

Spring 2004 Seminars:

Please come to our upcoming seminars to learn more about holding back the hands of time! Join us in a comfortable, casual atmosphere to discuss **safe, effective, tried and true rejuvenation procedures**. To register for seminars, please contact Jill Streeter at (919) 403-6200 or jstreeter@aesthetic-solutions.com. Light beverages and hors d'oeuvres!

Facial Rejuvenation – What's your next step in fighting aging?

- **April 6, 2004 Tuesday 7:00pm**
- **Speakers: Dr. Sue Ellen Cox and Dr. Charlie Finn**
- **At Caju Salon** located in Meadowmont across from Monkee's (700 Meadowmont Circle, Chapel Hill, NC 27517).

Skin Nurturing Mineral Make-up Seminar with Glo' Minerals Cosmetics

- **May 6, 2004 Thursday 6:00pm**
- **Speakers: Jennifer Jahoo, Paramedical Esthetician**
- **At Aesthetic Solutions!**

Facial Rejuvenation – Focusing on sun damage and preventative measures

This educational seminar will focus on sun damage and the preventative measures you can take to avoid sun damage as well as ways to rejuvenate your already sun-damaged skin.

- **May 18, 2004 Tuesday 7:00pm**
- **Speakers: Dr. Sue Ellen Cox and Dr. Charlie Finn**
- **At The Wellness Center** in Meadowmont (100 Sprunt St., Chapel Hill, NC 27517).

Dr. Cox and Dr. Finn enjoy giving presentations to the local community as well as throughout the country. Please contact us if your group would like Aesthetic Solutions to visit your event, (919) 403-6200.



Aesthetic Solutions

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face facts

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Spring 2004

DARE TO BE BARE!

Did you know that humans have more hair follicles per square inch of skin than our higher primate cousins, including chimpanzees and gorillas? Thank goodness, most of this hair is very fine and very pale and virtually indistinguishable to the naked eye. However, it is the thicker, fully pigmented hair that we find growing much to our distaste all over our legs, bikini line and underarms, on our backs, down our arms, on our chin, cheeks and upper lip. For centuries we have endured uncommon torture to tame the hair, fur and fuzz gone wild...all to no avail. To imagine a life without wax, without razors, tweezers, depilatories or electrolysis would sound simply inconceivable, and sadly it is...unless you've made an appointment at Aesthetic Solutions for Laser Hair Removal.

Hair 101

Hair is formed in a hair follicle, which is a pouch-like structure found below the skin. What we see as hair is actually the hair shaft, which is the keratinized, hardened tissue that grows from the follicle. Everyone's hair grows differently, depending on heredity, age, weight, metabolism, hormonal activity, and certain medications. For women, puberty, pregnancy and menopause play significant roles in determining hair growth as well. As a hair grows, it matures through three distinct phases:

Active growth phase (anagen). During anagen, the hair has an abundance of melanin, the dark pigment that gives hair its color. Approximately 30% of our body hair, at any given time, is in anagen.

Regressive phase (catagen). During catagen, which lasts approximately 2 weeks, the hair no longer receives nourishment and stops growing.

Resting phase (telogen). During telogen, which takes two to six months, the cycle is complete and the hair ultimately falls out and a new growth cycle begins. The majority of our body hair is in this phase.

Effective laser hair removal is based on the principle of selective photothermolysis. Via selective photothermolysis, the laser emits a beam of light that passes through the epidermis selectively targeting the hair follicle



Before

After

where it is absorbed by the dark pigment of the melanin. The laser's energy is then transformed into heat, disabling the hair follicle and leaving the surrounding tissue unaffected. The laser "pulses" for a fraction of a second, and each "pulse" of light disables a large number of active hair follicles, including follicles that have yet to produce a visible shaft to the surface of the skin.

As the laser targets only follicles that are in the active phase of growth, three to five laser sessions spaced six to eight weeks apart are typically necessary to permanently disable all of the follicles within a treated area.

At Aesthetic Solutions we own two different lasers for hair removal. We offer the Lumenis LightSheer Diode Laser System and Candela's Gentlelase Plus. We anticipate the acquisition of the GentleYAG.

The LightSheer laser is ideal for removing hair from smaller areas on the face. Its 8mm spot size enables precision targeting when lasing hair above the upper lip, chin and jawline. The LightSheer is unique in its ability to treat a spectrum of skin colors, from very fair to medium dark skin, without affecting the skin's pigmetary properties.

The Gentlelase Plus and the GentleYAG are both revolutionary long-pulse high energy lasers. The parameters of these lasers were carefully calculated to match the laser's light and pulse duration with the follicle's size, depth and location. Using an 18mm spot size, Gentlelase has become the gold standard for quickly removing hair from larger areas, i.e., the arms, legs, back and chest. Its ability to target greater surface area in less time makes it ideal for the underarms and bikini line as well. The Gentlelase Plus is most effective in removing dark hair from light skin, while the YAG is best for darker skin.

For a consultation, please call us at 919 403 6200, or visit our website at www.aesthetic-solutions.com

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2003 EDITOR'S CHOICE AWARDS

The Laser & Light Technology Editor's Choice Awards were developed to credit those devices which were outstanding in their treatment categories for the year 2003. Based on the consensus of board certified dermatologists and plastic surgeons, these awards recognize superior performance and reliability in laser and light technology.

All five lasers listed below were honored as Best in Category among ten individual categories, and all of them are available at Aesthetic Solutions. Remember that the laser is simply a device in the hands of the laser operator. The laser operator's skills are of utmost importance! Dr. Cox and Dr. Finn have had extensive laser training and also train other physicians how to properly operate these lasers. Our clinical staff is composed of registered nurses and a medical esthetician certified to use these lasers. We also follow strict guidelines in accordance with the American Society for Laser Medicine and Surgery and the North Carolina Medical Board dictating safety controls to ensure our patients' wellbeing.

- ★ BEST LASER FOR LEG VEINS
- ★ BEST LASER FOR TELANGECTASIA
- ★ BEST LASER FOR SPECIALIZED VASCULAR DISORDERS
- ★ BEST LASER FOR RED STRIAE

V-Beam (Candela Corp.) This pulse dye is a proven performer with multiple spot sizes and variable pulse durations out to 40ms. The V-Beam is used on a wide variety of conditions where oxyhemoglobin is the target chromophore. From large port wine stains to cherry angiomas, the V-Beam gets good results. The device uses Candela's DCD integrated cooling system and a 595nm wavelength.

- ★ BEST LASER FOR ACNE
- ★ BEST NON-ABLATIVE LASER FOR WRINKLE REDUCTION

Smoothbeam (Candela Corp.) This 1450nm Diode selectively deposits heat in the upper papillary dermis where the sebaceous glands are located. The Smoothbeam affects the glands thermally to produce less oil thereby inhibiting bacterial proliferation and permanently reducing acne lesions. Alternatively, the Smoothbeam's heat deposition also triggers an immune response resulting in the synthesis of new collagen. Good results have been noted with mild to moderate wrinkles.

- ★ BEST IPL DEVICE FOR SUPERFICIAL VASCULARITIES
- ★ BEST IPL DEVICE FOR AESTHETIC PIGMENTATION PROBLEMS

Quantum SR (Lumenis Inc.) Lumenis' predecessor company, Sharplan, developed the first IPL device and put it on the aesthetic map. The Quantum SR is highly efficacious in treating superficial vascularities and solar lentigines. Unlike other IPL devices, this one enhances comfort with epidermal cooling.

- ★ BEST HAIR REMOVAL LASERS (LIGHT SKIN TYPES)

GentleLase Plus (Candela Corp.) The 755nm GentleLase is a proven device in this category. 12-18 mm spot sizes. The latest version of the GentleLase is more compact and now has post epidermal cooling with its integrated DCD cryogen cooling system.

- ★ MOST DIVERSE HAIR REMOVAL FOR ALL SKIN TYPES

Light Sheer (Lumenis Inc.) The 800 nm is the most powerful (and expensive) of the great LightSheer line. The XC boasts a 12x12 spot, 2 Hz rep rate and 2900W of power. It has integrated cooling with its contact sapphire ChillTip.

ACNE

...ARGHH!

Alright everyone, listen up! Contrary to popular belief, acne is NOT caused by dirt, chocolate, pizza or french fries. Acne is caused by these FOUR factors:

- 1 Inadequate skin cell turnover
- 2 Proliferating bacteria (Propionibacterium acnes)
- 3 Overactive oil glands
- 4 Abnormal hormonal activity

Acne is the most common skin disorder in the United States and like the common cold, there may be no cure, but at least we can control it.

The first step is to understand what is causing it - so make an appointment with a dermatologist, and preferably one with a cosmetic specialty. She will be able to determine if in fact you do have acne (patients

frequently mistake a variety of skin conditions for acne) and then pinpoint the primary causative agents in your case.

Depending on the severity of the acne and what is causing it, options will range from topical treatments to laser therapy, to oral antibiotics or Accutane. Fortunately, your dermatologist has essentially devoted her life to fighting acne and discovering the very best products for you and your skin. Stick with her recommendations, because a prescribed regimen of the most efficacious medications and treatments will yield far greater results than experimenting with thousands of pricey retail remedies that overflow with empty promises.

With acne that is more severe, prompt treatment with a dermatologist is imperative in order to prevent scarring. As a result of irreparable damage to the delicate network of collagen beneath the epidermis, scarring is difficult to reverse. However, there are several techniques available to minimize the appearance of acne scars:

Punch Excisional Surgery Used for deep "ice-pick" scars, this procedure excises the scars down to the subcutaneous fat, then a small suture holds the wound together.

Restylane An injectable filler, Restylane is composed of hyaluronic acid, a naturally occurring substance in the body whose most important function is to carry and bind water. When injected into the skin, Restylane produces volume to shape facial contours, smooth wrinkles and folds, and alleviate the depressions of scars from acne or other injuries to dermis.

Smoothbeam Laser A non-ablative laser, the Smoothbeam softens the appearance of atrophic (depressed) scars by stimulating the manufacture of collagen. Remodeled collagen is organized and uniform in its structural matrix thus providing a 'plumping' effect that resolves the varying depths of the atrophic scars.

CO2 Laser Resurfacing An ablative laser, the CO2 removes the epidermis and upper layers of the dermis, thus removing the scars themselves, depending on how deep and fibrous they are. Similar to the damage of a second-degree burn, the skin prepares to heal itself and begins the process of dermal remodeling. CO2 resurfacing is a major procedure requiring significant downtime and diligent post-operative care, however, it does deliver the most dramatic results.

STAFF UPDATES

Well, it has been a year since we've let our patients know what is new with the Aesthetic Solutions staff besides work, work, work! We pumped information from the staff asking how each spent their Valentines' Day



Julia, Kim, Dr. Sue Ellen Cox, Caitlin Finn, Dr. Charlie Finn, Jenny, Jill, and Kristen

By now, most of you have surely met **Julia** at the front desk. Julia earned a Masters in Counseling from ECU acquiring perceptive skills used in her position every day. Julia and her fiancé Jason are in the midst of wedding planning!



Kim and Krista

Nurse **Krista's** Valentines Day will

be a memorable one since her son Jason proposed to his girlfriend on this holiday! Now we've got another wedding in the works. While the children and grandchildren treated her with chocolate in Roxboro, Krista's already begun planning a summer beach trip with Ralph!

A true multi-tasker, **April** did something for everyone this Valentines' Day! She and her beautiful children shopped during

the day. For dinner, April and boyfriend Monty enjoyed Kurama's Japanese cuisine, snuggled during a movie, and that's all she'll tell me!

Medical Assistant **Jesa** came on board this past Fall bringing fashionable flair and an appetite for the finer things in life. A UNC journalism graduate, Jesa tweaks our writing assignments and pitches clever ideas to coincide with the many services we offer. Jesa plans to attend nursing school in the fall. Welcome, Jesa

Business Manager **Julie**

continues to run, and is registered for the Girls on the Run 5K in Meadowmont Village in April, and the Race for the Cure in June. Julie's little girls are getting big! Lydia dances, plays soccer and will be attending a Hillsborough kindergarten in the fall. Ella is ready for pre-school.



Julie and April

Esthetician **Jennifer** hosted her own little Valentines' gathering in true Jenny fashion: red rose petals and flickering, scented candles adorned her stairwell. Husband Julian supplied Spice Street sushi which satisfied her guests' appetites, and dance music filled their living room. Reese is now two years old and a very good little dancer himself.

Nurse **Shannon** joined our staff in January after working at Orange Family Medical Group for many years.



Jesa and Shannon

Shannon fits in beautifully, has great organizational skills and is very professional. Like most of us, Shannon has a passion for chocolate truffles and fresh flowers. On

Valentines' weekend Shannon dined at Big Bowl with her girls and parents. Her favorite treat was the handwritten love letter from boyfriend Larry! Now that's romantic

Nurse **Kim** received her own stash of Southern Season chocolate truffles from Bob. Good thing she continues to run the Bolin Creek Trail every week. Their boys play basketball, watch basketball, and hope to meet all the Duke and UNC basketball players.

Patient Coordinator **Jill** woke up spoiled on Valentines' Day! Rick made a delicious breakfast complete with his specialty mochas to get them jump-started. Jill's contagiously entertaining personality initiated a wild dance party that evening. Son, Tripp, is now almost 2 years

old and proud to show off all his tricks.

Nurse **Karlee**

is still in school working on her Nurse Practitioner degree. She, Cleve, and their twin two-year old girls, Kara and Kirsten, baked cinnamon rolls on Valentines' day. She and Cleve shipped the girls off to Granny and Papoo's for the night so they could enjoy some alone time with a good movie!



Cleve and Karlee

This Valentines' Day Patient Account Manager **Rachel** received a dozen red roses from Jeff and her girls, Amber and Madison. The family attended their niece's birthday party, ate at Cracker Barrel and then settled in to watch movie "Dare Devil".



Rachel, Jeff, Amber and Madison

Physician Updates

Dr. Sue Ellen Cox

greatly believes in gathering as much knowledge and training as possible to best serve her patients safely with the most satisfying results. Dr. Cox continues to further her medical education by attending conferences and hands-on workshops. The focuses of these meetings range from Botox® techniques to injectable fillers to tumescent liposuction.

Dr. Cox spoke at the 28th Hawaii Dermatology Seminar in Waikoloa Village, Hawaii, January 9-17, 2004; Lectures "Botox Satisfaction," "Ablative Laser Skin Tightening," and "AAAHC Liposuction Study" were presented at the American Academy of Dermatology meeting in February in Washington, D.C. the American Academy of Dermatology Annual Meeting in Washington, D.C., February 9-11, 2004. Dr. Cox moderated the combined American Society for Dermatologic Surgery, American Academy of Facial Plastic and Reconstructive Surgery, and the American Society of Ophthalmic Plastic and Reconstructive Surgery Winter Facial Enhancement meeting in Snowmass, CO, February 13-18, 2004. Dr. Cox also lectured on "The Mind of the Aesthetic Consumer" at the 2004 National Education Faculty Development Meeting highlighting Botox in Florida, February 27-29, 2004.

Dr. J. Charles Finn

also travels coast to coast to research new studies and present his unique findings on surgical techniques. He lectured at the American Academy of Dermatology annual

meeting in Washington, D.C. February 9, 2004 on "Facial Anesthesia" video presentation, "Lipoaugmentation and Surgery" and "Minimal Incision Facelifts." In February 2004, Dr. Finn also traveled to the 28th Hawaii Dermatology Conference to present a live demonstration of Botox and Restylane injection technique. With Dr. Cox, he attended the 2004 National Education

Faculty Development Meeting, Florida, February 27-29, 2004.

Botulinum Toxin type A: Fine-Tuning Treatment of Facial Nerve Injury" was recently published in the Journal of Drugs In Dermatology, March/April 2004, Volume III, Issue 2. Thank you very

much to our patient who participated in this case study. Dr. Cox and Dr. Finn are highly-sought after to train other physicians in areas of dermatologic and cosmetic surgery. **The American Society for Dermatologic Surgery Preceptorship Program** aims to advance the specialty and skills of Dermatologic surgeons. Dr. Cox and Dr. Finn served as Dr. Laura Meyers' preceptors last September. Dr. Meyers' wrote to the ASDS: "My learning goals were met and surpassed. The environment couldn't have been more conducive to a positive educational experience. Drs. Cox and Finn were personally invested in optimizing my learning. In addition to sharing their technical expertise, they were current with all of the recent scientific data in this quickly evolving area of dermatology, and provided the tools I needed to help me keep pace."

"From a medical standpoint, the week was absolutely filled with opportunities. Few other settings could offer the volume and diversity of procedures. However, an unexpected fringe benefit was the opportunity to observe an extremely well-run practice. Each staff member was well-trained, knowledgeable and helpful. From beginning to end, the patient was given top priority, and the patients' satisfaction reflected this." Thank you, Dr. Meyers, for such a glowing review!



Preparing Dr. Finn for Botox® photoshoot.

Aesthetic Solutions offers opportunities for other physicians to advance their skills through various programs. As an authorized National Botox Training Center for Physicians, both Dr. Finn and Dr. Cox train other physicians how to properly administer Botox. This March, a group of 20 physicians attended

a workshop held at Aesthetic Solutions focusing on Restylane. Our physicians instructed others how to administer this, exciting, new injectable filler. In April, another physician workshop was held at Aesthetic Solutions concentrating on the Candela Vbeam laser, the Smoothbeam laser and the Gentlelase laser applications.



COOL-CLENZ

Oh, the joys of adolescence...how few and far between they are. Whether you are a teenager or were a teenager, you know acne is hardly a laughing matter. At Aesthetic Solutions, we are pleased to announce the arrival of a skin care system that is designed specifically for teenagers with acne-prone skin.

CoolClenz is comprised of four unique products...

Pore Clarifying Cleanser The key to effective skin care is through proper cleansing to remove excess oils and debris, to prepare the skin for subsequent treatments.

- Removes dirt and oil so skin will feel ultra clean and prepared for step 2
- Formulated with AHA & herbal extracts to dissolve buildup and restore congested skin
- Normalize overactive oil glands without stripping the skin of protective agents

*Key ingredients: Aloe Vera Gel, Ivy Extract, Panthenol, Citric, Lactic & Glycolic Acid

Soothing Moisture Lotion When too much oil is stripped from the skin, the glands overcompensate by producing more oil. This moisturizing lotion provides oil-free hydration and skin nourishment.

- Lightweight moisturizer infused with refreshing botanicals & natural antioxidants
- Anti-inflammatories soothe, purify and heal
- Corrective humectants hydrate skin preventing transepidermal water loss while keeping excess oil at bay.

Key ingredients: Extracts of Burdock, Cucumber, Aloe Vera Gel, Chamomile, Arnica, Comfrey, Goldenseal, Lavender, Papaya; D-Panthenol, Allantoin, Vitamin E & A

Broad Spectrum Sunscreen The use of a sunscreen is the most important step of the CoolClenz system. It is essential to protect the health of skin before, during and after correction of the skin is achieved. Transparent zinc oxide provides UVA/UVB SPF 28 while herbal extracts leave skin feeling fresh and smooth.

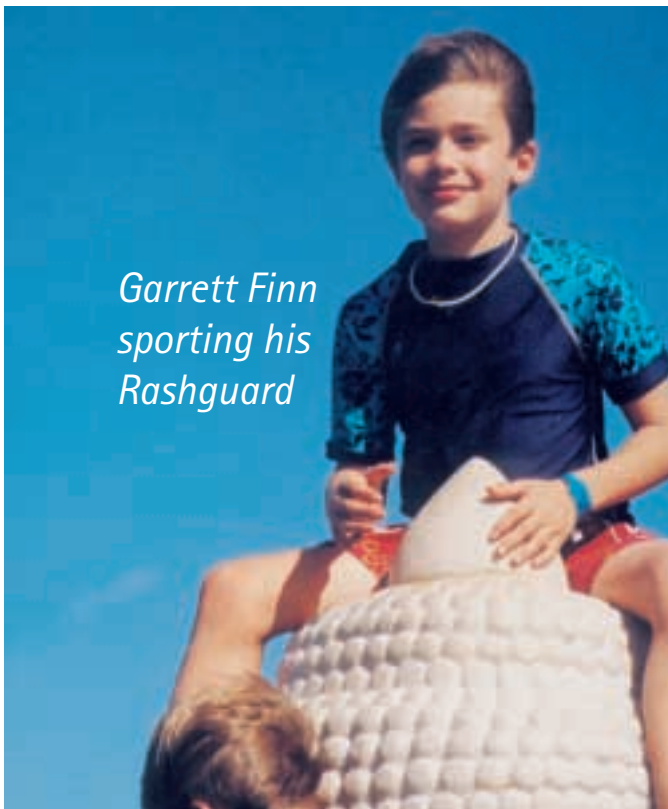
- UVA/UVB SPF 28 hypoallergenic & non-comedogenic daily defense sunscreen
- Protects skin from over exposure to the sun, reduces risk of premature aging & skin cancer
- Formulated with powerful antioxidants and moisturizers

Key ingredients: Octyl Methoxycinnamate, Micronized Zinc Oxide, Tocopheryl Acetate, Kukui Nut Oil, Aloe Vera Gel, Allantoin

Acne Pad Treatment

- 0.5% salicylic acid penetrates pores, kills bacteria, dissolves clogs and removes excess oils
- Helps prevent the development of new acne
- Exfoliating action smoothes rough surfaces improving skin texture

*Key ingredients: Salicylic Acid, Glycolic Acid



Garrett Finn sporting his Rashguard

UP! SURF'S

Surf's up, dudes and dudettes. We are done with the snow, so say ALOHA! to spring and swing by Aesthetic Solutions to get geared up for the season.

If you're headed out to the coast or just chillin' poolside, don't step outside without one of these wild rash guards. Originally designed for surfers to shield their skin from the wicked mix of salt, sand and wax while they paddle on their boards, these guards now double as epic sun protection worn like a second skin by all the top pros worldwide.

No more burned backs or blistered shoulders, this material is engineered to block 100% of the sun's rays. Constructed to be the lightest and most breathable fabric, the guards are woven with Lycra to offer superior comfort and freedom of movement

So whether you're in the water or out, keep your guard on this summer – and keep your skin on for life.

Services and Insurance News

① We have acquired two more lasers at Aesthetic Solutions, the Gentlelase Plus and the GentleYAG, to treat darker skin. Please see the Laser Hair Removal article in this newsletter issue!

② We have discontinued bodywaxing. Laser hair removal is permanent hair reduction vs. continual waxing! It is more cost effective for our patients in the long run to pursue laser hair removal. Please consider having laser hair removal treatment instead as we have discontinued offering back and leg waxing!

③ In January Blue Cross Blue Shield of North Carolina began rejecting all Vbeam claims for rosacea! Rachel, our Patient Account Manager, has stacks of charts on her desk, filing appeals on dozens of patients' behalf. Members can assist us by becoming more involved with the appeals process with BCBS.

④ We no longer have the Excimer laser. Due to low patient demand we have returned our Excimer laser to the manufacturer. We now refer our patients who suffer with psoriasis or vitiligo to Dr. David Kowalski in Greensboro or Dr. Elizabeth Rostan in Charlotte for this laser treatment if they wish to pursue it.

We always welcome patient feedback regarding services, insurance issues and more. Our goal is to provide the most effective, safe and satisfying treatment to our patients in a comfortable, professional environment. Let us know how we can do more for you! Please feel free to contact Business Manager Julie English at any time, (919) 403-6200.

Thank You!

GLOW GIRL POWER!

From California to Costa Rica, the evil rays of the sun are being bounced out of the atmosphere by little girls aglitter in GlowSmart SPF 30+ Sunscreen! It is the reflective powers of mica that are giving these girls their instant, enviable glow. Found in massive rock formations, mica is a naturally occurring mineral that when combined with four sunblocking ingredients provides the broadest and longest sun protection possible - because when the glitter's gone, you know that it's time to put more on! GlowSmart SPF 30+ also contains skin-softening sweet almond oil to repel water and seal in moisture while super anti-oxidants vitamin E and A defend tender, young skin from the damage of free radicals.

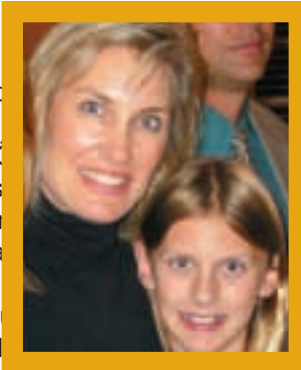
Dr. Sue Ellen Cox, dermatologic surgeon, chose this product for its unique delivery in sun protection. "Over 90% of severe sun damage occurs during childhood, and it's not surprising...kids simply do not like sunscreen, and what they really do not like is being told every fifteen minutes to put more of it on. This product is wonderful because it finally makes sunscreen fun. It looks cool and it smells great - kids love this stuff. They love being the one who knows when it's time to put more on."

GlowSmart SPF 30+ and other dermatologist-recommended sunscreens are available exclusively at Aesthetic Solutions in Chapel Hill. Please visit our website, www.aesthetic-solutions.com, or call us at 919 403 6200 for more information.



DR COX

For lunch, which she usually brings, she likes a simple sandwich of lean turkey, ham or roast beef, but always on a whole-grain wheat bread. You'll never see Dr. Cox with a diet soda in her hand – always a sparkling water or unsweetened iced tea.



anything from the Glo Minerals Makeup line or MAC Cosmetics. At night she likes TNS Recovery Moisturizer for Face and mixes in Avage for superior exfoliation once a week.

For anyone who has ever met Sue Ellen Coxwater or unsweetened iced tea M.D., the consensus is the same – what in the home for dinner, both she and Finn love to cook and the menu usually a glass of red wine, grilled fish, chicken or filet mignon with brown rice, pasta or cous cous, finished with a salad on the side and a bowl of sliced fruit.

An avid yogi for more than six years, Dr. Cox practices ashtanga or hatha at least three times a week. When she's not around town riding with her kids, you can find her serving it up on the courts or swinging it out on the links.

As Dr. Cox and Dr. Finn's three children approach adolescence, teen skin care and sun protection become even more apparent in our office. We've begun carrying Cool Clenzits, GlowSmart glitter sunscreens and RashGuard protective clothing. Please see articles in this newsletter! Start protecting your kids' skin now and teach them how to preserve their youthful skin.

Without a doubt, Dr. Cox is indeed the first (have you seen those biceps?) believer in MODERATION.

So we'll start from the inside out!

Every morning she takes one multivitamin, 800mg of folic acid and two chocolate Viactiv calcium chews. For breakfast she works in either Special K or Corn Flakes with a granola from Whole Foods, alternating with the fresh-pressed juice of two grapefruits either straight up or blended with a frozen banana, yogurt and protein powder. Preferring whole milk to skim soy, she orders the same with her 7:45 double shot CafŽ Driade latte, spiced with a little cocoa powder and cane sugar (never artificial sweetener).

But before she even steps outside, Dr. Cox has got skin care down to a tee. Every morning she starts up with a loofah and Glytone Body Wash, then massages in TNS Moisturizer for Body. She cleanses her face with Skin Medica Facial Wash and follows with MD Formulations Glycolic Acid III Lotion. For everyday she prefers SkinCeuticals SPF 30+ sunscreen, but if she knows she'll be outside for a while, she uses either Australia's Blue Lizard or LaRoche Posay Anthelios sunscreens. Makeup is simple,

A dermatologic laser surgeon, Dr. Cox has tried almost every laser in her practice. To soften the wrinkles around the eyes, she had CO2 resurfacing seven years ago and follows up with Smoothbeam treatments to continue collagen production. She loves the Vbeam laser for little cherry angiomas, the Alexandrite and IPL for brown spots, and both the LightSheer and GentleLase for hair removal. Dr. Cox began receiving her own Botox treatments eight years ago, and she received her first Restylane injection in 2003.

The Wedding Countdown

Julia Grimson Addison joined our staff in July of 2003 as one of our Front Office Coordinators. In December, her boyfriend, Jason Simpson, proposed to Julia on UNC's campus at the Old Well and they are now planning for their wedding on July 10th. We invite you to follow along with us as we help Julia prepare for this wonderful day. With only six months to look her most fabulous, we have developed an Aesthetic Solutions strategy to send Julia and her party down the aisle looking and feeling their absolute best.



Dr. Finn's consultation with Marty, Julia's mother

Log on with us each month as we catch our bride in action while she meets with Dr. Cox, Dr. Finn, and Jenny, our aesthetician. We hope that this month-by-month countdown will illustrate how Aesthetic Solutions can provide other-to-be with great ideas and perfect solutions for everything on their wedding wish list. Visit The Wedding Countdown Story at our website at



Julia Grimson Addison and Jason Simpson

www.aesthetic-solutions.com