



## CONSULTATION CORNER — THE SCIENCE BEHIND DRY SKIN —



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Have you noticed that your skin is drier in the winter, and maybe more prone to itching and irritation? You are not alone! Our clinic sees a significant increase of itchy skin appointments during the winter months.

It's my hope this newsletter helps our community and patients prevent the obnoxious scratching and rashes that can happen in this cold weather.

Winter and summer affect the skin differently. The skin is drier in the winter than in the summer because ambient humidity decreases. This change is very apparent in the climates of Wyoming and Montana because we have very little humidity at baseline. In the winter, sweat gland output and ultraviolet radiation exposure decrease. On a cellular level, the layer of skin that is most affected is our epidermal layer. This is the very top layer of our skin and our first barrier of defense to the natural elements.

Winter's low temperature and humidity compromise the integrity of this top layer by reducing epidermal lipid levels. Both intracellularly and extracellularly, the hydration level and capacity of the skin decline. This disruption can cause extreme discomfort from symptoms like tightness, flakiness, itching, cracking, irritation, and redness.

These symptoms can significantly impact how an individual feels from a sensory perspective as well as overall well-being and emotional state, suggesting a strong relationship between moisture barrier, lipid composition, and quality of life.

This is why dermatologists recommend moisturizing creams with ceramides because these compounds are lipids themselves. By using these creams you are replacing the lipid barrier that is lost during these colder winter months. For more information on dry skincare tips, read Melanie Lehman's advice column on page 2. And please know, you do not have to suffer with irritated skin. Sometimes we need other interventions than what is available over-the-counter. Call us for an appointment — we are here to help! ♦



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# Common Skin Concerns in Winter

Montana winters bring chilly air, lower humidity, and indoor heating, which can wreak havoc on the skin. These conditions strip away natural oils, leading to dryness, flaking, and irritation. One of the most common issues is dry skin, as the cold air and indoor heating draw moisture from the skin. It's essential to hydrate regularly with a thick, fragrance-free moisturizing cream such as CeraVe Moisturizing Cream, Eucerin Advanced Repair Cream, or Cetaphil Moisturizing Cream. For those with sensitive skin, I often recommend Vanicream Moisturizing Cream.

Dry, chapped hands are also common problems we see in the colder months of winter. Using a thick hand cream multiple times a day, especially after washing your hands, is really beneficial. Neutrogena Hand Cream is a nice one to keep with you.

Our bathing habits can significantly impact our skin barrier. Rather than using soap everywhere on your body, try only applying it to your face, armpits, groin, and feet. I recommend Dove Sensitive Skin soap.



## Winter Skin FAQs

### 1. *How often should I moisturize in winter?*

Apply moisturizer at least twice a day, especially after bathing or washing your face and hands.

### 2. *Can hot showers cause winter skin issues?*

Yes, hot water strips natural oils from the skin. Opt for lukewarm showers and limit bathing time to 10–15 minutes.

### 3. *Do I still need sunscreen in winter?*

Yes! UV rays can penetrate clouds and reflect off snow, so wear sunscreen daily, even in cold weather.

### 4. *How can I manage itchy skin?*

Use a fragrance-free, soothing moisturizer. This is the most important step in helping with itchy skin. Also, using a humidifier to add moisture to the air is helpful. Avoid wearing itchy fabrics like wool directly against your skin.

# Winter Skin Favorites

Winter can be harsh on your skin, but the right products can make all the difference. These best-sellers are perfect for keeping dry skin nourished, hydrated, and radiant all season long.

For daily moisturizing, *SkinCeuticals' Triple Lipid Restore 2:4:2* offers a “cushy” feel that restores essential lipids, leaving skin soft and supple. To rehydrate and plump, *SkinCeuticals' HA Intensifier Multi-Glycan* is a go-to, while the *Hydrating B5 Gel* delivers oil-free hydration that renews radiance without clogging pores.

From Epionce, the *Intense Nourishing Cream* provides maximum moisture while reducing the appearance of fine lines and wrinkles. The *Intense Defense Serum*, packed with vitamins A, B, C, D, and E, addresses signs of aging and improves skin resilience.

To soothe and rejuvenate, try the *Epionce Enriched Firming Mask*, a hydrating mask that promotes elasticity and firmness. And don't forget your body!



The *Epionce Enriched Body Cream* offers instant, long-lasting hydration to keep your skin feeling soft and nourished from head to toe.

Stay ahead of winter's drying effects with these trusted, effective products designed to keep your skin glowing and healthy. ♦

Check in often at [billingsdermatology.com](http://billingsdermatology.com)  
Learn about our specials which change regularly.

SOME WAYS TO  
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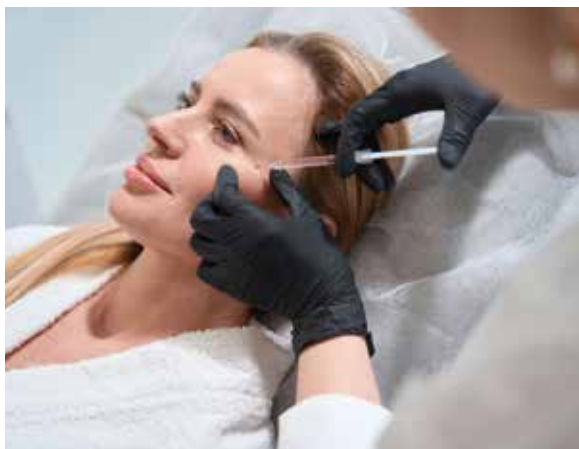
# UNLEASH YOUR SKIN'S POWER

## Create More Collagen with SCULPTRA

**Collagen is the most common protein in the body** and is used to form a framework to support cells and tissue. A healthy supply of collagen in the skin is the source of a smooth, youthful-looking complexion. The skin needs collagen to resist signs of aging, such as fine lines, wrinkles, and sagging. After the age of 20, you lose about 1% of collagen per year. By age 40, most of us have lost up to 20% of our natural collagen. But there's good news ahead!

Sculptra helps stimulate natural collagen production. Sculptra is the first and original FDA-approved poly-L-lactic acid (PLLA-SCA) facial injectable that targets fine lines, wrinkles, sagging, and other signs of aging due to collagen loss, gradually helping restore skin structure and volume. Sculptra is different from hyaluronic acid (HA) fillers because it is a collagen biostimulator that addresses an underlying cause of aging skin from within- the loss of collagen. Clinical studies have shown results can last up to two years after the last treatment.

Call us today at 406.294.9660 to set up a complimentary consultation to see if Sculptra could be right for you.



## Jeani's Skincare Routine

I use two different skin care lines that we carry at the Aesthetics Clinic. I like to change my skin care routine because I have dry skin, and it changes throughout the seasons.



### Morning Routine— SkinCeuticals

- **Cleanse:** I love to use Simply Clean in the morning. It makes my skin feel fresh and super clean. This cleanser is formulated with non-irritating ingredients to remove impurities without harming my skin.
- **Antioxidant serum:** SkinCeuticals C E Ferulic: This potent antioxidant serum contains vitamin C, vitamin E, and ferulic acid to provide environmental protection.
- **Hydrating Serum:** I apply Hydrating B5 gel. This serum contains hyaluronic acid and vitamin B5 to provide intense hydration and help retain moisture.
- **Moisturize:** I apply Triple Lipid Restore 2:4:2. This moisturizer restores essential skin lipids and is clinically proven to improve the appearance of wrinkles, firmness, and fine lines.
- **Sun Protection:** I love Clear Daily Soothing UV Defense daily sunscreen SPF 50.

### Evening Routine — Epionce

- **Cleanse:** I use Gentle Foaming Cleanser to effectively cleanse the dirt, oil, and makeup.
- **Tone:** I apply Balancing Toner to rebalance my skin's PH and add moisture.
- **Serum:** I use Intense Defense Serum. This serum contains vitamins A,B,C,D, and E along with hyaluronic acid to hydrate my dry skin.
- **Moisturize:** I love Intense Nourishing Cream. I feel like my skin is nourished and hydrated when I use this product. It visibly firms and improves my texture, fine lines, and wrinkles.

I also use SkinCeuticals Retinol 0.5 night cream three nights per week. My go-to eye cream is A.G.E Advanced Eye. I use this both morning and evening. ♦

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# SEASONAL SPECIALS

## ◆ February

Get your pucker ready for Valentine's Day  
**FREE Lip-Flip with Filler** (a \$56 value),  
\$100 off **Lip Blushing!**

**Pellevé Skin Tightening Treatment:**  
30% off a package of three

**Semi-permanent Lip Blushing:** \$100 off  
**Lip Products:** 15% off

## ◆ March

**All Dermal Fillers:** \$75 off 1 full syringe

**Intense Pulse Light (IPL):** 30% off a  
package of three. (Best deal of the year!)

**Elta MD Products:** 15% off

## ◆ April

**Treat ONE area of Botox**, get a *new* treatment  
area for ½ price.\* **Treat TWO areas of**  
**Botox**, get *new* treatment area **FREE**.\*

**V-Beam Perfecta:** 30% off a package of three

**RevitaLash/RevitaBrow, Baby Foot**  
**Products:** 15% off.

\* Equal or lesser than other area(s)



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### ◆ STAY CONNECTED

Sign up for our monthly email to receive skincare tips and promotions by scanning the QR code (page2), or by sending your name and email address to [staff@billingsdermatology.com](mailto:staff@billingsdermatology.com). Like us on **Facebook** at Billings Dermatology & Aesthetics or follow us on **Instagram** and become eligible for promotions and prizes that are exclusive to social media.

### ◆ OUT AND ABOUT

Visit our **MATE Show** booth from **February 20–22** at Metra Park Pavillion. We will be giving away free sunscreen and doing free skin cancer screenings on Thursday and Friday. We will have a drawing to win a gift basket from Billings Dermatology & Aesthetics on Saturday. **Admission is FREE** — pick up your grand prize entry ticket in our office, or online at [themateshow.com/ticket](http://themateshow.com/ticket).

SEE YOU  
AT THE

