy, lactic and glycolic) help with cell turnover via exfoliation. In and of themselves they are not effective at inhibiting tyrosinase production or in bleaching skin.

Many products claim effectiveness by combining one or more of the active ingredients mentioned above. This can be good or bad. If the ingredients have different pHs, they can effectively cancel each other out thereby making the product ineffective.

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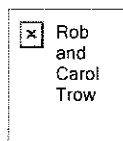
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I Got This Machine, Now What?

Question:

I just purchased the Ultrasonic Skin Care Equipment that comes with three heads for the eyes, face and body. The name of the machine is Super Penetration Removing Facial Wrinkles, D802. Very little information is available from the manufacturer. I would like to know how to use this machine as well as what skin products can be used with it, such a moisturizer or a serum. Also, can I use this machine with an exfoliant product that contains a hydroxy acid?

Answer by Rob Trow:

If a skin care device sounds too good to be true chances are it probably is. Without more information on the device, its specifications and clinical results, we cannot offer specific recommendations on product usage.

There are two major types of ultrasound (US) technology used in skin care devices: high frequency and low frequency. Rest assured there is a world of difference in application and effectiveness of each as related to skin care. No matter what the level of ultrasound used, it is not a panacea in our industry. There are more outlandish and unsubstantiated claims than one could imagine. For example, a quick Internet search revealed the following claims of an ultrasound machine from Asia for sale in the United States: "smoothes wrinkles, cleans freckles and pouches under the eyes, cleans the skin and promotes weight loss." Some claim one can perform a nonsurgical facelift with ultrasound that yields great results.

Can these claims be true? If one studies the science behind the use of ultrasound in our field, the answer is a resounding no for most manufacturers' assertions.

Questions to Ask Before You Buy

Before purchasing an ultrasound device, be clear on what you want it to do. If you are only concerned about skin cleaning, modest removal of debris or creating a source of heat, one type of US may be right for you. If your objective is to increase the penetration of active ingredients, another might be more appropriate.

Below, please find examples of questions that you have every right to ask



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and that a reputable vendor will gladly answer before they sell you a device.

- What guarantee and warranty are provided with purchase?
- What training is provided and how frequently?
- Are the indications and contraindications on the machine's use clearly identified?
- Can you provide clinical studies supporting the device's efficacy?
- If there are studies, can they be supported by independent sources?

Regarding the latter part of your question about which skin product to use and whether you can use this machine with an exfoliant product that contains a hydroxy acid, I would need to know the machine's frequency, the head size and the skin condition. Please send the specifications to LNE & Spa and I'll be happy to respond.

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Esthetician takes the next step

Question:

I have already received my license for esthetics. I wanted to take it a step further to become a paramedical esthetician. I was wondering, what steps/courses would be required to add on to my education that I already have so I don't have to take the whole esthetician course over again. I was also interested in Dermatology. What can I use as a resource to take the steps needed? I don't know where to turn. I live in Tampa, please help!
♥ Jamie

Answer by Rob Trow:

Dear Jamie,

Your question is directly related to an ongoing problem in the United States regarding advanced education and certifications for the skin care professional. Each state has its own requirements that vary widely. I suggest you contact CIDESCO (www.cidesco.com) and the Society of Dermatology Skin Care (www.sdssorg@aol.com) as starting points to obtain information about extraordinary educational opportunities. I also advise attending every product and device company training program you can. Most are free. While all will not resonate with you, each will add to your body of knowledge. Pick out several professional only product lines and contact them for educational program offerings as the good ones delve into information far beyond product knowledge. A great book to read is *Advanced Skin Analysis* by Florence Barrett Hill - an emerging bible in the field. Do not forget that physicians will not only want you to be highly educated with great hand on skills but seek aestheticians who understand the business aspects of skin care.

Rob Trow

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