



## Tips From Dr. Debra Jaliman

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Posted by Aimee A at 8:33 AM

Dr. Jaliman is a world-renowned dermatologist with a private practice on the Upper East Side of Manhattan. She is world famous for her work in both clinical and cosmetic dermatology. Dr. Jaliman is always at the forefront of her industry and even authored the chapter "Skin and Hair" in the book Women's Health For Life.

It was a fabulous opportunity to have a moment with Dr. Debra Jaliman and ask her opinion on fixing uneven skin tone, combination skin and adult acne. (basically everything I'm struggling with right now)

Dr. Jaliman had this to say:

- The Medlite Laser procedure offers patients a safe and effective way to effectively treat the appearance of dark spots, melasma, sun damage, wrinkles and scarring (including acne scars, surgery scars or trauma to the skin) in ANY skin type including patients with dark or tan skin.
- Lumixyl topical treatment, new topical peptide technology, improves the appearance of hyperpigmentation and is a non-irritating alternative for people wishing to improve the appearance of dark spots or pigmentation, safely and in the long term. When used by itself, Lumixyl yields visible results in 8 to 10 weeks
- Light acid peels and pads administered by a dermatologist are also very effective and recommended
- Clarisonics are also effective in "vibrating" off discolorations
- It is also essential to block UVA and UVB rays and apply broad spectrum sunscreen to prevent discoloration/brown spots
- Recent studies have you should wear minimally SPF 30 to achieve protection and there are types for all skin types these days, so no excuses if you have oily skin!
- Ingredients with Retin-A are very effective and my product Skin Booster is great because it is formulated with hyaluronic acid and green tea to reduce and eliminate irritation
- For adult acne I have a special blue light infrared laser that combats acne in a month with twice a week visits—it's life changing!
- Pyratine is a Growth Factor inhibitor and naturally balances the skin