



RAVAL
FACIAL AESTHETICS, P.C.

LOOK YOUNGER

with Laser & Aesthetic Treatments



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INTRODUCTION



Using lasers to resurface skin is a popular and proven technique. We use lasers to address a wide variety of skin conditions typically associated with aging, such as fine lines and wrinkles. But the right skin treatment procedure can also help reduce redness, refine acne scarring, remove unwanted hair, and improve overall skin tone and texture.

Why are laser skin treatments so popular?

- Because they are so versatile, they can be tailored to individual patients' needs.
- They are non-invasive and convenient, typically requiring minimal or no downtime.
- In most cases, they offer more subtle or incremental improvement vs. dramatic (and more expensive) surgical options. Laser treatments can help turn back the clock for a more youthful look, but they can also help retain today's youthfulness.

Although we usually think of the face when we think of skin rejuvenation, laser treatment can be effective on other parts of the body as well – for example, the neck, chest, hands, and back.

Unfortunately, not all laser-based techniques are equally effective for everyone. For instance, darker skin can develop hyperpigmentation. And lighter-skinned individuals with light-colored hair are not good candidates for laser hair removal. Individual differences like these are the reason we offer such a wide variety of laser and light treatment options as well as non-laser skin renewal procedures here at Rocky Mountain Laser Aesthetics.

The only way to know which of these treatments is best for you is to have a one-on-one consultation with a member of our Raval team of paramedical aestheticians. The best place to start, however, is by learning what options exist and what each of them is used for.

With that in mind in this e-book we will discuss laser hair removal, a variety of laser and light skin treatments, some popular non-laser skin rejuvenation procedures, and how we use complexion analysis.

Every person is different. So the results you are able to achieve from our laser and other skin treatments will vary, too. You can see how others have benefited by viewing our Before and After Gallery to see photos of actual Raval patients.

In some cases, different types of laser or other skin procedures can be combined in a single treatment session. Be sure to ask about this if you're considering multiple options.

Results Matter

CHAPTER 1: MAIN CONCERNS OF AGING SKIN



Many women and men who seek skin rejuvenation treatments want to reduce visible signs of aging. And no wonder. We're leading healthier, more active lifestyles as we age, and we want to look as youthful and vibrant as we feel.

There are three main concerns associated with aging skin: wrinkles, dark spots, and spider veins. Fortunately the aesthetic and laser treatments we offer at Rocky Mountain Laser Aesthetics can address all three. But what causes these issues in the first place?

Wrinkles

Everybody develops wrinkles as they age. What starts as fine lines can develop into wrinkles, creases, or deeper folds. Supple skin starts to sag. It happens because, over time, our skin produces less natural moisture, becomes thinner, and loses elasticity, making it more susceptible to environmental damage.

The biggest culprit is ultraviolet light from the sun, which breaks down the collagen and elastin that give our skin structure. Colorado's extra-dry air and high altitude exacerbate the situation, as do lifestyle issues such as smoking, failure to use sunscreen, or an inconsistent skin care regimen.

Dark Spots

You may call them age spots, liver spots, or sun spots, but they are patches of excess skin pigment, or melanin. They can be simply a natural result of the aging process, but dark spots are usually the result of frequent or prolonged exposure to sunlight. The sun's UV rays trigger increased production of melanin, which becomes visible when it's more concentrated.

Spider Veins

The formal name for spider veins is telangiectasia. These are tiny blood vessels that become visibly red or bluish because they are near the skin's surface. Often they appear in web-like groups that look something like a spider web. Spider veins most often occur on the legs and feet, though they can appear elsewhere. As we age, the walls of our blood vessels can lose elasticity and the veins then become dilated. But spider veins can also be caused by sun exposure, pregnancy, or even an injury.

While spider veins are usually unsightly but harmless, they can be a precursor of serious venous disease. So it is always best to have your doctor check them out.



CHAPTER 4: LASER & LIGHT TREATMENTS

Laser treatments use light waves to address skin issues. There are actually three types of laser-based procedures. Many use a single, precise wavelength targeted directly at the area being treated. The wavelength used is specific to the skin condition being treated, so only one problem can be addressed at a time. Some lasers use heat energy instead of light frequency.

Laser treatments can be ablative, which means they are designed to remove the surface layer of the skin and stimulate the body to make new smoother-looking cells in their place. Ablative treatments can be medium to intense depending upon the treatment, so you may experience a little downtime. But you can expect noticeable improvement quickly. Laser treatments can help:

Laser treatments can help:

- Minimize fine lines, wrinkles and scars
- Treat rosacea and melasma (brown patches)
- Reduce pore size
- Remove spider veins and tattoos

The third type of laser treatment uses Intense Pulsed Light, so we call it IPL for short. It is described below.

IPL (Intense Pulsed Light)

Despite its name, this is a gentler type of laser treatment because it uses broad-spectrum light rather than a single concentrated beam. IPL is non-ablative, so it can be used to treat more than one skin issue at a time, and there is no downtime required.

IPL is used to remove unwanted hair and spider veins as well as refresh the skin's appearance by reducing redness, sun damage, and age spots. Sessions are very short (typically about 20 minutes). The typical treatment plan includes one treatment a month for the first three months and then maintenance treatments every 6-12 months.

IPL to Repair Skin Damage

Laser Treatments

ProFractional

This procedure uses a narrow laser beam to purposely treat a fraction of the skin at a time, leaving other surrounding skin unaffected. The treatment stimulates the body's own natural skin renewal process and the unaffected skin then fills in the treated areas with new cell growth. This produces dramatic results more comfortably and with less downtime – typically two or three days. The procedure stimulates the body's own natural skin renewal process, to prolong results.

The ProFractional laser is used to minimize scarring as well as signs of aging or sun damage such as wrinkles, usually on the face, neck, chest, and hands. Depending on treatment area size and skin condition, sessions last about 15-30 minutes. We recommend multiple sessions to initiate the cell growth and then periodic treatments to maintain the results.

MicroLaser Peel

The MicroLaserPeel is a highly versatile skin resurfacing option that provides reliably uniform results. The treatment can range from very gentle for minimal exfoliation to an aggressive, full epidermal peel (or any level in between). Downtime depends on treatment level, but this procedure is commonly called the “weekend peel” because it provides immediately visible, long-lasting results.

Because it is so versatile, the MicroLaserPeel is an excellent choice to reduce the appearance of fine lines and wrinkles, dark spots, and scars. It is also used to remove pre-cancerous lesions.

Triple Peel (IPL + ProFractional + MicroLaserPeel)

The Raval Triple Peel blends three different techniques – IPL, ProFractional, and MicroLaserPeel – to dramatically improve your complexion by erasing fine lines and wrinkles, removing red or brown spots, and tightening skin. This 3-in-1 laser skin procedure combines the advantages of each treatment in a uniquely customized treatment plan.

We call it our Ultimate Laser Peel, because you get three times the results, in just one appointment instead of the 4 or 5 total sessions often required with single skin treatment options. The Triple Peel is ideal for those who want to see significant results without scheduling multiple appointments. Downtime is minimal as well, with post-procedure pinkness lasting just a week or less.

Peels to Reveal New Skin



Skintyte

Skintyte does not resurface the skin. Rather, this laser procedure may tighten loose skin by applying deep heat from infrared energy to targeted soft tissue. This helps produce firmer skin by stimulating the body's natural healing process. During the procedure, continuous cooling protects surrounding tissue from damage.

While some laser and light treatments are not appropriate for every skin color or type, Skintyte is safe for all. It is considered an attractive, affordable non-surgical alternative because it can be used to tighten skin anywhere on the body. The face, neck, abdomen, and arms are most common. While results are visible after the first session, most patients choose to schedule 2 to 5 sessions, a week to 10 days apart, for maximum results.

Skin Tightening For Everyone

BLU-U Therapy

This is a light-based laser treatment designed to treat acne in teens and adults. In healthy skin, sub-surface sebaceous glands collect and excrete body oils. However, when they fail to do that, the retained oil can become infected with bacteria, causing the visible red pimples we know as acne.

BLU-U technology targets the bacteria within the sebaceous glands, killing the bacteria and returning the glands to healthy function. The procedure is simple and painless. Patients sit in front of the BLU-U light once or twice a week for 5 to 6 weeks. Sessions are short, typically no more than 30 minutes. In some cases we also recommend an ongoing follow-up program for maintenance.

Kill Bacteria to Reduce Acne



Spider Vein Removal

Lasers that produce a gentle-but-intensely focused, pulsating light beam can eliminate the tiny capillaries that form spider veins. This type of treatment can also lighten pigment-based skin imperfections such as freckles and other dark spots, cherry angiomas, small moles, and enlarged pores.

The laser's energy is absorbed by targeted blood vessels and melanin, destroying them without harming surrounding healthy tissue. Treatment sessions are very short – usually just 5 to 10 minutes – and there is no downtime. Although one treatment can produce noticeable results, patients often prefer to schedule a few repeat sessions to completely correct their condition.

Disappearing Spider Veins

Laser Hair Removal

Most men and women have unwanted hair somewhere on their body. For many, laser hair removal offers an almost-permanent alternative to endless shaving, waxing, etc. Lasers target and kill actively growing hair follicles with pinpoint accuracy, so the hairs won't grow back. It takes multiple treatments to achieve optimal results, because hair grows in cycles and not all our hair is actively growing at the same time.

Laser hair removal can be used on a very small area such as the upper lip, or larger areas such as the chest, legs, or back. For this reason, each treatment plan is customized to meet individual goals. When it comes to hair removal lasers work best when the contrast between the skin and hair is significant such as dark hair and light skin tones. So if your hair is dark and your skin is also dark, there is less contrast which means the laser settings must be reduced to eliminate the risk of skin injury and therefore more treatments may be needed to effectively remove the unwanted hair.

Shave No More



CHAPTER 3: SKIN CARE TREATMENTS

As versatile and effective as laser and light treatments can be to improve your skin's condition and appearance, there are also non-laser-based alternatives you may consider. As with laser skin treatments, these other noninvasive or minimally invasive options differ from one another in how they work and which skin conditions they work best to alleviate..

Chemical Peels

Glycolic Peel

Glycolic acid is a well-known, proven procedure to gently exfoliate dead skin cells and stimulate production of healthy new ones. A glycolic peel can improve the appearance of fine lines, wrinkles and other signs of aging or sun damage, and it can help minimize acne scars and hyperpigmentation. The result is smoother, healthier-looking skin. This procedure can be combined with other non-surgical skin rejuvenation treatments.

As with all chemical peels, the specific concentration and treatment cycle are personally matched to each patient's skin type, condition, and aesthetic goals. For this reason, procedure time, downtime, and potential side-effects vary from one person to another.

It is also important to note that chemical peels can cause hyperpigmentation in people with certain skin types, so these procedures are not necessarily good treatment choices for all patients.

Exfoliate For Smoother Skin

TCA (Trichloroacetic Acid) Peel

Glycolic acid is a well-known, proven procedure to gently exfoliate dead skin cells and stimulate production of healthy new ones. A glycolic peel can improve the appearance of fine lines, wrinkles and other signs of aging or sun damage, and it can help minimize acne scars and hyperpigmentation. The result is smoother, healthier-looking skin. This procedure can be combined with other non-surgical skin rejuvenation treatments.

While some providers use strong concentrations of TCA for peels, here at Raval Facial Aesthetics we use only light concentrations – no more than 10-20%. This allows us to control results, and it helps prevent negative side-effects that can result from stronger solutions.

Our light TCA peel is not painful, and there is less downtime compared to deeper peels. However, because it is a gentler treatment, some patients choose more than one session to achieve optimal results.

Peel for Skin Renewal

Mini Mélange

If you have dark skin, this is the chemical peel for you. Darker skin does not respond well to other peels and laser skin treatments, but the Mini Mélange is different. No matter your skin color, this simple, non-invasive procedure safely and effectively reduces sun spots and age spots, melasma, and other discoloration, significantly improving overall skin texture and tone.

The Mini Mélange procedure differs from other chemical peels. A masque is applied during your office visit, but you wear it home and peel it off yourself several hours later.

Our Mini Mélange is different in another way as well. To combat Denver's dry climate, Dr. Raval adds an extra moisturizer to the treatment. This specially-formulated moisturizer significantly speeds recovery.

Peel and Moisturize for All Skin Types



Microdermabrasion

Microdermabrasion is a skin resurfacing technique that uses a wand to gently scrub off the outer layer of skin, leaving it smoother and brighter and improving overall tone and texture. Although it is non-invasive, the process triggers production of new collagen in deeper skin layers, which helps give the skin plumper, more youthful contours.

The procedure is painless and there is no downtime. It can be used on the face or virtually any other part of the body. Although microdermabrasion is a popular anti-aging treatment, it is also used to restore sun-damaged skin, minimize blotchiness and age spots, reduce whiteheads and blackheads, and refine scarring from acne or injuries.

Unfortunately, microdermabrasion is not appropriate for everyone because it can cause temporary or permanent hyperpigmentation in certain skin types.

Stimulate Collagen Growth for Youthful Skin

Chemabrasion

Chemabrasion is actually a two-step procedure for resurfacing skin – microdermabrasion first, followed by a light or moderate chemical peel. This combination delivers a “one-two punch” that produces more dramatic results than what you might expect from either treatment on its own.

This procedure is used to correct skin imperfections on the face, neck, chest, or back. It effectively minimizes age spots and freckles, enlarged pores, facial scars, and even deep facial wrinkles. It is also used to remove pre-cancerous lesions. Treatments can target larger areas such as the entire face, or only specific spots such as crow’s feet or lines around the mouth.

Because chemabrasion is a more aggressive approach to skin rejuvenation, the procedure is performed under light sedation, with local anesthesia.

Minimize Age Spots, Freckles, Scars and Wrinkles

Customized Medical Facials

Getting a facial is a great way to refresh your appearance. A facial relieves early signs of aging such as fine lines while moisturizing and nourishing the skin. You can get a simple facial at a spa. But Raval Facial Aesthetics offers something much more advanced — customized medical facials created specifically for each patient.

After a personal consultation with one of our paramedical aestheticians, the products used during your facial are individually blended to match your skin and aesthetic goals. These are medical-grade, carefully chosen ingredients. With a Raval custom facial, results are significantly better and longer-lasting because the treatment is unique to you.

Our customized facial sessions are conveniently short, immediately leaving your skin healthier and more youthful looking. We recommend regular visits to maintain peak skin health.

Facial Blended Just for You

PRFM

Platelet-rich fibrin matrix, or PRFM, is unlike laser skin treatments and chemical peels. PRFM is made from your own blood, so it is safe and effective for everyone. We take a small blood sample, separate the platelets into a concentrated plasma (PRP), then add a precise amount of calcium chloride, which converts the PRP into a gel-like fibrin matrix. This PRFM is then injected at the target site, or in some cases, applied directly to the skin.

Blood platelets are filled with growth factors that trigger healing — production of new skin cells and increased blood flow. PRFM is more effective than PRP (platelet-rich plasma), because it promotes healing for up to a week, whereas PRP lasts for just one day.

PRFM can be used as a stand-alone treatment or with other procedures to enhance skin renewal results. At Raval Facial Aesthetics, we use PRFM to:

- Stimulate hair growth
- Reduce the appearance of acne scars
- Reduce under-eye discoloration
- Augment microneedling and other skin procedures

Treatment sessions are short, usually a half-hour or less including the time to produce your PRFM, but it takes repeat sessions to achieve optimal results. There is no downtime.

Skin Renewal with PRFM Growth Factors



Microneedling

This is another popular skin renewal procedure that works differently from laser treatments or peels. Microneedling stimulates production of new, healthy, smoother skin cells by making microscopic pricks in the skin that stimulate the body's natural healing process. The depth can be adjusted according to the skin condition being treated.

Microneedling is used to repair fine lines and wrinkles, improve elasticity, and improve the appearance of acne and other scars. The procedure uses a pen-like device that can treat larger areas or small, hard-to-reach spots such as around the nostrils. Since the procedure is entirely natural, it is safe and effective for all skin colors and types.

Treatment sessions are generally a half-hour or less, depending on the size of the area being treated, and a numbing agent is used to ensure patient comfort. There is little or no downtime required. As with many skin rejuvenation procedures, Dr. Raval often recommends multiple sessions to achieve the best results.

Skin Renewal for Hard to Reach Areas

CHAPTER 5: CONDITION-SPECIFIC TREATMENTS

PRP Enhancement

Platelet-rich plasma, or PRP, is unlike laser skin treatments and chemical peels. PRP is made from your own blood, so it is an entirely natural product that is safe and effective for everyone. We take a small blood sample and immediately separate the platelets into a concentrated plasma (the PRP).

Blood platelets are filled with growth factors that trigger healing – production of new skin cells and increased blood flow.

Although some clinics use PRP for other purposes, at Raval Facial Aesthetics we focus on PRP as a companion for microneedling as well as with some of our laser and light treatments. We can apply the PRP either before or after the treatment to enhance healing and results.

PRFM

Platelet-rich fibrin matrix, or PRFM, takes platelet-based therapy to a higher level. We like to say PRFM is like PRP with turbo-boost.

Once we have the concentrated plasma made from your blood sample, we add a precise amount of calcium chloride, which converts the PRP into a gel-like fibrin matrix. This PRFM is then injected at the target site, or in some cases, applied directly to the skin. PRFM injections may be more effective than PRP (platelet-rich plasma), because it promotes healing for up to a week, whereas PRP lasts for just one day.

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Skin Renewal with PRFM Growth Factors

CHAPTER 5: WHY CHOOSE OUR RAVAL TEAM?



Skin care and specialized treatments are highly individual. Choosing the right procedure is more complex than shopping for items in the store, because safety and effectiveness depend on your type of skin and medical history as well as your aesthetic goals. You want someone you trust medically and feel comfortable with personally.

Here at Rocky Mountain Laser Aesthetics, our patients describe our team members as knowledgeable, skilled, friendly, and caring. We love what we do, and we're good at it because we're as serious about ongoing education and training as we are about ensuring each patient has an exceptional experience. We'd love to meet you in person, but here's a little background on our team members that perform the procedures described in this e-book.



Dr. Jeffrey Raval, MD, MBA, FACS

Despite its name, this is a gentler type of laser treatment because it uses broad-spectrum light rather than a single concentrated beam. IPL is non-ablative, so it can be used to treat more than one skin issue at a time, and there is no downtime required.

IPL is used to remove unwanted hair and spider veins as well as refresh the skin's appearance by reducing redness, sun damage, and age spots. Sessions are very short (typically about 20 minutes). However, because the treatment is less intense, results are achieved incrementally. So you may need a series of treatments to achieve optimal results.

