

DECEMBER 2025

GREENBRAE

Dermatology





Table of Contents

| | |
|---------------------------------------------------------------------------------|--------|
| Discover the Secret to Natural Beauty with the RHA Collection of Dermal Fillers | Pg. 2 |
| Why You Need Sunscreen in Winter | Pg. 6 |
| Alastin Restorative Skin Complex: The Ultimate Guide | Pg. 10 |

We'd love to hear your feedback, so we can continue to improve our service to you.

For questions or comments, please send us an email to contact@gbderm.com

Contact

501 Sir Francis Drake Blvd., Suite 200
Greenbrae, California 94904

(415) 925-0550

www.greenbraedermatology.com



Discover the Secret to Natural Beauty with the RHA Collection of Dermal Fillers

In the quest for youthful, radiant skin, many have turned to dermal fillers to enhance their natural beauty. But with so many options available, how do you choose the right one for you? Enter the RHA Collection of dermal fillers—a revolutionary line designed to deliver natural-looking results that move with your facial expressions. Whether you're new to dermal fillers or looking to switch from your current product, this guide will help you understand why the RHA Collection is turning heads and transforming faces.

What Makes the RHA Collection Unique?

The RHA Collection stands out in the world of dermal fillers for several reasons. Unlike traditional fillers, which can sometimes appear stiff and unnatural, the RHA

Collection is specifically formulated to adapt to your dynamic facial movements. This means you can smile, frown, and express yourself freely without worrying about your fillers giving you away.

Mimicking Natural Hyaluronic Acid

One of the standout features of the RHA Collection is its formulation. These fillers are designed to more closely resemble the natural hyaluronic acid (HA) found in your skin. HA is a naturally occurring substance that helps keep your skin hydrated and plump. By mimicking the natural HA in your skin, the RHA Collection provides a more natural look and feel.

Dynamic Movements, Flawless Results

Have you ever noticed that some fillers can look great when you're at rest but

appear unnatural when you move? The RHA Collection is different. It adapts to the dynamic movements of your face, ensuring that you look beautiful both at rest and in motion. This makes it an excellent choice for those who want to maintain their natural expressions while enhancing their appearance.

Long-Lasting and Resilient

Durability is another key feature of the RHA Collection. These fillers are designed to be long-lasting, meaning you won't have to return for touch-ups as frequently as you might with other fillers. This makes them a convenient and cost-effective option for those looking to maintain their youthful glow.

The Science Behind the RHA Collection

Understanding the science behind the RHA Collection can help you appreciate why these fillers are so effective. The secret lies in the advanced manufacturing process that preserves the natural structure of hyaluronic acid.

Innovative Manufacturing Techniques

The RHA Collection is produced using a gentle manufacturing process that helps preserve the long chains of hyaluronic acid. This results in a filler that closely mimics the natural HA found in your skin. The outcome is a product that integrates seamlessly into your tissue, providing a natural look and feel.



Cross-Linking Technology

Cross-linking technology is another critical component of the RHA Collection. This technology helps create a network of HA molecules that are both resilient and flexible. The result is a filler that can withstand the dynamic movements of your face while maintaining its structural integrity.

Clinical Studies and Safety

Safety is always a concern when it comes to aesthetic treatments, and the RHA Collection has been extensively tested to ensure it meets high safety standards. Clinical studies have shown that these fillers are both safe and effective, providing peace of mind for those considering treatment.

Who Can Benefit from the RHA Collection?

The RHA Collection is versatile, making it suitable for a wide range of individuals. Whether you're looking to address fine lines and wrinkles or add volume to your lips and cheeks, these fillers can help you achieve your aesthetic goals.

Target Areas

Common target areas for the RHA Collection include the nasolabial folds (the lines that run from the sides of your nose to the corners of your mouth), marionette lines (the lines that run from the corners of your mouth down to your

chin), and lips. These fillers can also be used to add volume to the cheeks and under-eye area, providing a more youthful and refreshed appearance.

Age Considerations

While dermal fillers are often associated with older individuals looking to combat signs of aging, the RHA Collection is suitable for adults of all ages. Younger individuals can benefit from these fillers to enhance their features and prevent the early signs of aging, while older adults can use them to restore lost volume and smooth out wrinkles.

Skin Types

The RHA Collection is designed to work well with various skin types. Whether you have dry, oily, or combination skin, you can achieve natural-looking results with these fillers. However, it's always a good idea to consult with a qualified healthcare provider to determine if these fillers are right for your specific skin type and needs.



The Treatment Process

If you're considering the RHA Collection, it's helpful to know what to expect during the treatment process. From the initial consultation to post-treatment care, here's a step-by-step guide to help you prepare.

Initial Consultation

Your journey with the RHA Collection begins with an initial consultation with a qualified healthcare provider. During this consultation, you'll discuss your aesthetic goals, medical history, and any concerns you may have. Your healthcare provider will assess your facial structure and skin condition to determine the best treatment plan for you.

The Injection Procedure

The injection procedure is relatively quick and straightforward. After cleansing the treatment area, your healthcare provider may apply a topical numbing cream to minimize discomfort. The filler is then injected into the targeted areas using a fine needle. The entire process typically takes less than an hour, making it convenient for those with busy schedules.

Immediate Aftercare

After the procedure, you may experience some redness, swelling, or bruising at the injection sites. These side effects are usually mild and subside within



a few days. Your healthcare provider will give you specific aftercare instructions to ensure optimal results. This may include avoiding strenuous activities and excessive sun exposure for a short period.

The RHA Collection of dermal fillers is revolutionizing the way we approach aesthetic treatments. With its ability to adapt to dynamic facial movements, mimic natural hyaluronic acid, and provide long-lasting results, this collection offers a superior option for those seeking natural beauty enhancements. Whether you're addressing fine lines, adding volume, or simply looking to refresh your appearance, the RHA Collection can help you achieve your goals while maintaining your unique expressions.

Ready to experience the benefits of the RHA Collection for yourself? Schedule a consultation with one of our qualified healthcare providers today and take the first step toward a more youthful, radiant you. Your natural beauty deserves nothing less.



Why You Need Sunscreen in Winter

Many people think sunscreen is only for sunny beach days, but that's a common and potentially harmful mistake. The truth is, protecting your skin from the sun should be a year-round habit, just like brushing your teeth. Even when it's cold and cloudy, your skin is exposed to ultraviolet (UV) radiation that can cause long-term damage.

Sunscreen is arguably the most vital step in any skincare routine. The sun's rays don't take a vacation in the winter. UV radiation can easily penetrate cloud cover and reflect off surfaces like snow and ice, increasing your exposure without you even realizing it. Understanding how the sun affects your skin throughout the year is the first step toward building a truly effective skincare regimen that protects your health and keeps your skin looking its best.

Here, we will explain why daily sunscreen application is non-negotiable, even on the coldest winter days. We'll break down the different types of UV rays, discuss

the specific risks of winter sun exposure, and provide practical tips for making sun protection an effortless part of your daily life.

Understanding UV Rays: UVA vs. UVB

The sunlight that reaches us is made up of different types of rays, but the two that have the most significant impact on our skin are ultraviolet A (UVA) and ultraviolet B (UVB). Thinking you're safe from them just because the temperature drops is a major misconception.

What are UVA Rays?

UVA rays have a longer wavelength and can penetrate the deeper layers of your skin, known as the dermis. This is the layer where your skin's collagen and elastin fibers are located, which are responsible for its firmness and elasticity. Because UVA rays reach this deep, they play a major role in skin aging, contributing to the formation of wrinkles, fine lines, and sunspots.

Critically, UVA radiation is present with

relatively equal intensity during all daylight hours throughout the year, and it can penetrate clouds and glass. This means you're exposed to UVA rays while driving, sitting near a window at work, or walking outside on an overcast winter day. Over time, this consistent exposure accelerates premature aging and significantly increases the risk of developing skin cancers, including melanoma.

What are UVB Rays?

UVB rays have a shorter wavelength and primarily affect the outermost layer of the skin, the epidermis. These are the rays most responsible for producing sunburn. Unlike UVA rays, the intensity of UVB rays varies depending on the season, time of day, and location. They are strongest during the summer months and between 10 a.m. and 4 p.m.

While UVB exposure may be lower in the winter, these rays are far from harmless. They are a primary cause of sunburn and are a key factor in the development of skin cancers like basal cell carcinoma and squamous cell carcinoma. It's a mistake to think that just because you're not getting a sunburn, your skin isn't being damaged.

Why Winter Sun Protection is Essential

The days might be shorter and the sun less intense, but the cold weather brings its own unique set of risks when it comes to sun exposure. Here are the main reasons why you can't afford to skip



sunscreen during the winter months.

The Snow Reflection Factor

If you live in a snowy climate or enjoy winter sports like skiing or snowboarding, you are at an even higher risk of sun damage. Snow is highly reflective and can bounce back up to 80% of the sun's UV rays. This means you're getting hit by the sun from above and below, essentially doubling your exposure. This reflected glare is why skiers and snowboarders often end up with sunburns on unprotected areas like the underside of their chin and nose.

Higher Altitudes, Higher Risk

The atmosphere is thinner at higher altitudes, which means there is less of a natural filter to block out harmful UV radiation. For every 1,000 feet you go up in elevation, your UV exposure increases by about 4-5%. So, if you're hitting the slopes at a mountain resort, your skin is being subjected to significantly more intense UV radiation than it would be at sea level. Combining high altitude with the reflective properties of snow creates a perfect storm for skin damage.

Clouds Don't Block All UV Rays

A cloudy or overcast day can be deceiving. While cloud cover can block a significant portion of the sun's visible light and heat, it doesn't block all UV rays. Up to 80% of UV radiation can still pass through clouds, meaning you are still

vulnerable to skin damage even on the grayest of days. Many people are caught off guard by getting a sunburn on a cool, cloudy day simply because they didn't feel the sun's heat and assumed they were safe.

The Cumulative Effect of Daily Exposure

Skin damage from the sun is cumulative. Every bit of unprotected exposure adds up over your lifetime, contributing to your overall risk of skin cancer and premature aging. Think of it like this: even small, daily doses of UV radiation during the winter months accumulate over time. Those few minutes walking to your car, running errands, or sitting by a window all contribute to the long-term health and appearance of your skin. Consistent,



year-round sun protection is the only way to mitigate this cumulative damage.

Choosing and Using Sunscreen in Winter

Integrating sunscreen into your winter skincare routine doesn't have to be complicated. The key is to find a product you enjoy using and to make it a daily habit.

What to Look For

When selecting a sunscreen, always opt for a "broad-spectrum" formula. This designation means it protects against both UVA and UVB rays. Look for an SPF (Sun Protection Factor) of 30 or higher, which blocks about 97% of UVB rays.

For winter, you might prefer a more hydrating formula. Many moisturizers and foundations now include SPF, which can be a convenient way to combine steps in your routine. Consider a cream-based sunscreen to combat the drying effects of cold air and indoor heating.

How to Apply It

Apply sunscreen as the last step in your skincare routine, before makeup. Use a generous amount—about a nickel-sized dollop for your face. Don't forget commonly missed spots like your ears, neck, and the part in your hair. If you're going to be outside for an extended period, especially in the snow, reapply every two hours, or more frequently if you're sweating.



Protect Your Skin Year-Round

Sunscreen isn't just a seasonal product; it's a daily commitment to your long-term health. The dangers of UV radiation don't disappear when the temperature drops. By understanding the risks of winter sun exposure and making broad-spectrum sunscreen a non-negotiable part of your morning routine, you can protect your skin from premature aging and reduce your risk of skin cancer. Make the smart choice to safeguard your skin today, and you'll be thanking yourself for years to come.



Alastin Restorative Skin Complex: The Ultimate Guide

In the quest for youthful, radiant skin, finding a single product that addresses multiple signs of aging can feel like searching for a holy grail. The Alastin Restorative Skin Complex with TriHex Technology® has emerged as a powerful contender, earning accolades from beauty editors and dermatologists alike. This guide will explore everything you need to know about this award-winning product, from its cutting-edge technology to the impressive results it delivers.

The Restorative Skin Complex is more than just another anti-aging cream; it's a comprehensive treatment designed to rejuvenate the skin from within. By supporting the skin's natural ability to produce new, healthy collagen and elastin, it helps restore volume, reduce fine lines, and improve overall skin tone and texture. If you're looking for a product that offers visible, long-lasting results, this complex might be the perfect addition to your skincare routine.

We will cover the key benefits, innovative ingredients, and the science behind the Alastin Restorative Skin Complex. We'll also provide guidance on how to incorporate it into your daily regimen for maximum impact, helping you understand why it has become a go-to solution for those seeking to combat the effects of aging and maintain a healthy, vibrant complexion.

Unpacking the Benefits of Alastin's Skin Complex

The Alastin Restorative Skin Complex is celebrated for its multifaceted approach to skin health. It doesn't just treat surface-level issues; it works deeper to fundamentally improve the skin's structure and appearance.

Reduces Fine Lines and Wrinkles

One of the most praised benefits is its ability to effectively diminish the appearance of fine lines and wrinkles. The formula works to create a smoother



skin surface, resulting in a more youthful and refreshed look. Regular use helps soften existing lines and prevent new ones from forming, giving you a visible reduction in the signs of aging.

Restores Volume and Enhances Elasticity

As we age, our skin naturally loses volume and elasticity, leading to a thin, sagging appearance. The Restorative Skin Complex is enriched with key ingredients like Ornithine and Hexapeptide 38. These powerful components work together to restore lost volume to thinning skin, plumping it from within and improving its overall firmness. This helps to create a fuller, more supple complexion.

Delivers Powerful Antioxidant Protection

Environmental aggressors like UV radiation and pollution accelerate the aging process by creating free radicals that damage skin cells. This product is packed with potent antioxidants that neutralize these harmful molecules, providing a protective shield against future damage. This crucial defense mechanism helps prevent premature aging and maintains the skin's health over the long term.

Brightens and Evens Skin Tone

Dullness and an uneven skin tone can make the skin appear tired and aged.



The Alastin Restorative Skin Complex targets these concerns by promoting a brighter, more radiant complexion. Its formulation helps to reduce the appearance of discoloration and dark spots, leading to a more even and luminous skin tone that looks healthy and vibrant.

The Science Behind TriHex Technology®

At the core of the Alastin Restorative Skin Complex is its patented TriHex Technology®. This innovative blend of active peptides and botanicals is engineered to support the skin's natural life cycle, promoting the recycling, rebuilding, and replenishing of the skin matrix for a healthier, more youthful appearance.

The technology works in two main phases:

1. Recycle: It first helps to clear out the damaged, aged collagen and elastin fragments in the skin. This process essentially cleans up the “scaffolding” of the skin, making way for new, healthy proteins.

2. Rebuild: After clearing the debris, Tri-Hex Technology® supports the skin's natural ability to produce new, healthy collagen and elastin. This rebuilding phase is what leads to significant improvements in skin firmness, elasticity, and overall texture.

By promoting this natural regeneration process, the Restorative Skin Complex goes beyond simple moisturizing or surface treatment. It actively helps the skin to repair and rejuvenate itself, resulting in long-lasting structural improvements.

An Award-Winning Formulation

The effectiveness of the Alastin Restorative Skin Complex has not gone unnoticed. It has received prestigious awards from leading publications, cementing its reputation as a top-tier anti-aging product.

Prevention Magazine's “Best Wrinkle Treatment” 2022: This award acknowledges the product's exceptional performance in visibly reducing and addressing wrinkles.

Women's Health's "Best Moisturizer for Mature Skin 2021": This recognition highlights its suitability and effectiveness for mature skin types, which often require more intensive care and hydration.

These accolades from trusted sources provide a strong testament to the product's quality and the real-world results it delivers to users.

How to Integrate It Into Your Routine

For the best results, the Alastin Restorative Skin Complex should be applied twice daily, in the morning and evening, after cleansing and toning.

1. Dispense one to two pumps of the product onto your fingertips.
2. Gently apply to the face, neck, and décolleté in an upward motion.
3. Allow the product to absorb fully before applying your moisturizer and sunscreen in the morning, or your night cream in the evening.

The formula is designed to be gentle yet effective. Its non-comedogenic properties ensure it won't clog pores, making it suitable for a variety of skin types, including those prone to breakouts. Furthermore, its hypoallergenic formulation is designed to minimize the risk of allergic reactions, offering a safe option even for sensitive skin.



Your Path to Revitalized Skin

The Alastin Restorative Skin Complex with TriHex Technology® offers a scientifically advanced solution for anyone looking to combat the signs of aging. By improving fine lines, restoring volume, and protecting the skin from damage, it provides a comprehensive approach to achieving a healthier, more youthful complexion. Its award-winning status and powerful, patented technology make it a standout choice in a crowded skincare market.

If you are ready to invest in your skin's long-term health and see a tangible improvement in its tone, texture, and firmness, incorporating this complex into your daily regimen could be the transformative step you've been looking for.