



HAPPY THANKSGIVING

Central Florida Dermatology would like to wish everyone a Happy Thanksgiving!

VitaliaMed® Specials

Relax and rehydrate your skin before the busy holiday season with the Pumpkin & Papaya Masque 25% off.

Pamper yourself and help get rid of the summer sun damage with a Microdermabrasion for only \$100!(normally \$125)

Buy a CO₂ full face and get Free Dysport for your crow's feet

Holiday parties seem to be filling up our schedules quickly this time of year. With all the stress and parties, we tend to forget about ourselves. All the stress and the eating and drinking can do a number on your skin and complexion. Keep your skin in tip top shape by following some of these tips:

Things to be aware of: A change in climate can really mess with your complexion, especially if you're flying, since planes tend to draw the moisture right out of your skin. Add dehydrating alcohol and/or caffeine to the mix, and you'll arrive at your destination looking pasty and tired. Make sure you are drinking plenty of water when flying. Tip: take an empty bottle of water to the airport and fill it up at a water fountain. Excessive drinking can mess with your skin in a variety of unattractive ways, including dullness, dryness, premature aging, and even triggering rosacea. In between alcoholic drinks, have a glass of water to help re-hydrate your skin.

Extreme weather changes from cold outside in the mall parking lot to full-blast central heating inside the stores can cause your skin to become dry and itchy. Cell turnover is at a slower rate this time of year, so it's not uncommon for them to accumulate on your skin's surface, causing your complexion to appear dull and pale.

At least 1-2 times a week exfoliate all the dead skin off to look refreshed.

The stress of bickering with your siblings, dealing with your in-laws, and ignoring comments from clueless relatives can take a toll on your mind...and your face. Prolonged anxiety and tension can cause everything from zits and premature aging to rosacea and eczema flare-ups. Relax by taking a bath or giving yourself an at home facial.

