



La Jolla Cosmetic Laser Clinic helped me understand that for my skin, looking younger wasn't about just getting Botox and Restylane. I came into the clinic thinking I did my homework and knew exactly what I needed for a more youthful appearance. I was going to do what all my girlfriends were doing—Restylane and Botox. Excited to just get my youthful look with a few shots and a quick appointment, I began to learn from the girls at La Jolla Cosmetic Laser Clinic that there was one very important step I was leaving out in order to create my youthful new look.

The fact that I needed to create a healthy new surface of skin FIRST was something I didn't consider. After all, I wore sunscreen most of my life and was very health conscious. Dr. Nasrin Mani helped me understand that by resurfacing my skin, I

would be able to reverse most of the sun damage I created on my face, neck and chest over my 40+ years in the sun. This, in turn, would help the appearance of my skin to look younger with less sun spots, age spots, and fine lines. By lessening these, my skin might actually need less Botox and Restylane in the end. So, I agreed to resurface first and then decide after I saw my new skin what I needed from that point forward.

I am so grateful that I took the time to resurface my skin first. It might have taken longer to create my new look, but worth it in the long run. The difference was AMAZING to see my skin with just resurfacing and no Botox and Restylane. It was the best thing I've ever done for my skin. Most of the sun spots and fine lines were gone and the deeper lines were significantly softened. I can't thank Dr. Nasrin enough for teaching me about creating a healthy surface first.

In the end, I did get only Botox and less than I anticipated based on my original plan. I am grateful to the ladies at La Jolla Cosmetic Laser Clinic for teaching me and helping me achieve my goal of a simple, natural, youthful look.

Thank you,

Page Krista Buchmann