

## IF IT'S A ONE-OF-**A-KIND PROPERTY,**

IT BELONGS IN

# AVENUE

**OUR PAGES DISPLAY** THE FINEST IN SUBURBAN, COUNTRY AND VACATION HOMES.

For more information on how to connect with a privileged readership, please contact Susan Feinman, sfeinman@manhattanmedia.com



### Dr. Michele S. Green Leading Dermatologist

Summer sun and fun can come at a cost to your skin. Top East Side dermatologist, Dr. Michele Green, answers some of your most burning questions about unsightly summer skin problems and how to keep a healthy glow year round.

#### My skin is so red, especially my nose and it gets worse in the Summer. What can I do?

Your face, especially your nose, is the most vulnerable and sunexposed part of your body. It is the most common place for rosacea and skin cancer. To protect your face you can use an SPF 30 sunblock with UVA and UVB protection. The redness you are describing is Rosacea. Heat, sun, and genetics are all contributing factors. Prescription creams like Metrogel® and topical creams with Vitamin C and green tea extract can help reduce redness. But the gold standard for removing redness and broken capillaries is the V-Beam® Laser. After several laser treatmentsspaced a month apart-your skin will be even and clear.

#### I waxed to get smooth skin for the Summer and now I have red bumps. What should I do?

Waxing often causes ingrown hairs which can get inflamed. If this happens you can apply hydrocortisone cream and aloe gel to reduce the redness and inflammation. Laser hair removal can prevent all of these problems. By safely and painlessly zapping the hair at its root, you permanently remove the hair, and eliminate the risk of ingrown hairs. After approximately six treatments you never have to worry about waxing or shaving again.

#### My face seems to be falling down. What can I do over the Summer to give it a lift without going under the knife?

Thermage®! This treatment utilizes radiofrequency technology to tighten existing collagen and stimulate new collagen production. Thermage® is a painless, non-surgical method to tighten, contour and rejuvenate the skin to give you a younger looking appearance after just one treatment! It is also a successful way to tighten the backs of sagging arms, creepy knees, and loose abdomens after pregnancy.

#### Dr. Michele S. Green, Board Certified Dermatologist

156 East 79th Street, Suite 1B, New York, NY 10075 212.535.3088 www.michelegreenmd.com