

# SKINCARE PHYSICIANS®

Celebrating **25** Years

## To Fill Or Not To Fill, That Is The Question

It's not often that Shakespeare and cosmetic dermatology become "strange bedfellows", but we are living through unusual times. Paradoxically, as SkinCare Physicians is pioneering even more elegant facial fillers, a backlash has emerged against the over-filled look that has become pervasive. Consumers are gravitating towards **quality, not quantity**, and seeking **highly skilled injectors**.

SkinCare Physicians was recently the lead investigator in the FDA approval of Evolysse, the newest generation of hyaluronic acid (HA) fillers. We have **unmatched experience** with Evolysse, a cost-effective injectable with unique properties that enable our physicians to create custom results.



Along with fillers from Juvederm, Restylane, and RHA, Evolysse expands our unparalleled capabilities to deliver more natural, and longer lasting outcomes.

Our dermatologists have ALWAYS

prioritized natural and predictable improvements, which requires more than picking up a syringe and "eyeballing" it. Greatness demands **years of training to master the anatomy, ensure safety, and achieve stellar outcomes**. The SkinCare Physicians strategy, known nationwide as "the Boston look", simply means "natural". Medspas can't match our decades of clinical and research expertise. Ask us about Evolysse and other injectables, including Botox, Dysport, and Daxxify. You'll be in the most experienced hands.

**To fill or not to fill? It depends on your anatomy**, and our doctors will help you find the perfect solution. That's the SkinCare Physicians approach.

## Fraxel: Our Favorite For Turning Back The Hands Of Time

What do you worry about when it comes to maintaining the health of your skin? Fighting sun damage, lightening brown spots, lessening wrinkles? The great news is that the Fraxel laser, **a device with a 20-year-long track record**, is an effective way to treat each of these concerns.

When our patients want to improve the quality of aging skin, Fraxel is an **essential treatment to incorporate into**



**an annual maintenance routine**. This laser uses two wavelengths of light. The 1927 nm wavelength targets sun spots and brown discoloration, while the 1550 nm wavelength penetrates deeper into the dermal layer of skin to stimulate collagen, improving skin texture, fine lines, wrinkles and acne scarring.

SkinCare Physicians has pioneered a protocol we call Fraxel Quick Recovery. With only 3-4 days of downtime, many of our patients are able to repeat this treatment once or twice annually to continually address sun damage and age-related collagen loss. By increasing the intensity of the treatment with classic Fraxel settings, we can also treat more significant sun damage, wrinkles and acne scars.

Fraxel has **medical benefits as well**. Recent data suggests that routine Fraxel treatments decrease the risk of most skin cancers. It is also well-established that Fraxel decreases the presence of actinic keratoses, or pre-cancers.

Whether you want to improve discoloration and texture or fight skin cancer, our providers can help you design a long term plan that uses Fraxel laser to improve the health and look of your skin.

# Tixel For Wrinkles Of The Eyes, Mouth & Neck

Tixel **treats mild skin laxity and wrinkles** around the eyes and mouth. After several years of testing at SkinCare Physicians, we developed a reliable Tixel protocol to help our patients with these two challenging areas. Other treatments such as injectable hyaluronic acid fillers and laser resurfacing can also be effective, but Tixel has the advantage of being **completely noninvasive**. A series of three monthly treatments yields optimal results, and some patients will go on to have a fourth or fifth treatment for enhanced benefit. **Recovery is rapid** with several days of redness and speckled skin, and results start to appear within a few weeks. Tixel works best for mild wrinkling, but can also be effective for moderate wrinkles. It can additionally improve skin laxity, especially around the eyes. We can even treat the neck!

Please ask your provider whether Tixel might be an option for your skin. Like many of our very happy patients, you'll be glad you did.



Post two Tixel treatments

## Loose Skin Bringing You Down? Let Us Lift You Up!



Good elasticity is a hallmark of healthy youthful skin, but it naturally lessens as our skin ages. To reverse this sign of aging, SkinCare Physicians has successfully relied on Thermage, a radiofrequency (RF)-based skin tightening device, for over 20 years. The heat delivered to the dermis using RF leads to collagen and elastin production and tissue tightening. Thermage is a no-downtime treatment ideal for improving firmness of the cheeks, neck, and jawline skin. Within our tissue tightening program, our dermatologists offer two other modalities delivering heat. RF with microneedling, in the form of the Legend and Morpheus devices, targets bothersome looseness at the lower neck and other body sites such as the abdomen. Sofwave, an ultrasound-based device provides a third treatment option for skin firming. **We individualize every patient's treatment course based on their skin elasticity, area of concern, and preference for down time.** Let us help you pick the appropriate approach for your concerns and lifestyle.

## Anti-Aging Tourism... In Boston!

Anti-aging tourism, especially to South Korea, has risen in recent years. The lure of tighter, younger skin has proven too great for many seeking to delay Mother Nature. In South Korea, the focus is on prevention, known as **"well-aging"**.

Did you know **SkinCare Physicians was more than a decade ahead of this trend** with the invention of "Prejuvenation", a term coined by our own Dr. Arndt? A hallmark of both our strategy and Korea's is skin tightening, literally pioneered at our practice over 25 years ago with the development of Thermage. Additional anti-aging treatments with Fraxel, and injectables have been studied and developed in our SkinCare Research division, keeping us years ahead. Unlike Korea, we only use **products and devices rigorously tested and approved by the FDA** and other regulatory bodies, many validated through studies performed at our office.

Chemical peels, Hydrafacials, and lasers round out our vast array of skin prejuvenating services. **Save yourself a trip to Korea...** let us create a custom skincare program for you.

## Reclaim Your Skin After Weight Loss

Weight loss, whether through lifestyle changes or GLP-1 medications, can transform your body, but your skin often needs time and support to catch up. That's where **our dermatologists can help**.

Subtle sagging in the cheeks or jawline can be tightened with Thermage or Sofwave, which **lift and firm without downtime**. If you've noticed hollow cheeks or deeper nasolabial folds, dermal fillers can **restore balanced facial contours**. For crepey skin, radiofrequency microneedling **improves texture and elasticity**. Stubborn fat pockets may respond well to CoolSculpting, while Aveli or Sculptra can help **smooth cellulite** and **enhance body contours**. To **retain muscle definition**, maintain adequate protein intake, add resistance training, and consider muscle-stimulation devices to amplify your results. Finally, a refreshed medical grade skincare regimen and fractional laser resurfacing like Fraxel can **brighten dull skin** and restore a healthy glow.

With the right combination of treatments, you can feel as confident in your skin as you do losing the weight.



# QUICK READS

## Dr. Sobell Receives Psoriasis Award



For over 25 years, Dr. Sobell has dedicated his career to advancing psoriasis care, serving as a pioneer in the investigation of biologic therapies. His work has contributed to the **approval of 14 systemic treatments for psoriasis and 10 therapies for chronic inflammatory skin conditions**, transforming the lives of millions of patients worldwide. With this expertise in psoriatic drug development, Dr. Sobell frequently educates fellow dermatologists and shares

insights at national and international conferences. SkinCare Physicians is proud to announce that in 2025 the **National Psoriasis Foundation** honored him with the prestigious **Lifetime Achievement Award**, celebrating his scholar's mind, clinician's hands, and healer's heart.

## Building Healthy Skincare Habits

Our dermatologist-trained aestheticians **help adolescents feel confident by addressing their unique skin challenges** through **treatment and education**. SkinCare Aesthetics' most popular teen procedure, the Signature Deep Pore Cleanse, removes buildup, and calms irritation, from breakouts and congestion. Beyond in-office care, our aestheticians educate adolescents on at-home skincare to maintain balanced and clear skin. They create simple, safe and personalized regimens with dermatologist-approved products. These routines are especially useful for active teens dealing with sweat, sunscreen, or frequent helmet use. Book an appointment to help your teenagers build lifelong healthy skincare habits.



## Eleven Top Doctors!

We are proud to have so many of our dermatologists recognized in Boston Magazine's 2025 Top Doctors issue. Since the start of SkinCare Physicians 25 years ago, our physicians have been honored among the best in dermatology, a reflection of their exceptional **skills, dedication, and**



**commitment to patient care.** This achievement also celebrates the teamwork behind the scenes. Our dedicated nurses, clinical staff, and administrative team make this excellence possible every day. Whether treating **complex skin conditions**, performing **advanced skin surgery**, or providing **aesthetic care**, our team delivers expert, compassionate treatment that

continues to set our practice apart.

## Celebrating 25 Years Of Fellowship

We welcomed over 30 former fellows to our annual Fellowship Reunion, celebrating the long-lasting impact of our Laser & Cosmetic and Mohs Surgery training programs. Following in our footsteps, these alumni continue to advance dermatology across teaching hospitals and community practices worldwide. For 25 years, **teaching and mentoring future leaders in dermatology and dermatologic surgery** has remained central to our mission. This year's board-certified fellows, Drs. Aizman and Coerdt, are completing an additional year of advanced training to refine their skills, pursue research, and enrich our shared commitment to excellence in patient care and innovation.



## Busy Year For SkinCare Research

SkinCare Research is busier than ever. We conducted over **11 clinical trials** on products ranging from exosomes to novel injectable fillers and neuromodulators. This year we will also investigate topical drug delivery for skin rejuvenation. Moreover, to address some bogus claims of skin care products' efficacy, we launched a **program to test and validate topical products**. Our seal of approval will only go to those with legitimate claims, helping protect consumers.

## Is Your Hair Trying To Tell You Something

Hair loss can **signal health issues** like thyroid imbalance, iron deficiency, or autoimmune conditions. **Early diagnosis matters.** If you notice patchy spots, scalp itching, or thinning after stress, illness, or new medication, don't wait. Our dermatologists can diagnose the cause and create a **personalized treatment** including supplements, medications like minoxidil and finasteride, or a quick platelet-rich plasma (PRP) procedure. Visit us to **get your hair back**.

## Moving And Expanding

We are moving to a stunning new medical destination, at the intersection of Rte 9 and Rte 128 by **early 2027**. Our custom-designed space will offer you a **state-of-the-art environment** with a convenient location. You will enjoy exam rooms filled with natural light, covered parking, and electric vehicle charging stations. We can't wait to welcome you to our new, modern home.





Dr. Kenneth  
Arndt



Dr. Jeffrey  
Dover



Dr. Michael  
Kaminer



Dr. Robin  
Travers



Dr. Thomas  
Rohrer



Dr. Jeffrey  
Sobell



Dr. Karen  
Kim



Dr. Brooke  
Sikora



Dr. Laurel  
Morton



Dr. Tania  
Phillips



Dr. Kay  
Kane



Dr. Mitalee  
Christman



Dr. Jessica  
Labadie



Dr. Molly  
Stout



Kelly  
Buchanan,  
PA-C



Kathleen  
Brodt,  
FNP-BC



Colleen  
Gaffney,  
FNP-BC



Jessica  
Ryther,  
FNP-C

# SKINCARE PHYSICIANS®

Celebrating 25 Years

## See What's Inside!

- ▶ To Fill Or Not To Fill?
- ▶ Turn Back Sun Damage And Time
- ▶ Let Us Lift You Up
- ▶ Anti-aging Tourism... In Boston
- ▶ Is Your Hair Telling You Something?
- ▶ Moving And Expanding
- ▶ AND MORE



Our mission is to deliver exceptional, patient-focused dermatology care, offering medical, surgical, and cosmetic services to meet all skin health needs. We are committed to clinical excellence and personalized treatment. Our doctors are recognized leaders in the field, with academic ties to top institutions including Yale, Harvard, Boston University, Tufts and Brown.



@skincarephysicians



See what's NEW