

Rejuvenate, Revive, Replenish: A New Approach To Beauty

With the beginning of each new year, many of us assess areas in our life we'd like to revise. Many find themselves looking in the mirror with a few changes in mind — whiter teeth, a better smile, a trimmer tummy, or a smoother complexion are just some of the more popular desires. ABC News recently generated some beauty buzz with a story about a team of doctors who have integrated their talents in related cosmetic medical fields to provide an innovative approach to attaining these enhancements.

Laser Clinique is a state-of-the-art facility in Torrey Hills that blends medicine, surgery, and dentistry to treat all of a clients' cosmetic needs. The concept was first derived when two brothers, Alexander P. Atai, MD, a cosmetic physician, and Payam C. Atai, DMD, a cosmetic dentist, combined their respective specialties. "Our goal is to enhance each patient's image by not only treating the skin but also their

smile," agree the doctors. Because of the doctors' combined skills, the facility's procedures treat all aspects of the rejuvenation process. All services take place in a tranquil, comfortable atmosphere where the aim is to alleviate daily stress

One of the more requested techniques is the Visia complexion analysis, a unique computerized procedure that provides information necessary to truly individualize skin care and create a facial rejuvenation regimen. Each imaging session uses multi-spectral imaging and analysis to capture key visual information for six areas affecting complexion, health, and appearance: wrinkles, spots, pores, evenness, porphyrins (bacteria in the pores that can lead to future breakouts), and UV spots (sun damage). It also provides an informative comparison of complexion characteristics to those of other people of the same age. Visia generates printed take-home reports that provide details

of the imaging session — a gift from the doctors during the complimentary consultation.

Another popular treatment is intense pulsed light (IPL). This non-invasive cosmetic procedure uses a broad band, intense pulsed light source to resolve redness and flushing of the skin, as well as to visibly improve the appearance of photo-aged skin. IPL is often commonly referred to as FotoFacial (PhotoFacial) or photorejuvenation, and is also great for reducing the appearance of rosacea, diminishing age spots and fine lines, eliminating facial spider veins, improving the appearance of scars, reducing pores, smoothing the tone and texture of the skin, and stimulating collagen. All of this results in younger looking skin.

For those with a serious desire to defy the looks of aging, a unique combination therapy, without laser resurfacing or chemical peels, is often a desirable



Payam C. Atai, DMD and Alexander P. Atai, MD

for the smile. A beautiful smile says so much. Over the years, the things we eat and drink can leave their stains behind. Your fillings should be mercury free, safe, effective, and unnoticeable. You don't have to live with old metal fillings anymore. Your teeth will look like you've never had a cavity. Laser Clinique's collaboration with Laser Dental Center provides pain-free laser dentistry with an extensive menu of services including laser cosmetic dentistry, laser mercury detoxification, LaserBrite teeth whitening, and Invisalign orthodontics (for adults and children). According to the Academy of Laser Dentistry, Dr. Payam Atai is one of the top five dentists practicing laser dentistry in Southern California. He has been featured in various publications as well as on national television stations such as NBC, ABC, KTLA for his contributions to the field of dentistry.

So now that the holidays are over and the new year is in full swing, it might be the perfect time to focus on your new look, better health, or just a bit of rejuvenation. It's always worth a free consultation to see what a little age defying can do. (858/481-7701, www.laser-clinique.com) — Louise Oliver



Visia is a unique computerized complexion skin analysis that provides information necessary to truly individualize facial rejuvenation and skin care regimens to match each person's unique profile

approach. Treatments are comprised of vibradermabrasion, IPL, and a skin care regimen compatible with these therapies.

Many times aging brings along a few unwanted pounds to accompany the wrinkles and age spots. Below the face, mesotherapy is a safe, nonsurgical alternative to liposuction for weight loss, spot weight reduction, and eliminating cellulite from thighs, abdomen, hips, and buttocks. Targeted areas can be reduced by melting the fat under the skin, called the mesoderm. Fat and cellulite are eliminated from targeted sites using the same techniques. Unlike liposuction,

only the fat (not the fat cells) is removed, and there is no down time with this procedure. Patients have claimed to have lost two to nine inches in their hips, thighs, waist, love handles, back, and chin. Mesotherapy treatments can be applied to the arms, waist, hips, back, and legs all in one session.

If varicose and/or spider veins have developed on your thighs or lower legs, sclerotherapy is a permanent treatment to not only improve the look of your legs, but may also eliminate the need for invasive surgical procedures.

Once the body is taken care of, it's time

