

DERMATOLOGY + PLASTIC SURGERY

For Your Best Self

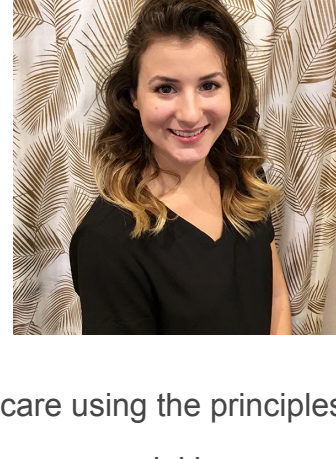
ANITA SALUJA, MD | REBECCA NOVO, MD

OUR AESTHETICIAN TEAM + 2021 TRENDS

Get to Know our Lead Licensed Medical Aesthetician

Melissa Kern:

Melissa is an experienced aesthetician, having over eight years of patient care in dermatology.



Melissa is passionate about customizing your skin care using the principles of skin science and solving your complexion, sun damage, or wrinkle problems. Melissa's microneedling treatments can be enhanced with PRP, PRF, growth factor, or radiofrequency for enhanced healing and anti-aging! She is at her happiest when she is able to make others smile.

Additionally, Melissa works alongside Dr. Saluja as a patient educator.

Melissa was born and raised in New Jersey. In addition to learning aesthetics, Melissa also achieved her bachelor's degree in Behavioral Science.

In her free time, Melissa enjoys water activities, but of course while wearing sunblock.



Introducing Denise Betancourt,

Licensed Medical

Aesthetician

Denise works with Dr. Saluja & the Dermatology + Plastic Surgery patient care team to help you achieve your best skin!

Denise started her professional journey in Los Angeles, California. A mom of three boys, Denise relocated to Florida to be near family and to pursue her passion of aesthetics.

Denise holds a Florida aesthetician license and specializes in Keravive treatments of the scalp and Hydrafacial treatments of the face, chemical peels, customized dermaplane facials, and pre & post laser care. Denise's Hydrafacial treatments can be enhanced with skin boosters and lymphatic drainage for skin health and anti-aging! Denise's gentle spirit and natural care giving instincts can be experienced during her treatments; her goal is to give you results and help you relax!

Melissa and Denise would be thrilled to evaluate your skin to help you with:

- A customized at-home skin care plan
- Discuss our aesthetic dermatology & plastic surgery procedures
- HydraFacial treatments and BEST SKIN programs
- Customized chemical peels
- Dermaplaning
- Microneedling treatments
- [Virtue Microneedling](#)
- [Subnovii Plasma Device](#)
- Microcurrent & LED Light
- Skin Tag, Milia, Sebaceous Hyperplasia, Cherry Angioma Removal

Contact us to schedule an appointment with Melissa or Denise at 321-241-1160 email info@foryourbestself.com

AESTHETIC NEWS FOR 2021

What are trends for 2021?

Embracing minimally invasive treatments - Layering fractionated CO2 laser resurfacing, microneedling, peels, and facials to your Botox or Dysport or Xeomin treatments. For example, we call combining same day medium depth peel + Botox a "Glow-tox".



#1 ZOOM FACE

Anything that helps your appearance on video "Zoom face"

- Softening crows lines or forehead lines with Botox®
- Filling nasolabial folds, or cheek filler that helps the under eyes too
- Jawline contouring including chin, with a combination of neuromodulator such as Dysport, Fillers such as Juvederm Voluma, and fat dissolver Kybella

#2 LIPS



The best lip enhancements or augmentations look natural regardless of trending technique. Natural is key here, and consumers have often forgotten what natural looks like so let us review:

- Customizing lips with fillers and techniques to rehydrate/plump them
- Our vermilion border (edge of the lip) shouldn't be tented or ledged or have a shelf so injecting into the border is not ideal (avoiding "duck-lip")
- We want to inject the pillows of the lips (tubercles).
- We want to be conservative and not always add a full syringe. Often a half syringe of filler within the lip is best and a half supporting the tissue/folds/ around the lips, including assessing and treating the chin.
- We may need to dissolve lip filler if there are bumps or if there is filler migration (filler can drop into weaker parts of the lips such as the lower edge of the upper lip - and it's ok to use hyaluronidase (an enzyme that dissolves the HA filler within a day or two), to help refine filler especially if you've been injected over years.
- Sometimes, a little bit of a start again is very helpful.
- Remember, subtlety is the purest form of beauty!

#3 DR. SALUJA'S TOP INJECTABLE PROGRAMS



1. **The Saluja SkinLift Programs:** Two of my favorites are the **Sculpting Lift** and **Longevity Lift**, which combine a wrinkle relaxer such as Botox/Dysport and Sculptra or Bellafill to refresh and resculpt your appearance.

2. **The Y lift.** The two key pillars in the Y lift are the cheek and jawline. Filler is used to restore and optimize these regions first.

3. **MDcodes.** The principle here is that the cheek is the foundation of the face much like the foundation of a house and should be optimized first, followed by the contour of the face much like the walls, ceilings, roof (which is the chin /jaw area), and last are refinements analogized to the interior design/decor (nasal folds, marionettes, lips).

What's new / in the pipeline?

We are really excited about **Qwo** - a nonsurgical injectable that will be released in 2021 as a treatment for moderate to severe cellulite in buttocks of adult women. This is a first of its kind so stay tuned as we learn more!

To hear the full story on 2021 Aesthetic trends, subscribe and listen to our podcast here:

[LISTEN NOW](#)

To learn more, schedule an appointment or consultation call 321.241.1160 today, or email info@foryourbestself.com

[SCHEDULE CONSULTATION](#)

Explore us online at www.ForYourBestSelf.com!

Connect with us:

@drsaluja_drnovo

@drsaluja

Learn more by listening and subscribing to our Podcast

For Your Best Self Podcast