

Save the Date!

Our annual Fall Open House is Thursday, November 5th. Join us for video demonstrations, treatment education, and delicious food. We will feature fabulous specials on injectables, cosmetic procedures and products. Mark this down on your calendar and set your reminders because you won't want to miss this incredible event!

Back to School Beauty: Tips for a Picture Perfect Year!

All Cleansers are NOT Created Equal

By: Jennifer Yount

Back to school once again! Pretty soon the kids will return to a busy school year and, no doubt, a much needed review of the basics. I think we would all agree on the importance of fundamentals in education. The basics are equally important in our skin care routine as well. One of the most overlooked areas in skin care is cleansing. Seems too simple, right? This step is often skipped altogether or rushed through. If you have ever had issues with uneven skin texture, clogged pores, breakouts and dullness, you may want to take a look at your cleansing routine. Here are some things to consider.

All cleansers are NOT created equal. If its soap it should get your skin clean right?? Not necessarily. My first advice is to toss the bar soap. Bar soaps can be drying and very ineffective. Leave that bar for your hands but not your face. Liquid cleansers come in many forms. For summer time, introducing a cleanser with a little extra muscle is almost necessary. Increased oil production, more outdoor activities, perspiration, sunscreen usage, waterproof anything and long-wear anything requires a more thorough cleansing system. Cleansers that have some form of alpha-hydroxy acid or beta-hydroxy acid can be very beneficial and more effective at addressing oil and dirt. The most common ingredients to look for are glycolic, lactic and salicylic acids. For some, just changing their cleanser can make a huge difference in their skin in only 30 days.

One of the most effective ways to get a good deep pore cleansing is by using the Clarisonic brush. This brush does not spin in a circular motion. It actually oscillates back and forth to get deeper into the pores skin and help to loosen dirt and oil. The Clarisonic cleans 6x better than your hands alone. The Clarisonic is a great tool to add to any skin care regimen.

Lastly, I want to touch on exfoliating scrubs. These are commonly used and often not in the best way. Scrubs are a great addition but they are not for everyone. Often these contain ingredients that can be very harsh, especially when used daily. The goal with cleansing is to make sure the daily cleanser is appropriate for your skin. Scrubs can be added a few times a week, but discretion is needed and most importantly, the correct scrub for your skin type is essential.

Are you having some challenges with your skin? Often subtle changes in your routine can yield great results. It may be a good idea to review your regimen with your Aesthetician. Cleansers are usually one of the least expensive steps and one of the most important. It is very common to have to adjust your routine seasonally. A professional can help you select the best products to get your skin glowing and healthy looking. At Hull Dermatology, we have a broad range of cleansers and would be happy to select one that is best for your skin type.

Microderm Tutorial

Microdermabrasion: An Excellent Tool for Exfoliating Teen Skin

What is microdermabrasion? Microdermabrasion is a tool that uses a rough diamond tip wand combined with vacuum pressure to remove the outermost layer of dry, dead skin cells to reveal healthier, more vibrant skin. The treatment can be adjusted to whatever the individual needs are so it does not have to be an aggressive treatment.

Why is microdermabrasion such a good choice for teen skin? First of all, it can be used on any skin type and color. Secondly, it is NON-chemical so there are no concerns with any sensitivities or allergies to any chemicals. Many teens are using topical medications for acne/breakouts and it will not interact or interfere with those. (The only ones that cannot have microdermabrasion are those that are currently taking Accutane).

From a time standpoint, the treatment only takes about 30 minutes from start to finish so if you are juggling a busy after school schedule, this treatment is quick. Also, there is no downtime. The skin may be pink afterwards and for some it can last up to 24 hours. This treatment helps with breakouts because it exfoliates the dead skin cells that can often harbor bacteria. Some teens are notorious for rushing through cleansing their skin or not even properly cleansing at all. Regular microdermabrasion treatments on a monthly or bi-weekly schedule can really help teens maintain healthy looking skin.

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Millie Roberson Registered Nurse

Millie received her education from Arkansas State University and the Har-Ber School of Nursing, and joined Hull Dermatology in 2009. She has received extensive training in laser treatments and procedures, and strives to always be current on what's new in the world of laser therapy, aesthetic products and treatments. Furthering her education in this regard is very important to her.

Millie has always been passionate about helping others, saying, "Nursing allows me to enjoy a variety of personalities while caring for the needs of each individual." Millie is very enthusiastic about performing laser treatments for varied conditions. She loves that lasers are a modality that treat a wide range of patients, from those seeking aesthetic procedures to those with serious medical issues. Originally from central Arkansas, Millie has a close-knit family that she enjoys spending time with, and she also closely follows world news and politics.

Important Message for Hull Aesthetic Patients

Due to her very popular demand and heavy schedule, Hezell is currently booking massages for Skin Care Club members only.

Interested in Clinical Trials?

Dr. Hull conducts clinical trials through her Northwest Arkansas Clinical Trials Center office. She is currently conducting studies on Atopic Dermatitis/Eczema, Psoriasis and Acne. For further information, please visit www.nwactc.com or call 479-876-8205. Thank you!



**Shannon Ceballos,
Licensed Medical Aesthetician,
has a Hull Lotta Love for
SkinCeuticals Clarifying
Clay Masque.**



SkinCeuticals Clarifying Clay Masque is a great weekly facial at home for oily and congested skin. It is gentle enough for the most sensitive skin as well. One of the main ingredients in Bentonite Clay, which is known for its ability to detox the skin and pull impurities to the surface. It also contains alpha hydroxy acids to gently exfoliate the skin and chamomile to calm redness and irritation. This is one of my must have products for oily and problematic skin.

Want to get rid of your double chin?

We are pleased to be among the first physicians in Northwest Arkansas to offer Kybella, the revolutionary injectable that can help eliminate the dreaded double chin.

The first and only FDA-approved nonsurgical injection treatment that contours and improves the appearance of a "double chin". Many patients see visible results in two to four treatments.

We are currently scheduling free consultations to see if Kybella™ is right for you.

Back to School Beautiful

Get back to school beautiful with a little help from Hull. We will be featuring specials on skin care treatments and products. Plus, we have a brightening peel that helps clear mild acne. It's a perfect way to kick off a new school year!

Rejuvenate your Skin with a Microdermabrasion

Spend \$250 on SkinMedica® products and get a free microdermabrasion. Earn up to 100 Brilliant Distinctions points. That's \$10 toward your next SkinMedica purchase!

Get Longer, Lusher Lashes with Latisse®

Buy 1 Latisse (5ml box) and get a free Uplifting Eye Serum while supplies last. Earn 150 Brilliant Distinctions points. That's \$10 off your next SkinMedica purchase!

TNS Essential System® - Ultimate Anti-Aging Kit

This complete anti-aging defense system includes two TNS Essential Serum, Retinol, Daily Defense System sunscreen, and facial cleanser. Get this amazing skin care kit for \$385 (value over \$675)! Earn 255 Brilliant Distinctions points = \$20 off a future SkinMedica purchase!

Give Yourself a Glow

Give yourself a glow with the Lytera® Skin Brightening Complex \$125. Earn 50 Brilliant Distinctions points.

Back to School Brightening

Start the new school year right and get a peel without looking like you did! Our \$25 micropeel is perfect for teenagers! This amazing peel helps clear mild acne, brightens the skin and enhances skin tone, leaving you with smooth, soft, rejuvenated skin!

Promotions valid 8.10.2015 - 8.31.2015

Last Month of Summer Specials

Summer is almost over but you still have time to take advantage of our fantastic summer specials:

- 25% OFF all Fillers
- Purchase two Voluma and receive a FREE Juvederm
- Buy two Sculptra and receive a FREE Restylane



ETCetera Fall Collection

The Fall Collection of ETCetera arrives September 1-9. We will have our clothing on display in the conference room at Hull Aesthetics.

Visit us from 9am-3pm each day. Appointments are suggested but feel free to stop by.

For more information or to schedule an appointment, call Laura Jones at 479-531-8317. Fabulous new looks for fall are waiting for you!



The spot to learn about recommended products that can help keep you sun safe this summer!

EltaMD UV Clear Broad-Spectrum SPF 46 Facial Sunscreen

If you are struggling to find a sunscreen that doesn't aggravate breakouts, you're not alone. The fact is that acne is an inflammatory skin disorder, and many of the sunscreens on the market can aggravate this inflammation. Those that don't cause irritation tend to be pore clogging, which means more breakouts and added stress.

That's where EltaMD UV Clear Broad-Spectrum SPF 46 makes a difference. Many sunscreens feel thick and sticky on the skin, but this formula is lightweight and silky. The oil and fragrance-free blend makes this sunscreen ideal for men and it can also be layered under makeup, making it a great addition to your back to school supplies.

This sunscreen is available at Hull Aesthetics in tinted and untinted.



Thank You!

At Hull Aesthetics, we are proud to offer you the highest quality in services and treatment, and have always worked hard to ensure that you receive the best prices around. If you find a better price elsewhere, let us know; we would be pleased to offer you the same pricing, so that you can continue to enjoy the quality treatment and service you have come to expect from Hull Aesthetics. You are a valued patient, and we appreciate you!

Sincerely,
Cheryl A. Hull, M.D.