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GREENBRAE

Dermatology





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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

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Celebrate National Vitamin C Day with 20% Off Skincare

April 4th marks National Vitamin C Day, a perfect moment to evaluate how you care for your skin. This powerful antioxidant has earned a permanent spot in the routines of skincare enthusiasts and dermatologists alike. Adding it to your daily regimen can transform a dull complexion into a radiant one while protecting your skin from environmental damage.

If you have been waiting for the right time to upgrade your skincare lineup, April is your lucky month. Greenbrae Dermatology is celebrating this special day by offering 20% off all Vitamin C products for the entire month.

Why Your Skin Craves Vitamin C

Vitamin C is a naturally occurring antioxidant that helps repair damaged skin cells and protect against premature aging. When applied topically, it offers several visible benefits.

Defending Against Environmental Stress

Daily exposure to ultraviolet rays and pollution creates free radicals that damage the skin. Vitamin C acts as a shield, neutralizing these harmful molecules before they can cause fine lines, wrinkles, or a loss of elasticity.

Stimulating Collagen Production

Collagen keeps our skin firm and youthful. As we age, natural collagen production slows down. Applying this essential nutrient to your face encourages new collagen synthesis, keeping sagging skin at bay.

Building a Better Skincare Routine

Choosing the right product makes all the difference. Serums are generally the most effective delivery system because they absorb quickly and contain highly concentrated active ingredients.

Apply a few drops of your chosen serum to clean, dry skin every morning before layering on your daily moisturizer and sunscreen. The antioxidant properties actually boost the effectiveness of your SPF, providing an extra layer of defense against sun damage.

Claim Your 20% Discount at Greenbrae Dermatology

High-quality, medical-grade skincare products always yield the best results.



Our office stocks a carefully curated selection of serums, moisturizers, and treatments formulated for maximum absorption and efficacy.

For the entire month of April, every Vitamin C product at Greenbrae Dermatology is available at a 20% discount. You can easily stock up on your current daily favorites or try a completely new formulation recommended by our staff.

Start Your Journey to Brighter Skin

Great skin requires consistency and the right ingredients. Take advantage of National Vitamin C Day to give your face the nourishment it truly needs. Visit Greenbrae Dermatology this April or shop online on our website (www.greenbraedermatology.com) to explore our discounted products. Whether you're looking to reduce the appearance of fine lines, even out skin tone, or restore a radiant glow, our team is here to guide you every step of the way. Don't miss the opportunity to invest in your skin's health and radiance.



The Complete Guide to BBL™: How It Works and Benefits

Skin changes as we grow older. Years of sun exposure, genetics, and the natural aging process often leave behind visible marks. You might start noticing dark spots, uneven texture, or lingering redness that your daily topical skincare routine simply cannot erase. Finding a reliable, non-invasive treatment can feel overwhelming when so many options promise miracle results.

BroadBand Light (BBL™) therapy offers a scientifically proven way to restore a clear, healthy complexion. Developed by Sciton, this advanced light-based technology sets a new standard in treating skin conditions associated with aging, active lifestyles, and sun damage. It accurately targets imperfections at the cellular level, encouraging your skin to heal and renew itself from the inside out.

Understanding the mechanics behind this popular treatment can help you make an

informed decision about your skincare journey. We are thrilled to announce that we are now offering BBL™ at Greenbrae Dermatology. Read on to discover exactly what this technology is, how it revitalizes your skin, and what you can expect from a session.

What is BroadBand Light (BBL™) Therapy?

BBL™ stands for BroadBand Light. It is an innovative iteration of Intense Pulsed Light (IPL) therapy. While traditional lasers use a single, focused wavelength of light, BBL™ uses a broad spectrum of light wavelengths. This allows practitioners to customize the treatment to address multiple skin concerns simultaneously.

The versatility of the BroadBand Light



system means it can be adjusted to target the specific depth and type of skin issue you are facing. Medical professionals use different filters to filter the light, making it highly effective for treating pigmentation, vascular issues, and even active acne. It is a highly adaptable tool designed to improve overall skin quality with minimal recovery time.

The Science Behind the Glow: How BBL™ Works

The magic of BBL™ happens beneath the surface of your skin. During a session, the device delivers precise pulses of light energy into the targeted tissue. This light energy is absorbed by specific targets in your skin, primarily melanin (which causes brown spots and freckles) and hemoglobin (which causes redness and visible blood vessels).

As the target areas absorb the light, they are gently heated. This heat destroys the pigmented cells and closes off the superficial blood vessels. Over the next few days, your body's natural healing processes take over. The destroyed pigmented cells rise to the surface and flake off, while the treated blood vessels are safely absorbed by the body.

The photothermal energy also gently heats the deeper layers of your skin. This stimulates the cells responsible for producing collagen and elastin. As new collagen forms over the weeks following your treatment, your skin becomes firmer, smoother, and more resilient.

Top Benefits of BBL™ Treatments

Patients choose BroadBand Light therapy because it offers a wide range of benefits for overall skin health.

Corrects Pigmentation and Sun Damage

Decades of enjoying the outdoors can result in freckles, age spots, and hyperpigmentation. BBL™ effectively breaks down this excess melanin, leading to a significantly more even skin tone.

Reduces Redness and Vascular Lesions

Conditions like rosacea, cherry angiomas, and broken capillaries can cause persistent redness. The light energy safely collapses these tiny, malfunctioning blood vessels, leaving your skin looking calm and clear.

Combats Active Acne

Certain filters used during the treatment target the bacteria responsible for acne breakouts. It also reduces the inflammation and redness associated with active blemishes, promoting faster healing and clearer skin.

Delivers Anti-Aging Results

By stimulating collagen production, the treatment improves skin elasticity and firmness. Regular sessions have actually been shown to change the expression of genes associated with the aging

process, helping your skin behave like younger skin.

Requires Minimal Downtime

Because the procedure is non-invasive and gentle on the surface of the skin, recovery is rapid. Most patients return to their normal daily activities immediately after stepping out of the clinic.

What to Expect During Your Session

Your comfort and safety are the top priorities during any cosmetic procedure. A typical session takes about 15 to 30 minutes, depending on the size of the treatment area.

First, your healthcare provider will cleanse your skin and apply a clear, cooling gel. You will also be given safety shields or glasses to protect your eyes from the bright flashes of light. As the handpiece glides across your skin, you will feel a quick, warm sensation followed immediately by a cooling effect. The device features an integrated



cooling system to keep the surface of your skin comfortable throughout the entire process.

After the session, your skin may appear slightly red, similar to a mild sunburn. This usually subsides within a few hours. Any pigmented spots treated will begin to darken over the next few days before naturally exfoliating away.

Frequently Asked Questions About BBL™

Does the treatment hurt?

Most patients tolerate the procedure very well. The sensation is often described as a light rubber band snap against the skin. The advanced cooling mechanism built into the device minimizes discomfort significantly.

How many sessions will I need?

The number of recommended sessions depends on your specific skin concerns and goals. Most individuals achieve optimal results with an initial series of three to five treatments, spaced about four weeks apart.

Who is a good candidate for this procedure?

BBL™ is highly effective for individuals with light to medium skin tones. Because the light targets melanin, those with darker skin types or recent tans may require alternative treatments to



avoid unwanted pigmentation changes. Your provider will evaluate your skin type during your consultation to ensure it is the safest and most effective option for you.

Start Your Skin Transformation at Greenbrae Dermatology

Achieving a radiant, healthy complexion is entirely within reach. With the power of BroadBand Light therapy, you can reverse the visible signs of aging and sun damage safely and effectively. We are proud to be now offering BBL™ at Greenbrae Dermatology, bringing this cutting-edge technology directly to our patients.

Our experienced team is ready to help you customize a treatment plan that addresses your unique skin concerns. Contact Greenbrae Dermatology today to schedule your consultation and take the first step toward clear, youthful skin.



Spring Skin Reset: Why You Need the MOXI Laser

Winter weather can take a serious toll on your complexion. Months of biting winds, dry indoor heating, and reduced sunlight often leave the face feeling tight, looking dull, and showing uneven texture. As the weather warms up and flowers begin to bloom, many people look for ways to shed that winter layer and reveal a fresh, glowing appearance.

Spring represents renewal. It is the ideal season to address pigmentation changes, smooth out rough patches, and prepare your face for the sunnier days ahead. Upgrading your skincare routine with topical creams and serums helps, but sometimes you need a more advanced approach to see truly transformative results.

This is where the MOXI laser comes in. Designed to deliver a revitalized complexion with minimal interruption to your daily routine, it has quickly become a favorite for patients wanting a radiant glow. We are thrilled to announce that the MOXI laser is now available at Greenbrae Dermatology.

What exactly is the MOXI Laser?

The MOXI laser is a gentle, fractional, non-ablative laser treatment. It works by creating microscopic micro-coagulation zones in the skin. The body naturally repairs these tiny zones, replacing damaged cells with fresh, healthy ones.

Because it operates at a lower intensity than traditional ablative lasers, it does not remove the top layer of the skin. This technology promotes collagen production and cellular turnover without the harsh side effects associated with heavier laser resurfacing. You get the benefits of advanced laser technology while maintaining the ability to go about your normal week.

Signs your skin needs a spring reset

Changing seasons require changing skincare strategies. Your skin gives off

distinct signals when it is time for a professional reset.

Reversing winter damage

If you notice dry patches that do not improve with moisturizer, or if your complexion lacks its usual vibrancy, winter damage is likely the culprit. The cold months can disrupt the skin barrier, leading to a buildup of dead cells. A professional laser treatment clears away this buildup and restores a smooth, reflective surface.

Prepping for summer sun

Spring sits perfectly between the harsh cold of winter and the intense UV exposure of summer. Treating your skin now ensures a healthy baseline before you spend more time outdoors. By addressing existing hyperpigmentation and uneven texture early, you can enjoy a clearer, more resilient complexion during the summer months.

Top benefits of choosing MOXI

MOXI offers a unique combination of convenience, safety, and visible results.

Minimal downtime for busy schedules

Traditional laser treatments often require days or even weeks of hiding out at home while your face heals. MOXI is nicknamed the “lunchtime laser” because the procedure is quick and the recovery is incredibly fast. Most patients



experience a little redness and a warm sensation immediately afterward, which subsides within a few hours. You can return to your normal activities the very next day.

Safe for all skin types and tones

Many laser treatments carry risks for individuals with darker skin tones, including the potential for post-inflammatory hyperpigmentation. MOXI utilizes a specific wavelength that is safe and effective for all skin types, all year round. This inclusivity makes it an excellent option for a wider range of patients seeking skin rejuvenation.

Targets early signs of aging and pigmentation

This laser is highly effective at correcting uneven pigmentation, sun damage, and the initial signs of aging. It smooths out fine lines and leaves the face looking remarkably refreshed. It is also an excellent preventative treatment for younger patients who want to maintain their

skin's youthful integrity before deeper wrinkles form.

What to expect during your treatment at Greenbrae Dermatology

Understanding the process helps eliminate any anxiety you might have about trying a new laser treatment. Our team prioritizes your comfort and safety at every step.

The consultation process

Your journey begins with a thorough consultation at our office. One of our experienced healthcare providers will assess your skin health, discuss your aesthetic goals, and determine if this specific laser is the best fit for your needs. We will customize the treatment plan based on your unique concerns.

The treatment experience

On the day of your appointment, a topical numbing cream is applied to ensure your comfort. Once you are numb, the healthcare provider glides the laser tip across the target areas. You will feel a slight warming or prickling sensation, but it is generally very well tolerated. The entire laser session typically takes about 15 to 20 minutes.

Post-care and recovery

Following the procedure, your skin will look pink and feel similar to a mild



sunburn. Over the next few days, you will notice tiny, dark spots called “mends” appearing on the surface. This is the damaged skin working its way out. They will naturally slough off, revealing the bright, new skin underneath. We will provide you with specific aftercare instructions, including gentle cleansing and strict sun protection.

Frequently asked questions about the MOXI Laser

Does the treatment hurt?

Most patients report only mild discomfort. The application of a topical numbing cream beforehand significantly reduces any pain, making the experience quite tolerable.

How many sessions will I need?

While you will notice a glow after just one session, a series of three to four treatments spaced about four weeks apart is usually recommended for optimal correction of pigmentation and texture.

Are there any restrictions post-treatment?

Yes, there are a few post-treatment care instructions to ensure the best results and minimize any potential side effects. For the first 48 hours, it is advisable to avoid sun exposure and wear a broad-spectrum sunscreen if you need to be outdoors. This helps protect the sensitive skin from UV damage and prevents

irritation. Additionally, you should avoid activities that cause excessive sweating, such as vigorous exercise or using saunas, as these can interfere with the healing process. It's also important to refrain from using any harsh skincare products, such as exfoliants or retinoids, for at least one week, as they may irritate the treated areas. Following these guidelines will ensure a smoother recovery and optimize the benefits of your treatment.

Book Your Spring Skin Reset Today

There is no better time than spring to shed the dullness of winter and step into a brighter, more confident version of yourself. A targeted, professional approach to skincare can drastically improve your complexion and your daily routine.

Take advantage of the latest in laser technology and give your face the care it deserves. Contact Greenbrae Dermatology today to schedule your consultation and discover how the MOXI laser can transform your skin this season.

