

health & well-being CALENDAR

Friday, February 3

KIDS Community Drum Circle

This event not only has health benefits, but it is a great way to have a pleasurable time with family and friends. The Drum Circle is open to all levels of experience and participants may bring their own drum or drums are available for use. Somerset Hills YMCA, 140 Mt. Airy Rd., Basking Ridge. 908-766-7898 ext. 340.

Thursday, February 9

Single Women's Support Group

Women 60 years of age or older are invited to join the Somerset County Single Senior Women's group. The organization is intended to provide moral support and social activities for independent, senior women. Other date: February 23, 10am-12:30pm. Office on Aging's first floor conference room, 92 East Main St., Somerville. 908-704-6341 or 1-888-747-1122.

Saturday, February 11

Macular Degeneration Support Group

The group shares information on research, coping skills, visual aids and supporting one another. All newcomers, friends and relatives welcome. RSVP required. 11am-12:30pm. Overlook Hospital, Conference Room Two, 99 Beauvoir Ave., Summit. 908-273-3633.

Tuesday, February 14

Winter Wonders Walk

Take someone you love on a peaceful walk around the swamp. Free. Registration required. 10am. Great Swamp Outdoor Education Center, 247 Southern Blvd., Chatham. 973-635-6629.

Sunday, February 19

Pets & Flower Essences

Join this great workshop that offers pet owners and practitioners natural methods to enhance and improve their pet's health with the use of flower essences. 1:30-3pm, The School of Complete Yoga, 57 Main St., Chester. 908-879-9648.

Wednesday, February 22

Free Nutrition Lecture

Fueling For Fitness runs from 9-10am today at the Berkeley Heights YMCA, 7:30-8:30pm today at the Springfield YMCA, and 1-2pm on February 23 at the Summit YMCA. www.summitareoymca.org.

Tuesday, February 28

Evolving Women Workshop

Join other women to experience the excitement of negotiating your life transition in a supportive, goal-directed learning atmosphere. Advance registration required. 7-9pm, Family Training Institute, 491 Prospect St., Maplewood. 973-762-3681. ▲

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Profile

By Bettina Haymann Chavanne, photo by Dan Epstein

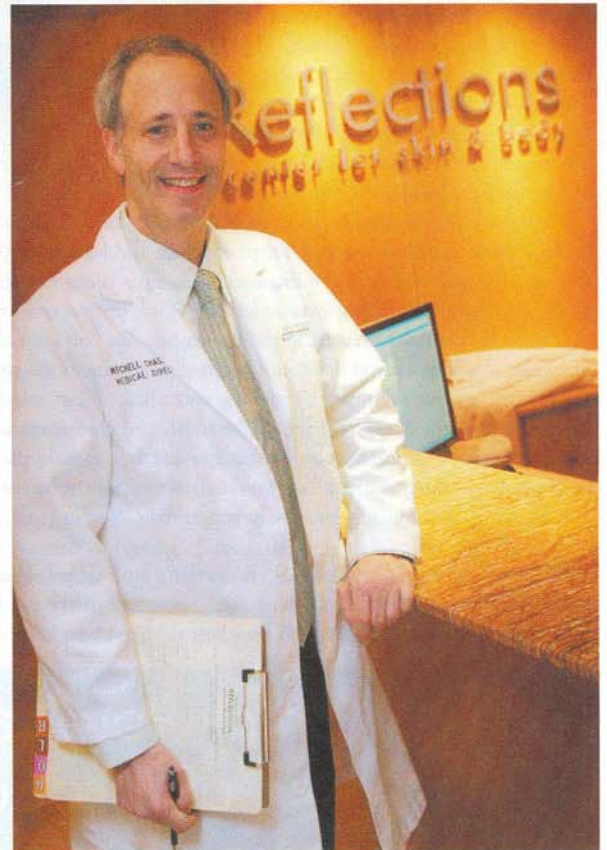
Personalized Skin Care

Dr. Mitchell Chasin is at the forefront of a revolution in skin care. No longer are cosmetic procedures taboo. In fact, the age range for women (and men) seeking remedies for everything from acne to wrinkles is trending lower and lower. Since the early 1990s, this doctor has been focused on laser, aesthetic, and cosmetic medicine. In 1999, he put his experience to work at his new skin and body care center, Reflections, in Bridgewater. And this past year, he opened a second location in Livingston.

"What makes our center different is that we offer a multi-service approach to skin care," says Dr. Chasin. "We perform procedures from the least invasive to the more surgically oriented." Minimally invasive procedures, such as laser hair removal, laser wrinkle and scar treatments, Botox and Restylane treatments, according to the doctor, are most popular. And since the center offers a host of high-tech lasers, they can tailor each treatment to patient needs. This is especially true when it comes to anti-aging procedures.

"I like to call them the Four R's of rejuvenation," says Dr. Chasin. "Relax, refill, refine, and remodel." The "relax" phase is for wrinkles caused by facial expression, treated with injections like Botox. "Refill" refers to filling deeper lines like those next to the mouth, while "refine" deals with topical agents and microdermabrasion. "Remodel" involves using lasers to stimulate collagen growth to reduce imperfections including fine lines, wrinkles and acne scars. "We have a number of technologies," says Dr. Chasin, "that enable us to tailor the treatment to specific individual needs—we are not limited in our choice of treatment recommendations."

That approach—to make sure patient skin care is personalized to body and skin type—is fairly novel in the industry. Often, doctors offices will operate one type of laser, or provide one kind of treatment. "I like to use the term 'synergy,'" says Dr. Chasin. "By combining different modalities, we achieve the greatest improvement, enhance safety and minimize downtime."



Dr. Chasin believes people should feel good about their skin care procedures—and themselves.

According to the doctor, education and communication are vitally important. "You really have to listen to your patients," he states. What do they see when they look in the mirror? The consultation is very important in determining the best course of treatment." Reflections offers complimentary consultations in which patients have time with the doctor to discuss their issues and concerns in detail.

At one time, it was primarily older women who sought cosmetic treatments, but Dr. Chasin says he is seeing younger and younger patients. Teenagers and young adults with acne, for example, can be treated with Photodynamic therapy. "The laser we use [in this procedure] stimulates and improves the actions of the sebaceous glands [that secrete oil]," explains Dr. Chasin. The result, he notes, is long-term control of acne.

"My goal is to make the experience as enjoyable as the outcome," Dr. Chasin adds. "These are elective procedures, and people should feel good about themselves and their experience." ▲

Reflections Center for Skin & Body

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