

Esthetician Services

Kaiser Permanente offers a range of cosmetic skin care treatments customized for the specific needs of your skin. Our esthetician has special training in skin care and, when necessary, consults with our clinical providers to offer you an appropriate skin care regimen. We use advanced products and treatments to help your skin look fresh and healthy.

SKIN CARE SERVICES

CHEMICAL PEEL

The benefits of chemical peels have been known since the women of ancient Egypt used sour milk and grape juice to reduce sun damage and the effects of aging. Modern science now offers women significant choices of chemical peels that are specially formulated for individual skin types. Today's peels are absolutely reliable and deliver highly predictable results. In some cases, chemical peels will also reduce or remove pre-cancerous skin growth. Formulas for chemical peels can be adjusted by your doctor to treat your specific needs and to create your desired results.

ABOUT CHEMICAL PEELS

Chemical peel is the application of a chemical solution to remove the outer layers of skin, which can improve texture and reveal smoother, clearer, radiant skin. All peels can treat areas on the face, and most peels can also treat the neck and hands. Chemical peel is primarily used for cosmetic reasons, but in some cases, treatment is done on pre-cancerous skin growth and melasma (a skin condition characterized by irregularly shaped patches of brown skin commonly found on the face and neck). There are different degrees or levels of peel. Generally, light peels use Alphahydroxy acids (AHAs) and varying levels of medium peels use trichloroacetic acid (TCA).

IS CHEMICAL PEEL THE RIGHT PROCEDURE FOR YOU?

Chemical peel treatments can be customized for patient. Chemical peels can treat fine, medium and course wrinkles and lines, various blemishes, freckles, certain sun damage, age spots and pre-cancerous growth. In some cases, chemical peels may even control acne and soften scars caused by acne. Chemical peels is not permanent nor will they slow down the aging process. Though chemical peel may reduce the amount of visible wrinkles and fine lines, it should not be looked at as a substitution for facelift surgery. Because chemical peels are uniquely customized for each patient based on skin condition and desired result, consultation with a doctor will provide more detailed answers to your individual questions. People with a history of heart disease or people with a history of herpes should inform their doctor during consultation as these conditions pose specific risks to certain peel procedures.

LIGHT PEELS

Alphahydroxy acids (AHAs) are the mildest acids, usually derived from glycolic, lactic or fruit acids, and produce the lightest peels. AHA peels take about 15 minutes per treatment and may require treatment on a weekly basis for a set time period. Certain alphahydroxy acids can be prescribed by your doctor in lower concentrations in creams and washes for daily use. Light peel treatments will help reduce rough, dry skin, dull complexion and sun damaged skin. AHAs can be used on all skin types. Skin irritations such as stinging, redness and crusting are the usual side effects caused by AHA peels. Over time, the skin will adapt to the treatment and the irritations will diminish.

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MEDIUM PEELS

Trichloroacetic acid (TCA) is generally used for medium-depth peels. TCA treatment takes approximately 15 - 20 minutes to apply. Recovery time takes anywhere from 4 to 10 days depending on the depth of the peel. Like an AHA peel, multiple TCA peels may be necessary for the desired result. Medium peels may reduce fine lines and wrinkles, superficial blemishes and some pigment problems. TCA can be used on the neck and other areas, and is recommended for darker skin tones. Medium peels will not permanently affect the pigment of your skin, but some initial color change may occur. To protect the new skin layers as they form, patients are advised to avoid sun exposure for many months after treatment.

The Obagi Blue Peel is a specific type of TCA treatment that combines a blue mixing base with the chemical TCA. The Obagi Blue Peel allows the doctor to determine the level of strength and depth of the treatment. The blue tint is an added safeguard for depth levels and even application for consistent results. The procedure takes approximately 20 minutes to an hour. The treated area will retain a bluish tint for up to 24 hours. Skin will begin to peel within 2 to 3 days, and recovery time is as long as 10 days. Obagi Blue Peels are recommended for treatment of large pores, blemishes, age spots, wrinkles and laxity. Obagi Blue Peel can treat areas of the face, neck, chest, hands and arms, and is available for use on all skin colors and textures. Protection from sun exposure is important. Your doctor will be able to specifically answer questions based on the uniqueness of your treatment.

CHEMICAL PEEL RISKS

Chemical peels are generally a safe procedures but results can be uncertain and unpredictable. Infection and scarring are possible but rare.

PREPARING FOR TREATMENT

Your doctor will discuss all treatment preparations in your consultation. Your doctor may prescribe a Retin-A pre-treatment to thin the surface layer of the skin. If your skin type cannot tolerate a Retin-A pre-treatment, an alphahydroxy acid (AHA) cream may be prescribed instead. If you have blotchy skin, Hydroquinone (a bleaching agent) can be used in conjunction with Retin-A or AHA pre-treatments. Pre-treatment phases can take up to a month.

AFTER THE TREATMENT

For light peels, you should have minimal discomfort, if any. You may experience some light flaking or scaling of the skin and some redness or dryness. No subsequent ointments or bandage dressing is required. You should not need help getting home.

For medium peels, you will need to arrange for someone to drive you home. You may need help for a day or two after a deep TCA peel as the area of treatment may swell considerably. Scabbing or a crust will form on the treated area. It is important to follow the doctor's instructions specifically after your procedure.

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CORRECTIVE MAKE-UP CONSULTATION

The treatment of an injury goes beyond healing the wounds - if disfigurement remains, it can be a source of additional suffering. Corrective makeup can help camouflage the damage. This makeup is specially formulated for skin sensitized by burns, surgical scars, skin grafting, psoriasis, and bruises, as well as for birthmarks or other types of permanent markings.

Sometimes skin damage is a result of personal trauma like domestic abuse, car accidents, cancer treatment, and other painful experiences. Our professionally trained esthetician creates a safe, private environment where you can ask important personal questions and talk about your goals. She can assess your skin's tone and texture as well as teach you how to blend, apply, and set the makeup. You'll leave the center more confident and ready to work with the makeup on your own. Even children can learn to apply the makeup with the help of an adult.

Our esthetician also works with your doctor to create a skin care regimen that addresses your medical as well as cosmetic needs. Our product offerings include DermaBlend products, which can be used on the face or body and are specially formulated to camouflage severe damage as they heal and protect the skin. Learning how to create a natural look with corrective makeup is easy and enjoyable, and the results can really boost your self-esteem.

FACIALS

Get a facial in a medical office? Absolutely. Trust your skin care to qualified professionals—our licensed esthetician is specially trained to care for your skin.

Kaiser Permanente's Santa Rosa Cosmetic Services Department uses an extensive range of skin care products only available through a physician's office to help you get the kind of skin care that's right for you. And unlike many salon and spa employees, our staff members don't make commissions from product sales, so you can be confident that the skin care you receive is based on your needs.

There are a variety of treatments available at Santa Rosa Kaiser Permanente Cosmetic Services. Talk with your dermatologist or esthetician to decide which treatment is best for you.

Custom Clinical - Our professional clinical facial is customized to meet your skin's unique personal needs. This facial starts with two deep pore cleanses followed by exfoliation, skin analysis, extractions, treatment mask, serum, hydration, and SPF of the face, neck, and hands. The custom clinical facial is designed to treat a variety of skin concerns including: anti-aging, dry, dehydrated, mature, oily, acne prone, or sensitive and reactive skin.

Back Facial - Custom clinical facial designed to treat the back.

Teen Facial - The Teen Facial is designed to treat problematic teen skin conditions: acne prone, oily, congested, sensitive and reactive. The Teen facial is customized to treat the skin's current condition and includes: Deep pore cleansing, a purifying cleansing, exfoliation, extractions, purifying mask, oil-free-anti-bacterial hydration and an SPF.

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MANUAL EXTRACTIONS

This special facial treatment helps remove impurities and buildup from clogged pores.

Please note that extractions are performed only on open pores

MICRODERMABRASION

Working full time, taking care of kids, or having an active social life can make skin care a low priority. Yet a busy lifestyle takes its toll on your skin, especially if you spend significant time outdoors. If a complex skin regimen is out of the question, microdermabrasion may be the answer.

Microdermabrasion is a recent technique that resurfaces the skin by removing the outermost layers of dead cells. It promotes the growth of new, healthy cells and enhances your skin's appearance by minimizing pores, fine lines, acne scars, age spots, and sun damage. Microdermabrasion is a painless, non-invasive, repeatable procedure that usually takes less than 60 minutes. For maximum benefit, you should get monthly treatments over a period of several months. You may notice windburn-like redness after treatments, but the redness should diminish within hours. You'll be able to wear your usual makeup right after treatments. No serious recovery time is necessary.

OBAGI® CONSULTATION

The Obagi NuDerm® System targets all the layers of the skin. It accelerates the growth of new cells and promotes even distribution of pigment. It can reduce the visibility of age spots and freckles, help remove dead cells, and repair damage to collagen and elastin fibers, creating firmer, more resilient skin. As one of the most aggressive skin care treatments available, the Obagi NuDerm® System is commonly used by those who want to make dramatic improvements, but are not yet ready for laser treatments or surgery. It is also used in conjunction with a face-lift to improve the color, texture, and elasticity of the skin.

What is Obagi NuDerm®?

OBAGI NUDERM® is a home skin care system that consists of products applied twice a day. The system includes:

- Cleanser or Foaming Gel, to clean the face
- Toner, to provide a natural astringent
- Clear, to help correct uneven skin tone
- Exfoderm or Exfoderm Forte, to exfoliate the skin
- Hydrate, to soothe areas of dry, flaky skin
- Blender and tretinoin cream, to stimulate production of new, healthy skin cells with even color
- Sun Shield Broad Spectrum SPF 50, to help protect the skin from sun damage

The Obagi Blue Peel® can help protect the improvements to your skin after you have completed all phases of treatment. Since some of these products require a prescription and directions from a professional, you'll need to consult a doctor at a Kaiser Permanente Cosmetic Services center. If you're a good candidate for treatment, your doctor will create an Obagi NuDerm® System program just for you.

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Why you need a prescription for Obagi NuDerm®?

The Obagi NuDerm® System is only available by prescription because some of the products contain ingredients regulated by the FDA. Your dosage, treatment frequency, and treatment objectives need to be determined by a specialist and monitored on an ongoing basis.

The four phases of treatment

There are four distinct phases of treatment within the Obagi NuDerm® System. The length of time for each phase depends on your skin texture, the amount of skin damage, the program your doctor creates, and your skin's response to the treatment.

During phase one, which lasts approximately six weeks, the outermost layer of skin is replaced by new cell growth. Freckles and age spots may begin to fade. Your skin may feel dry, and it may even redden, peel, and flake. Wrinkles and acne tend to look worse.

Phase two consists of new cell growth and an increase in the production of collagen and elastin. Wrinkles may diminish and pores may begin to tighten. Freckles and age spots continue to lighten, and the redness, peeling, and flaking should decrease.

During phase three, you should notice a more even skin tone. Your skin should become resilient and firm, and its surface smooth and naturally hydrated.

Phase four consists of a maintenance regimen to prevent future damage and maintain positive results.

SKIN CARE CONSULTATION

Want to look younger and return that fresh glow to your complexion? Your esthetician will meet with you to analyze your skin and discuss your skin care objectives. Using advanced products and treatments, she will recommend a personal skin care regimen to help improve your skin's texture, tone, and overall appearance.

Your esthetician partners with physicians, which allows us to use prescription-strength treatments when necessary. That can't be done at a day spa or salon.