

Bathed in Light: Restoring your supple skin and youthful glow with the Photofacial

By Melissa C. Navia

Facial menus can be daunting. Instead of being whisked away to a day of rejuvenation, you oftentimes find yourself sinking into a waiting room couch, trying to make sense of too many choices, confusing jargon, and elaborate promises. The frustration is understandable, especially because your reason for coming to the spa was probably precipitated by very specific concerns, like sun damage, rosacea, or acne, that require specialized attention. What you need, it quickly becomes clear, is professional guidance, not just a laundry list of more options.

Located in North Babylon, the Natural Beauty Derma Spa utilizes the latest technology and medically proven treatments to deliver comprehensive skincare. “Our focus is overall wellness, body and mind, and anti-aging methods that last,” says Dr. David Kavesteen, founder and resident cardiologist. “We analyze unique situations and diagnose chronic conditions, ultimately offering solutions that will meet your specific goals.” Board-certified physicians and licensed aestheticians tailor customized treatments plans designed to restore natural beauty, maintain healthy skin, and prevent future damage. From oxygen facials and chemical peels to vein therapy and injectables like Botox and Juvederm, the Natural Beauty Derma Spa offers a full line of services in a safe, clinical, and state-of-the-art environment. So when clients bring in concerns, the staff has answers, especially when it comes to explaining the science behind terminology and what it means for your skin.

A prime example is the photofacial, also known as IPL Photorejuvenation, an FDA-approved, patented medical procedure that is characteristic of the medspa’s non-invasive approach to skincare and emphasis on cutting-edge technology. The key element in this highly effective technique is light, specifically intense pulsed light (IPL), emitted from a handheld device and absorbed by the dermis. This thick, highly vascular, and supportive second layer of skin consists of fibrous collagen and accounts for the elasticity and vibration characteristic of youth. “As we age, the effects of excess UV exposure, poor diets, toxins, and radiation become more readily visible because our skin’s natural pliability has been compromised,” explains Dr. Kavesteen. “But we can use science to restore what has been lost.” Delivering energy to the deep tissues of the dermis, the IPL photofacial stimulates collagen growth, evens out the skin’s complexion, and reverses the classic signs of aging.

Ideal for treating sun-damaged skin, brown spots, rosacea, chronic facial flushing, broken capillaries, telangiectasia, and discolored scars, IPL is unique in that it cools but does not damage the epidermis, as is the case with dermabrasions and laser resurfacing. The payoff? Virtually no recovery time. Rather than removing skin from the top down, photofacial treatments work to correct issues from the inside out. IPL also differs from laser treatments in that it utilizes a broad spectrum of light, rather than a single monochromatic wavelength, that can target multiple elements within the skin, including pigments, capillaries, and collagen-producing fibroblasts. The subsequent absorption is

what produces results. “Pulses of broadband light stimulate the cells at their core to reverse the byproducts of aging and sun damage,” says Dr. Kavesteen. “By addressing the root of the problem, and not just the superficial signs, IPL lays the foundation for brighter, smoother, healthier skin that lasts.” The treatment is as revitalizing as it is versatile, capable of remedying numerous conditions at once and the only effective, risk-free, and consistently proven solution to excessive redness. In addition to restoring sun-damaged skin, IPL can also eliminate acne-causing bacteria and inhibit future breakouts.

The procedure itself is quick, non-toxic, and relatively pain-free, but a series of approximately 4 – 6 treatments are recommended for maximum results. Your skin needs time to repair itself and undergo the full rejuvenation that IPL has set in motion. A photofacial, then, is not a viable option for someone who needs a drastic improvement for the weekend; rather, it is the technique of choice for those who want long-lasting, natural-looking improvements to chronic skin conditions. And not just for your face! IPL treatments can be performed safely on the neck, chest, back, arms, hands, abdomen, and legs as well.

At the Natural Beauty Derma Spa, photofacial candidates meet with a physician and licensed aesthetician to determine their skin conditions, evaluate their medical history, understand their goals, and create comprehensive treatment programs that will address their needs safely and effectively. Each procedure takes anywhere from 20 – 30 minutes, depending on the area to be treated, and the sensation the light pulses produce is frequently described as only mildly uncomfortable, much like the snapping of a rubber band. Side effects, if any, are minimal and short-lived, including redness and minor swelling. It is important, however, to understand that such a track record can only be achieved by working with fully certified and trained professionals. IPL is designed to provide precisely controlled treatments for each patient. Energy levels, pulse durations and patterns, and delay times are all set in accordance with the patient’s skin type, condition, and progress. Photorejuvenation is very much a medical procedure that should only be administered in a clinical and supervised setting.

Beauty is a direct indicator of how the body is functioning on a cellular level. Only when you feel good, can you truly begin to look good. The Natural Beauty Derma Spa understands this and practices it by employing a holistic approach to skincare that is as committed to maintenance and prevention as it is to repair and rejuvenation. “We equip our patients with the knowledge they need to make informed decisions about their skin and general health,” says Dr. Kavesteen, “not just while they are here, but when they go home, too, and for the rest of their lives.” IPL photorejuvenation is just one of the many treatments and services offered by the medspa, but you can rest assured that the staff will work with you to handpick the procedure and deliver the care that is ideal for your needs. The relaxing décor and amenities of a spa coupled with the expertise and physicians of a medical office—now that’s service.

The Natural Beauty Derma Spa is located at 1350 Deer Park Avenue, North Babylon, NY 11703. To request a complimentary consultation, visit www.nbdspa.com or call 631.940.8606. For more information about Dr. David Kavesteen, board certified in cardiovascular diseases, nuclear cardiology, and internal medicine, please visit either www.HeartandHealth.com or www.KavesteenMD.com.