

THESE 4 LA DOCTORS SHARE THE SECRET TO PERFECT HAIR & SKIN

By Paul Zahn | January 9, 2018 | [Style & Beauty](#)

We caught up with some of LA's top doctors to find out the secret to perfect skin and hair in 2018.

Try Platelet-Rich Plasma Treatments for Perfect Hair

“PRP, which is a newer treatment, helps stimulate hair follicles to grow. There is no other treatment similar to PRP. We use patient’s own blood, extract plasma from it (plasma contains growth factors), and we inject into the scalp, to stimulate growth of hair with these growth factors. There is no down time and it’s a quick procedure. Additionally, vitamin drips (Myers Cocktails) contain several minerals, electrolytes, and vitamins, which help keep your hair healthy and strong.” – *Ehsan Ali, M.D.*

Utilize Lasers to Reverse Sun Damage & Revitalize Skin



“If I could impart one piece of advice it would be to protect your skin from the sun. As much as we love the feel of sun on our skin, ultraviolet rays accelerate skin aging, leading to premature wrinkles, sunspots, and even cancer. In my practice, I use the Icon laser platform from Cynosure. This laser is great at reversing the signs of sun damage. It works on all skin types, has very little to no downtime and is excellent for sunspots, broken capillaries, and fine lines and wrinkles. This laser also comes with a proprietary device called Skintel. This device, when applied to the patient's skin can read how much melanin there is in the patient at that location. This is important in guiding the treatment settings, which significantly reduces the risks commonly associated with laser treatments. The Icon platform has multiple hand pieces to treat not only sunspots on the face, but also on the body.” –*Babak Dadvand, M.D.*

Try a Microdroplet Lift for a Refreshed Facial Appearance

“The Microdroplet Lift® is the first cosmetic botulinum toxin method that controls the depth and volume of the botulinum toxin injection. The microdroplet injections prevent unwanted drift. This results in a very precise treatment making it possible to concentrate treatment along the eyebrow. As a result, the resting brow pinch relaxes, the eyebrows elevate, and forehead lines diminish without the forehead freeze associated with standard treatments. The result is a relaxed eyebrow, diminished forehead lines, and a retained ability to make facial expressions. If you have avoided botox because you are afraid of the frozen look, the Microdroplet Lift® provides the first real alternative. This is not your mother’s Botox treatment!” –*Dr. Steinsapir, M.D.*