

LOOK AMAZING BY CHRISTMAS!

Of course we all want to look our best by Christmas. It's the time to meet the in-laws, the girlfriends parents ... bump into high school crushes ... you get the picture. In reality, Christmas isn't the only time, there can be many reasons why one suddenly needs to look great ... a job interview in a few days, a 10 year school reunion in a few weeks or a 20 year wedding anniversary in a few months. What do you do? What if you only have a few months, or a few weeks ... what about a few days? Don't worry there is help available.

The Three Month Prescription

In three months you can do a lot. First of all, three months is enough time for a significant amount of *Laser Hair Removal*. Remember ask your doctor how strong his laser is both from a safety point of view and effectiveness. Ask if the doctor has experience with your skin type. Another thing to consider is a *weight loss program* which has been medically designed. You can expect to lose 20 pounds in 6 weeks and look great. This will require commitment to both diet and exercise but will reap rewards. Finally a series of *chemical peels* combined with a medical skin program at home will give you a radiant youthful look. For those with significant pigmentation, there is sufficient time for *photofacials* and *laser treatments* to reduce these. Finally you can add *botox* and *fillers* to the mix and get rid of unwanted lines. For sufferers of Acne, there is plenty of time for a full course of both skin treatments and antibiotics.

The Three Week Prescription

If you have just three weeks, the first thing to consider would be some *botox* and *fillers*. These procedures can cause temporary bruising at times so it is prudent to have them as far away as possible from the big day. The effects will last. Then a series of *light chemicals peels* will increase the skin radiance. If you cannot get an appointment for in-office peels, then a home program with exfoliating masks can be a good substitute. If you suffer from Acne, it may be advisable to start on a course of *antibiotics* immediately. Some laser treatments are specifically for acne and have almost immediate effects. Three weeks of drinking lots of water, dieting and exercise combined with supplements can help you lose

ten pounds which can be just what you need for a better look.

The Three Day Prescription

This is a tricky one. I would recommend going to an experienced cosmetic doctor to have some botox. Although the full effect can take 5-6 days, there is visible improvement within a few days. If it is not possible to see a skin doctor, then a good collagen cream or Vitamin C cream around the eyes can also benefit greatly. Next, on the list would be having a *light chemical peel* or *microdermabrasion*. It would give you a glow. Just ensure that it is very light. For an emergency like a breakout just before the event, a good doctor can come to the rescue. A cosmetic doctor can inject a small amount of corticosteroids into the pimple and it will recede in 24 hours. For significant bags under the eyes, an ice pack can make a big difference. Most importantly good fluid intake and sufficient sleep is necessary.

The Christmas Prescription

Christmas is fast approaching. It is less than 6 weeks away. In this situation, the number one best value for money and time procedure is a personalized, medium depth chemical peel. Within a week this will erase some fine lines, brown spots and improve your skin texture. This is then followed with a 3 week regime of medicated creams that will fade away nearly all blemishes. Also included is a fast track diet to shed those 10 unwanted pounds. This leaves two weeks to have a botox treatment to vanish away those frown lines and crows feet ... and viola ... you are ready for a great Christmas.

Phone Dr Takhar's Cosmetic Clinic and get your "Christmas Prescription" at 25% discount for a limited time.



Dr. Deepa Takhar, MD

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