

NICHE

STYLE MAGAZINE

GLITTER GUIDE

20+ PAGE NICHE EXCLUSIVE
*Your holiday bible for gift giving
and conquering Christmas chaos!*

THE TIFFANY DIAMOND
History, Celebrity and Reimagination

HOLIDAY OUTSIDE THE BOX
It's an anything but ordinary NYE!

face time.



ME. PART THREE.

I'm taking an honest and inside look at the world of modern anti-aging, and over four issues of NICHE magazine, I will share my personal experience with several facial rejuvenation treatments under the care of world renowned dermatologist and anti-aging expert Dr. Mark Lupin of Cosmedica.

by Tracey Drake

I am now more than six months into my treatments, and it's the holidays! My skin looks so much better - firmer with reduced pores, smoother with a subtle glow and my lines and wrinkles have diminished, but I still feel like myself - only with a rested and rejuvenated look.

In the final installment of this series (coming Winter 2018), I will be sharing my honest take on the journey, and how it has helped my skin and shaped my day-to-day life - including before and after photos.

HEADING SOMEWHERE SUNNY FOR YOUR HOLIDAY VACATION?

Great! For this issue, I am sharing what I have learned from Dr. Mark Lupin and his exceptional team at Cosmedica about sun care. Perhaps you want to prevent premature aging? Maybe you just want to know how to care for your skin when you get to that Caribbean beach!

It is estimated that 90% of the signs of skin aging are due to excessive sun exposure. This can lead to premature aging with early wrinkles, a sallow, dull skin color, dehydrated skin and both brown sun spots and red dilated veins. Cosmedica offers a comprehensive approach to sun damage with the aim of not only improving the look of the skin but also helping with healthier skin.



Dr. Lupin's four recommendations for sun protection (beyond a hat, shade, clothing and sunglasses):

- 1. Medical grade topical vitamin C** to provide up to 4 days continuous sun protection while also reversing sun damage.
- 2. Broad Spectrum sunscreen** - minimum SPF 30 – there are chemical-free options.
- 3. Light brush mineral based sunscreen** to reapply over make-up in the day.
- 4. Clarisonic SMART gentle**



DR. MARK LUPIN MD, FRCPC, DABD is a world-renowned dermatologist, clinical instructor and lecturer in the field of non-surgical facial rejuvenation.

With many publications to his name and often quoted as an expert in the media, he is dedicated to the advancement of best practices. Director and founder of Cosmedica Laser Centre, Dr. Lupin is uniquely qualified both in Dermatology as well as with additional training in Neurology. He has studied at Indiana University, the University of Southern California, Dalhousie University, University of Toronto and UBC, and has sub-specialty training in Photodermatology (interaction of light and skin) from prestigious St. John's Hospital in London, England.

Worship

— your —

SKIN

Our skin is the suit we wear every day, and how we care for it can make a big difference. No matter who treats your skin, it is imperative that a skin care specialist first analyzes your skin and offers professional advice on which treatments and products are right for your skin.

Cosmedica offers the Reveal® Complexion Analysis system to inform and guide best skin treatments and skin care. Recognizing that we are all different and that each of us may have different skin challenges, Dr. Lupin provides customized suggestions to help achieve and maintain great results.

Dr. Lupin's A-B-C's for anti-aging skin care:

- 1. Vitamin A**
- 2. Sun Block**
- 3. Vitamin C**

