

Beauté

A Balancing Act: Dermatologist Dr. Ariel Ostad's Talks About Total Skin Health

By Kelley Granger

The beauty of Dr. Ariel Ostad's approach to dermatology is that it's much more than skin deep— combining facets of psychology, artistry, and science, he utilizes a total skin health plan and the latest technology to help patients achieve youthful, glowing complexions.

"Dermatology allowed me to couple the psychological aspect of medicine along with the artistic aspect of it," he says. "I felt like it was my calling, I was very passionate about that stuff and I've been able to create a practice where I incorporate those two elements."

Ostad is quick to emphasize the connection between our outward appearance and the inner workings of our mind. "I find that psychology plays a very important role in the health of a patient," he says. "I was very much fascinated with how dermatologic conditions, as benign as they may be, influence one's psyche and overall impression of themselves." Ostad says that these conditions, such as rashes, acne, and eczema, can be the consequence of harboring negative emotions which stress the immune system. "Emotions are such an integral part of the total skin health approach," he says.

Ostad's skin health plan includes balancing the proper amount of rest and activity as well as eating well. "A poor lifestyle with a lack of sleep, lack of exercise, and poor nutrition can actually cause inflammation," Ostad says. "And people with stress can cause inflammation throughout their body. That's why someone gets arthritis in their joints or someone gets a heart attack from inflammation in their arteries." Factors like alcohol, smoking, and a high fat intake also impede the immune system and can cause inflammation, which not only affects the body on the inside, but visibly as well. "From a cosmetic standpoint, inflammation in your body and in your skin is breaking down your collagen," Ostad says. This breakdown of collagen translates into wrinkles, blotchiness, and droopy skin. To remedy these issues, he's been using Fraxel, one of the latest developments in laser technology.

"Fraxel is an amazing technology where you're actually delivering energy to the depth that you desire based on the indication you're treating," Ostad says. "If you're treating blemishes you go shallow, if you're treating wrinkles you go deeper."

Fraxel can treat discoloration, large pores, fine lines, acne, stretch marks, melasma, and surgical scars, and can be used on the face, hands, neck, and chest. During treatment, patients receive a numbing cream and then a fractionating laser is administered to about 20 percent of the skin, creating tingling sensations and heat. Recovery time is minimal—just two to three days of redness and swelling are followed by a mild flaking of the skin. The sessions stimulate the production of fresh collagen, so only one session a month for three months is needed for maximal effect, and patients are seeing dramatic improvements that last for years.

"It works beautifully, every laser company is trying to duplicate the technology," Ostad says. "It just doesn't match the Fraxel treatment."

After the treatments, Ostad says it's imperative to maintain the skin with a healthy lifestyle. Eating a healthy diet rich in antioxidants is among his top suggestions. He recommends choosing low-fat and low-chemical foods, and getting your vitamins from natural sources and through juicing. "A dried up version of a vitamin is not going to be the same as naturally juicing it and immediately drinking it," Ostad says. He suggests a cocktail of celery, spinach, romaine lettuce, lemon, carrot, and ginger. "There's powerful vitamins in that cup mixed with every powerful cofactor we haven't discovered yet," he says. "That's absorbed right away."

Ostad says that it doesn't have to be complex, just find a healthy routine. "Whatever is great for the body is great for the skin, because everything is tied together," he says.

