

## **VISIA Complexion Analysis**

**VISIA Imaging Complexion Analysis** system captures multi-spectral photos of the face, and provides an in-depth analysis of your individual facial characteristics. These measures are an indirect but objective measure of your skin's health and appearance. By analyzing multiple factors of the skin, it assists in providing additional objective information to guide your skin care regime. It visually shows key visual information for six areas effecting complexion health and appearance: **Wrinkles, Spots, Pores, Texture, Porphyrins (evidence of bacteria). UV spots (caused by sun damage).**

Additionally, VISIA provides informative comparison of your complexion's characteristics to other patients of the same sex, age, and skin type.

### **Objective Scores:**

A percentile score compares that factor on the skin to the general population at your age. In the first four factors measured (**Wrinkles, Spots, Pores, Texture**), it is desirable to have your skin score at a higher number: *The higher, the better!*

For example, a Wrinkle score at the 75<sup>th</sup> percentile means the severity of your wrinkles is better than 75% of people your age.

The analysis of Spots measures blotchy, sun-induced brown spots (e.g. lentigos, melasma "age/liver spots") as well as areas of superficial flushing, or superficial blood vessel spots (e.g. angiomas, telangiectasias). The percentile given (for example: 60<sup>th</sup> percentile) means that your severity of Spots is better than 60% of people your age.

Measuring the degree of Enlarged Pores (caused by increasing amounts of UV exposure, as well as hereditary factors) is compared to the percent of others of the same age.

Texture, an indicator of collagen and elastin and of one's natural exfoliative processes, measures dry, inflamed, rough, and uneven skin tone. Your texture score will to determine what percent your skin's texture is better than others your age.

The next two measures, Porphyrins and UV Spots indicate better skin health when a lower score is obtained: *The lower, the better!*

Porphyrins are an indirect measure of bacterial activity on the surface of the skin. Although bacteria are also normally found, numerous scientific studies have shown that lowering specific bacterial count greatly reducing inflammation and breakouts, especially with acne or rosacea conditions. The lower your measured number indicates less bacterial activity, thus less pimples or inflammatory lesions.

UV Spots show the amount of ultraviolet (UV) sun damage, also called solar elastosis. Sun damage is the leading contributors to roughened skin texture and uneven tone, not to mention skin cancer. This indicator shows the cumulative damage of the sun exposure from one's life-time UV exposure thus far. The lower your number, the less roughened, damaged skin your skin is, and the less risk you have for skin destructive processes such as skin cancer.

We recommend you protect your skin by wearing a sunscreen or moisturizer with both UVA and UVB coverage and an SPF of at least 30 or higher every time you are outside.

In addition to a careful skin regimen, simple lifestyle changes can make a significant difference in achieving healthy skin and a glowing complexion. Among the many other health benefits it provides, regular exercise (20 - 30 minutes daily) increases circulation and supplies extra oxygen to the skin. Drinking 4-8 glasses of water a day is recommended to hydrate the skin. Avoid exposure to carcinogens, such as smoking and tanning beds. Eating a balanced diet that is rich in antioxidants and omega-3 fatty acids (See other sections of ADC's AE website for additional information for Skin Healthy Foods) helps keep your skin healthy.

VISIA imaging and analysis helps medical and skin care professionals develop more targeted treatment programs, communicate more effectively with patients, and better track treatment outcomes, making it possible to design rejuvenation and skin care regimens for your specific complexion.

Together with a full assessment of your skin by our Cosmetic Care Specialists, the Visia Complexion analysis both provide a full dermal analysis to help you target your skin's problem areas and devise the best treatment for your skin, to help you achieve a smooth, radiant complexion!

**To determine if you would benefit from Visia Complexion Analysis, please call 651-484-2724 to schedule a consultation at Advanced Esthetics.**