

# GREAT SKIN IS IN AT TMA

FACIAL PLASTIC SURGEON ALLISON PONTIUS, MD  
AND JAMIE FLANIGAN, AESTHETIC RN GIVE  
THEIR EXPERT ADVICE ON SKINCARE.

*Is there anything you take, or do, religiously every day?*

AP: Exercise is an essential part of my day and supports healthier skin, and I never skip wearing sunblock.

JF: I eat healthy food and drink plenty of water every day. A balanced diet and hydration are essential for our overall well-being, including our skin health.

*What is the one product you cannot live without?*

AP: I use a retinoid (AlphaRet by Skinbetter) every single night. It's a non-negotiable part of my regimen.

JF: Vitamin C+ Correcting Complex by Revision Skincare. It brightens my complexion and helps prevent oxidative damage from the sun and environment.

*What is the single most bang for the buck treatment women and men can do for aging skin?*

AP: Mineral-based sunblock is a no-brainer. Nothing will benefit your skin more for the price. As far as treatments, I think Sculptra is an amazing way to stimulate the production of collagen.

JF: Daily mineral sunscreen and sun avoidance is the best way to prevent skin from prematurely aging.

*If you could only have three products which three would they be?*

AP: 1. Retinol/retinoid, 2. Vitamin C/antioxidant, 3. Mineral-based sunblock

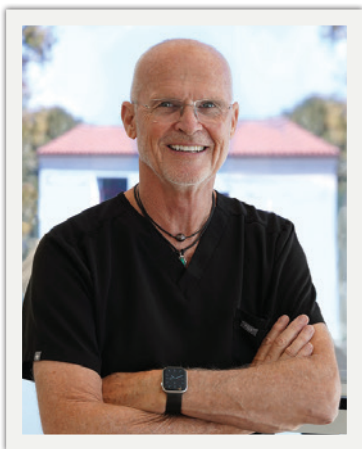
JF: 1. Vitamin C+ Correcting Complex by Revision Skincare, 2. Skinceuticals 3% Retinol, 3. Le Mieux Bio Cell Rejuvenating Cream



*If you could wave a magic wand and fix one problem for patients what would it be?*

AP: I would like a magic wand to erase brown spots/sun damage. It often takes multiple laser treatments or peels to lighten brown spots and also requires a commitment from patients to minimize sun exposure and consistently use the proper skin care at home. A magic wand would be much easier!

JF: I would help people to see their beauty instead of focusing on their flaws. My goal when treating patients is always to help them address their concerns so they can feel confident and positive about their appearance.



*"We are here to help women and men as they age feel, look and most importantly, function at their best – and we approach this with an ideal balance of science-backed knowledge and warmth."*

– Dr. Duncan Turner



**REGARDLESS** of the stage of life you're in, you want to look and feel your best, which is why at **Turner Medical Arts**, "aging gracefully" means staying ahead of the aging process to improve health and well-being from the inside out.

Dr. Duncan Turner and his team of esteemed professionals, including gynecologists, board-certified plastic surgeons, women's health nurse practitioners and weight-management counselors, take a comprehensive

approach to anti-aging, sexual health and plastic surgery to treat the whole patient, not just a particular concern. Offering the most cutting-edge surgical, non-invasive and minimally-invasive procedures and wellness solutions, conveniently located on Coast Village Road in Montecito, Turner Medical Arts utilizes the latest innovations and technologies to help women and men reach new levels of health and happiness in order to live their best lives.

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