

**CORRECT &
PROTECT**

**PALOS VERDES
PENINSULA NEWS**

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Health & Beauty

Special Section

Correct and protect your winter skin

Cold weather can wreak havoc on your face, and the wind can burn skin raw. Most people forget to use sunblock, leaving skin unprotected and subject to photo damage. Home heat dries skin to a point where it can crack. A person's best defense is to make the move to physician-level skin care or prescription strength skin care. This is not your grandmother's cold crème. Doctors' offices today offer the finest skincare in the world. These sophisticated

products are medically tested and proven to work at molecular levels. Some exceptional medical offices have on staff a qualified medical aesthetician who can guide you toward beautiful, healthy skin.

The best way to protect skin is to follow some simple rules usually involving exfoliation and building collagen. "A fun way to remember one basic rule is to strip at night and fortify during the day," states Cathy Wainwright, medical aesthetician at Bray Plastic

Surgery Medical Center in Torrance. Wainwright works closely with each of her patients customizing her therapies based on the patient's needs and pocketbook. Often patients are surprised to learn that the best skin care in the world is often not much more expensive than fancy over the counter brands. The reality is that these products, like the Obagi lines, are clinically proven to work. "The right combination of products and procedures coupled with prop-

er coaching from a qualified medical aesthetician are all a patient needs to obtain the glowing, youthful and firm look you've been trying to achieve with inadequate products," Wainwright said. Now is the time to make the leap to physician strength skin care.

For more information or to schedule a complimentary consultation with Cathy Wainwright or Dr. Bray, call (310) 534-8300 or visit www.DrBray.com.

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