

SEPTEMBER 2026

GREENBRAE

Dermatology





Table of Contents

Q&A Spotlight: Aleena Young	Pg. 2
Experience Next-Level Skin Rejuvenation with Morpheus 8	Pg. 4
September Skin Care: Your Skin's Fresh Start This Fall	Pg. 8

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

Q&A Spotlight: Aleena Young



We sat down with Aleena Young, our Board-Certified Physician Assistant, to learn about her dermatological background, specialties and personal interests. With both of her parents working in the medical field, Aleena developed an early fascination with medicine and the human body, ultimately discovering that a career as a Physician Assistant would allow her to combine her love of medicine with her passion for helping others.

Aleena's approach to dermatology goes beyond treating the skin. She believes healthy skin can have a meaningful impact on confidence, quality of life, and overall well-being. As a San Diego native who grew up enjoying the California sunshine, she is especially passionate about helping patients protect and care for their skin while still enjoying the outdoors. Her patient-centered philosophy focuses on creating a safe, comfortable environment where patients feel heard and supported.

In this Q&A, Aleena shares her perspective on preventative skincare, the importance of consistency over complexity, and the simple routine she follows herself. She also highlights some of her favorite skincare products available at Greenbrae Dermatology and gives us a glimpse into the things she enjoys outside of work.

When did you realize you wanted to become a Physician Assistant?

I grew up with parents in the medical field, so from an early age, I was fascinated by the human body and felt a natural pull toward medicine. I've always loved listening to people's stories and helping others however I can, and I realized that becoming a PA would allow me to do this as a career.

What led you to specialize in skincare and dermatology?

Treating the skin can often transcend medicine—it can lead to a higher quality of life filled with greater confidence and joy. It is rewarding to use medicine to make an impact on people's lives. Also, as a San Diego native, sunshine was a part of everyday life, so I became determined to continue enjoying the sun while also keeping my skin healthy.

What is the most gratifying part of your job?

Creating a safe space for what can sometimes be a very sensitive, emotional, or vulnerable process. I also love getting to know my patients as people!

What's something you wish patients knew more about skincare?

You don't need a 10-step skincare routine to have healthy, glowing skin. Consistency is much more important than complexity.

What is your daily facial routine?

I keep it simple and consistent. I cleanse and moisturize twice daily, use an antioxidant cream in the morning, and apply tretinoin at night. I also always apply a fresh layer of mineral SPF every time I go outside.

What are some of the biggest trends you are seeing in dermatology and skincare today?

I've noticed that "preventative skincare" is becoming increasingly popular. I love seeing more people incorporating hats and UPF clothing into their daily routines. These are especially great options for people who don't enjoy applying sunscreen.

What are some of your favorite skincare products offered at Greenbrae Dermatology that you recommend to patients?

Both ISDIN and EltaMD are excellent sunscreens. Personally, I love the EltaMD AOX Tinted Mineral Sunscreen. Our SKNV tretinoin blends are also a skincare staple that I would recommend to many of my patients. I also love Alastin Restorative Skin Complex, especially for patients who have a harder time tolerating retinoid products.

What do you like to do outside of work?

I love being outdoors, spending time in nature, and exploring the beautiful places just outside of San Francisco.



Experience Next-Level Skin Rejuvenation with Morpheus 8

Achieving radiant, youthful skin is a universal goal, regardless of age. Smooth, wrinkle-free, blemish-free, and even-toned skin not only enhances your natural beauty but also reduces reliance on makeup, boosting confidence. However, as time progresses, our skin often reveals signs of aging—wrinkles, sunspots, or stubborn acne scars—that can leave many feeling discouraged.

Fortunately, advancements in skin care technology now offer innovative solutions to rejuvenate aging or damaged skin. One standout treatment is Morpheus 8, an advanced device combining microneedling with radiofrequency (RF) technology for significant skin improvement. Available at Greenbrae Dermatology, Morpheus 8 provides a minimally invasive, effective, and safe option for tightening and enhancing the skin's appearance, all while requiring minimal downtime.

If you're looking for a non-surgical way to refresh and restore your skin, here's everything you need to know about Morpheus 8.

What is Morpheus 8?

Morpheus 8 is a revolutionary skin rejuvenation treatment that combines the benefits of microneedling with radio-frequency energy. The device uses ultra-fine needles to penetrate the skin's surface, delivering RF energy to deeper layers. This innovative combination stimulates collagen production, remodels underlying tissue, and encourages a smoother, tighter, and more youthful complexion.

Unlike traditional aesthetic treatments, Morpheus 8's precision goes beyond superficial layers, targeting deeper regions of the skin to activate long-term improvements. It can be used on various areas, including the face, neck, abdomen, and more, making it a highly versatile solution for different skin concerns.



Key Benefits of Morpheus 8

Minimally-Invasive: While delivering stunning results, Morpheus 8 requires no surgery and only minimal downtime.

Customizable Treatment: Adjustable needle depths and RF levels allow the procedure to be tailored to your specific skin needs.

Effective for Multiple Concerns: Ideal for improving skin texture, reducing fine lines, addressing sun damage, and even treating mild acne scars.

Enhanced Collagen Production: Helps build collagen and elastin, restoring firmness and resilience to the skin.

Safe and Proven Technology: Morpheus8 is FDA-approved, ensuring safety and efficacy backed by clinical research.

How Does Morpheus 8 Work?

Morpheus 8 achieves its impressive results by combining two well-established skin treatments—microneedling and radiofrequency. Through microneedling, tiny needles create micro-injuries on the epidermis (the outer layer of skin). These micro-injuries stimulate the body's natural healing response, which promotes the production of collagen and elastin, the proteins responsible for keeping skin firm and elastic.

At the same time, the device delivers

targeted RF energy deep into the dermis (inner skin layer). The RF energy heats underlying tissues, tightening loose skin and encouraging cell turnover for smoother, more radiant skin. Together, microneedling and RF work synergistically to revitalize and transform skin from the inside out.

Treatment Areas:

Morpheus 8 can enhance skin on a variety of areas, including:

Face: Reduces fine lines, wrinkles, and acne scars for a smoother complexion.

Neck and Jawline: Firms up sagging skin to redefine contours.

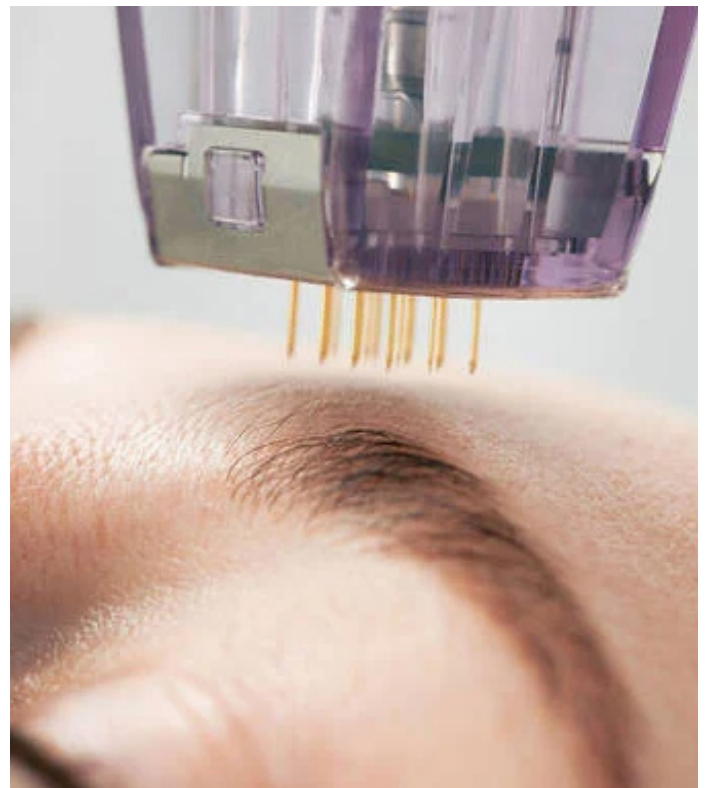
Abdomen: Tightens and rejuvenates skin postpartum or after weight loss.

Arms and Knees: Improves skin texture and elasticity in traditionally hard-to-treat areas.

What Does the Procedure Feel Like?

Before the procedure, a topical numbing cream is applied to maximize your comfort during treatment. You might feel slight pricks or warmth as the needles and RF energy penetrate the skin, but most patients describe the experience as tolerable.

The procedure itself typically lasts 30 to 60 minutes, depending on the size of the treatment area. Since it's minimally



invasive, patients can usually resume most of their daily activities shortly after their appointment.

Who Can Benefit from Morpheus 8?

Morpheus 8 is suitable for a wide range of candidates. Whether you're dealing with early signs of aging, acne scars, or mild skin laxity, this treatment can provide meaningful results. Its ability to target deeper skin layers makes it especially effective for individuals looking for more noticeable improvements without invasive surgery.

Although Morpheus 8 is safe for all skin types, a consultation with one of the expert healthcare providers at Greenbrae Dermatology will ensure it's the right treatment for your specific concerns and goals.

What Results Can You Expect?

One of the most appealing aspects of Morpheus 8 is the gradual yet dramatic improvement in skin quality over time. While some patients notice visible enhancements after just a couple of weeks, the most significant results develop over the following 1 to 3 months, as the production of new collagen reaches its peak.

Common results include:

- Tighter, firmer skin
- Reduction in wrinkles and fine lines
- Improved skin texture and tone
- Diminished visibility of acne scars and sunspots

Most patients require 3 to 4 treatment sessions, spaced about 4 weeks apart, to achieve optimal results. Once the desired improvements are reached, occasional maintenance treatments can help sustain your results for years to come.

Why Choose Greenbrae Dermatology for Morpheus 8?

At Greenbrae Dermatology, our team of highly skilled healthcare providers is dedicated to helping you achieve your skin goals while delivering exceptional care. Using the latest technology, including Morpheus 8, we offer tailored treatments designed to suit your individual needs. When you choose Greenbrae Dermatology, you'll benefit from:



Expert Guidance: Our board-certified healthcare providers possess extensive experience administering advanced treatments like Morpheus 8.

Customized Plans: We prioritize tailoring each treatment to ensure your skin gets exactly what it needs to thrive.

Patient-Centered Care: We're committed to ensuring your comfort and satisfaction throughout your skincare journey.

How to Get Started with Morpheus 8

If you're ready to rejuvenate your skin and experience the incredible benefits of Morpheus 8, don't wait any longer. Book a consultation at Greenbrae Dermatology today! During your personalized consultation, our experts will assess your needs, answer your questions, and create a customized treatment plan to help you achieve glowing, radiant skin.

Transform your skin with Morpheus 8—and unlock the confidence you deserve.



September Skin Care: Your Skin's Fresh Start This Fall

Summer's blazing heat is behind us, school routines are settling in, and your skin might be sending you some mixed signals. September marks **National Skin Care Awareness Month**, making it the perfect time to reset your skin care routine and address the aftermath of sun-soaked days and busy schedules.

Your skin has weathered months of UV exposure, chlorine from pool days, and perhaps some neglected evening routines during those late summer nights. Now, as cooler weather approaches and schedules become more structured, your skin deserves some dedicated attention.

This month offers an ideal opportunity to assess what's working, what isn't, and how seasonal changes affect your skin's needs. Whether you're dealing with

lingering sun damage, preparing for drier fall air, or simply looking to establish better daily habits, September's timing couldn't be more strategic for a skincare refresh.

Why September Is Perfect for Skin Care Focus

The transition from summer to fall creates unique conditions that make September an optimal month for skin care evaluation and renewal. Your skin has likely accumulated damage from increased sun exposure, vacation disruptions to your routine, and summer activities that may have thrown your usual regimen off track.

Post-Summer Skin Assessment

Summer leaves its mark on everyone's skin differently. Some people notice increased pigmentation from sun exposure, while others deal with breakouts from heavy sunscreens or sweat. The key is conducting an honest assessment of your skin's current state.

Look for signs of sun damage like dark spots, uneven tone, or new freckles. Check for dehydration, which often manifests as tightness or flakiness. Notice any texture changes or areas where your skin feels different than it did in spring.

Preparing for Seasonal Changes

Fall brings lower humidity levels and



cooler temperatures, which means your skin's moisture needs will shift significantly. The sebum production that might have felt overwhelming in summer heat could become insufficient as indoor heating systems start running and outdoor air becomes drier.

This transitional period gives you time to gradually introduce products that will serve you well through fall and winter, rather than waiting until your skin is already compromised by harsh weather conditions.

Creating Your September Skin Care Reset

A successful skin care reset doesn't require throwing out everything you own and starting fresh. Instead, focus on strategic adjustments that address your skin's current needs while preparing for the months ahead.

Step 1: Evaluate Your Current Routine

Take inventory of the products you've been using consistently and honestly assess their effectiveness. Which products made your skin feel great? Which ones caused irritation or seemed to have no effect at all?

Pay special attention to how your skin responds to different products at different times of day. Your morning routine needs might differ significantly from your evening requirements, especially as daylight hours begin to shorten.

Step 2: Address Summer Damage

If you notice signs of sun damage, now is the time to address them before they become more pronounced. Vitamin C serums can help brighten dark spots,



while gentle exfoliation can improve skin texture and promote cell turnover.

Consider incorporating products with ingredients like niacinamide, which can help regulate oil production and improve skin tone, or hyaluronic acid to restore moisture that may have been lost during summer activities.

Step 3: Prepare for Fall Weather

Start introducing richer moisturizers gradually, even if your skin doesn't seem to need them yet. This proactive approach helps your skin adjust slowly rather than experiencing the shock of suddenly switching to heavy products when cold weather hits.

Look for moisturizers with ceramides or squalane, which help strengthen your skin's natural barrier function. These ingredients become increasingly important as environmental conditions become more challenging for maintaining healthy skin.

Building Sustainable Skin Care Habits

National Skin Care Awareness Month isn't just about products—it's about developing consistent habits that support long-term skin health. The key is creating routines that feel manageable within your lifestyle.

Morning Routine Simplicity

Your routine should be streamlined and

efficient, especially as school and work schedules become more demanding. Focus on cleansing, protection, and hydration as your core steps.

A gentle cleanser removes overnight buildup without stripping your skin. Follow with a lightweight moisturizer that absorbs quickly, and always finish with broad-spectrum SPF 30 or higher. This simple three-step routine takes less than five minutes but provides essential protection and care.

Evening Routine Recovery

Evenings offer more time for targeted treatments and intensive care. This is when you can address specific concerns like fine lines, dark spots, or texture issues.

Start with thorough cleansing to remove sunscreen, makeup, and daily pollutants. Follow with any treatment serums or actives, then seal everything in with a nourishing moisturizer. The key is consistency rather than complexity.

Weekly Intensive Treatments

Incorporate weekly treatments that address your skin's deeper needs. This might include a gentle exfoliating mask to improve texture, a hydrating sheet mask for extra moisture, or a clay mask if you're dealing with excess oil production.

These treatments should complement,



not replace, your daily routine. They're opportunities to give your skin extra attention and address concerns that daily products might not fully resolve.

Common September Skin Care Mistakes to Avoid

As routines shift and seasons change, certain skin care mistakes become more common. Being aware of these pitfalls can help you navigate your skincare reset more successfully.

Over-Correcting Summer Issues

It's tempting to dramatically overhaul your routine to address summer's effects, but sudden changes can actually stress your skin further. Instead of introducing multiple new products at once, add one new item every week or two to monitor how your skin responds.

Neglecting Sun Protection

Just because summer is ending doesn't

mean UV protection becomes less important. September sun can still cause damage, especially when people become less vigilant about reapplication and protective clothing.

Maintain consistent SPF use regardless of the season. UV rays remain present year-round, and protecting your skin from further damage is crucial while you're working to repair summer's effects.

Ignoring Skin Barrier Health

Focus on strengthening your skin's natural protective barrier rather than just addressing surface concerns. A healthy barrier function supports all other aspects of skin health and helps your skin better handle environmental stressors.

Look for products that support barrier repair, such as those containing ceramides, fatty acids, or cholesterol. These ingredients work together to maintain your skin's protective function.

Making the Most of Professional Support

September is also an excellent time to schedule professional skin care consultations if you're dealing with persistent issues or want personalized guidance for your routine adjustments.

When to Seek Professional Help

Consider professional consultation if

you're experiencing ongoing skin concerns that don't improve with consistent home care, if you're unsure about product choices, or if you want to address specific issues like acne, rosacea, or significant sun damage.

Our healthcare professionals can provide personalized recommendations based on your skin type, concerns, and lifestyle factors. They can also help you understand which ingredients and treatments will be most effective for your specific needs.

Your Skin Deserves This Investment

National Skin Care Awareness Month serves as a valuable reminder that skincare isn't vanity—it's health maintenance. Your skin is your body's largest organ and deserves the same attention you give to other aspects of your wellness routine.

Taking time this September to reset your skincare approach sets you up for success through the changing seasons ahead. Whether you make small adjustments or implement more significant changes, the key is creating sustainable habits that support your skin's health.

Start small, be consistent, and remember that good skin care is ultimately about feeling comfortable and confident in your own skin. Use this month as an opportunity to recommit to taking care of yourself, one gentle, consistent step at a time.