



Making Your Skin Look Young Again

By Jessica Laskey

If you've ever wondered whether the latest medical advances, lotions, peels and products will make you look younger and healthier, you might want to take a look at - before-and-after photos of Sacramento patients.

From splotchy, blotchy skin to fine lines and wrinkles to deep creases around the nose and lips, the photos tell the story of how new noninvasive treatments can take years off the look and feel of skin. "There are a lot of changes going on in the scientific community that are giving us opportunities to treat our skin as never before," says Destination Aesthetics co-owner Shawna Chrisman. "Oh my gosh, we have photos of patients who've been on treatments for four or five months and it's a night-and-day difference, a complete skin transformation."

Chrisman is a Sierra Oaks mother of two and nurse practitioner. Korean born, she was adopted at nine months by an American family and raised in Sacramento. She married her El Camino High School sweetheart, Joshua, whose family has owned the Arden area Jerry's Paint & Supply for more than four decades. She worked at Kaiser and Sutter hospitals as an acute care nurse practitioner for 10 years before partnering with Dr. David Ferrera a year ago. They opened their practice at Howe Avenue and American River Drive. Destination Aesthetics' secret recipe is part medicine, part beauty spa, part doctor, part nurse and all



Destination Aesthetics co-owner Shawna Chrisman helps your skin stay healthy and youthful

parts a pathway to the latest in skin transformation.

"The skin is the largest organ on our body. From a medical and health standpoint, it's very important," says Chrisman. "We aim to keep

the integrity of the skin and keep it looking its best. We like to make it possible for people to look and feel refreshed and rejuvenated with the utmost natural look possible by restoring volume loss and halting

or reversing the act of aging with minimally invasive procedures. This way, people look the same but refreshed in a natural way." Modern medicine and technologies now offer new, medically sound treatments for the health, vitality and well-being of the skin, she says. "We use the No. 1 prescription-strength skin care line in the world in combination with medical grade peels and microdermabrasion."

If you can look younger and have healthier skin, why doesn't everyone do it? "Obviously, cost is a factor," says Chrisman. "Women are spending thousands of dollars on cosmetics and they're not seeing the results we offer that cost less than \$100 a month. Good skin care is affordable. And it's much more affordable and proven than cosmetic counters would have you believe. Our patients literally have new skin. Fine lines are gone. Brown spots are gone. The effects are very similar to the effects you'd get after spending thousands of dollars on ablative laser treatments, which have their own risks. The skin gets to an amazing point."

Ferrera and Chrisman do individualized skin assessments, looking at the patient's specific skin type, past damage, muscle configuration and wrinkle patterns. Based on their findings, the two develop a personalized care plan designed to provide the most benefit with the least invasive procedures.

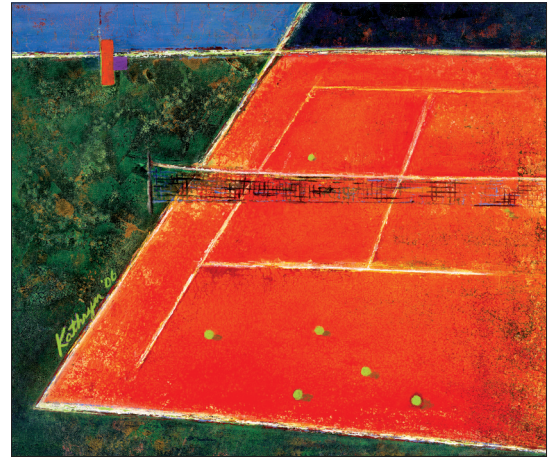
On Thursday, Feb. 28, Destination Aesthetics will hold a skin seminar for 30 people. Invitees will receive a variety of gifts valued at more than \$400, including Obagi Blue

Peel Radiance, special cleansers and a high-resolution Canfield photo of the skin. “Some patients who’ve compared their initial photo to a second photo taken only five months later are amazed at what has happened to their skin,” says Chrisman. To reserve a seat, call 844-4913.

Destination Aesthetics is at 2335 American River Drive. For more information, call 844-4913, or go to destinationaesthetics.com. ●

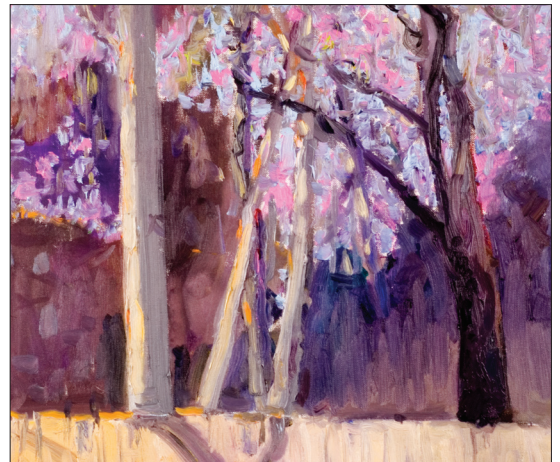
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