

# COASTAL Lifestyle

[www.coastallifestylemagazine.com](http://www.coastallifestylemagazine.com)

April / May 2014

contemporary  
elegance



\$4.99

05



7 1896 45744 5

DISPLAY UNTIL June 16, 2014

# healthy skin

by Sabe Fink



health



GULF COAST  
PLASTIC SURGERY



Skin care as practiced at *The Skin Care Center at Gulf Coast Plastic Surgery* is an art and a science. Every conceivable service, from a luxury facial to cosmetic surgery, is offered under one roof. Clients know that all products and services are medical grade and that all staff have medical training along with specific education in the procedures and products used and sold at the center. Sheri Fleming, business manager explains that "Our target clients are men and women between the ages of 18 and 80 who are eager to improve the quality and health of their skin and to feel better about themselves and their overall appearance."

The mission of the skin care team is first to educate people about prevention of skin issues and maintenance of good skin health, then to address skin problems, both cosmetic and health-related. The staff is equipped to address a wide range of skin care regimens, from facials and retail product sales all the way to Botox, laser treatments, dermal fillers, and surgical procedures. They are dedicated to providing accurate information and to dispelling misconceptions about skin care and skin health.

The menu of cosmetic services includes luxury facials for pure pampering, designed to make the client look and feel beautiful. The facials include deep cleansing, toning, an exfoliating chemical peel, pore extraction, and paraffin wax hand treatment. The full service microdermabrasion facial adds gentle but thorough microdermabrasion of the face and neck to reveal glowing, healthy skin, and the express microdermabrasion is a quick, thirty-minute facial and light peel. The center even offers a facial designed specifically to address the special needs of teenage skin.

The Skin Medica line of treatments includes the Illuminize Peel, a "red carpet" lightening and brightening peel, the Vitalize Peel, a moderate peel resulting in smoother skin texture, more even skin tone, and an allover brighter complexion, and the Rejuvenize Peel, a deep medical peel. "The Vitalize Peel is definitely our most popular option," says Fleming.

Botox cosmetic, in use since the 1980s, is used to soften wrinkles in the forehead, between the eyes, and to lessen or eliminate crow's feet. "The Botox procedure takes only about half an hour," explains Fleming, "and takes about two weeks to reach full correction. The beneficial effects last up to three months." Dermal fillers, sometimes called "liquid facelifts," offer many of the benefits of a surgical facelift without the downtime. These soft tissue fillers add volume and provide immediate results. They are frequently used on the nasolabial folds on either side of the nose, to fill in and plump up the cheeks, and under the eyes, and can be administered in about an hour and provide results that last a year or more.

photography courtesy of *The Skin Care Center at Gulf Coast Plastic Surgery*



# health skin

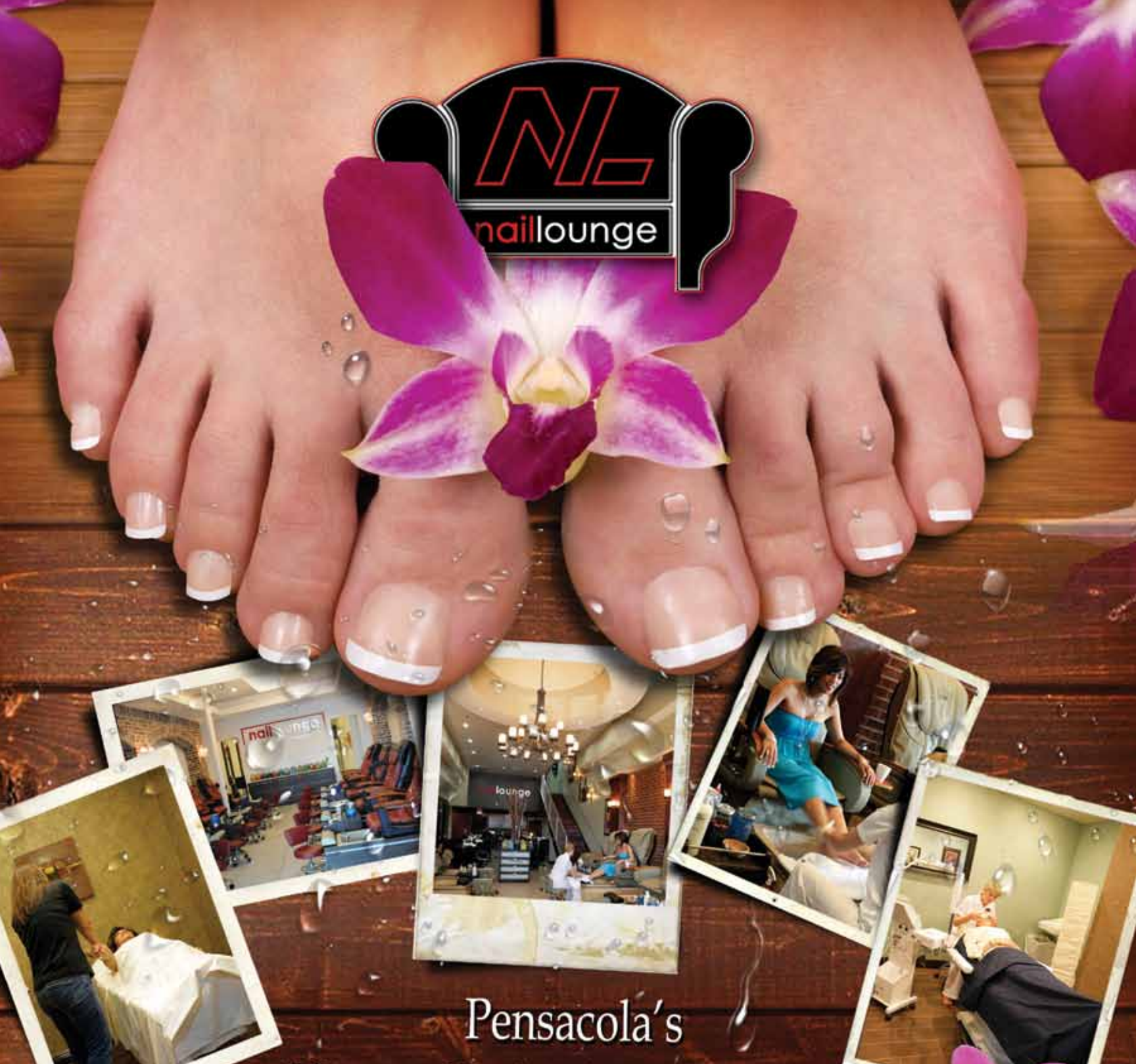
Fractional ablative and non-ablative skin resurfacing laser procedures are another option, designed to remove or minimize scarring, sun damage, and discoloration. "The laser skin resurfacing options can be very effective on skin pitting and acne scars," Fleming explains.

Tattoo removal is performed with a laser procedure which has proven highly effective. "We have had great success with tattoo removal. It is not a one-time procedure, and the treatment plan is customized for the client. We use the Q-Yaq laser, which targets individual color wave lengths, and treatments are admin-

istered by our nurse practitioner," says Fleming.

The Skin Care Center carries the medical-grade glōminerals line of makeup, including innovative eye, cheek, and lip products in a rich color palette of fashion-forward shades and timeless color classics designed to enhance every complexion. glōminerals' five foundation formula options offer the most comprehensive shade range available, allowing every skin tone to find a perfect match. In addition, the center carries a full line of Skin Medica and Obagi skin care products for retail sale.

*The Skin Care Center at Gulf Coast Plastic Surgery  
543-B Fontaine Street  
Pensacola, Florida  
850-474-0155*



## Pensacola's Newest Nail Salon & Day Spa

**Manicures • Pedicures • Eye Lash Extensions  
Massage • Facial • Waxing**

**4405 Bayou Blvd.**  
*(Between Talbot's and Vivace Gift Boutique)*  
**(850) 332-5593**

**217 Gulf Breeze Pkwy**  
*(Next to CVS in the Dolphin Square Shopping Center)*  
**(850) 677-8160**

Hours are 9 a.m. to 7 p.m. Monday through Saturday, and 12 p.m. to 6 p.m. Sunday.  
Call for more information on spa services or to book an appointment.