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Dr. Doris Day and Zeno

Posted by Kari on Apr-22-2009

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I recently had the opportunity to talk with Dr. Doris Day, renowned board certified dermatologist that specializes in laser, surgical and cosmetic dermatology in the Upper East Side in NYC.



Part one of this interview is focusing on acne and Zeno. Did you know that April is National Stress Awareness Month? According to a study done by Zeno, 90% of adults and 96% of teens find pimples a concern, and more than 50% of those people think stress is related to breakouts. Most of those questioned think that Halle Berry tops the celebrity list of having the most enviable skin. I can't argue with that - she definitely has beautiful skin!

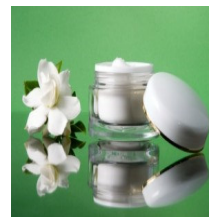
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You've recently endorsed Zeno. Can you tell us how it works? Zeno is a hand-held unit that is heat controlled at 119 degrees, and times out after 2 1/2 minutes. You apply it to a pimple to knock out bacteria, which causes acne to spread. Use Zeno on your pimples twice a day. Do not pick your pimple - it makes it mad, bigger and makes it come back.

We always hear so many reasons of why someone has acne - is there one true answer to that question? I've written a book "100 Questions and Answers About Acne" and not all acne

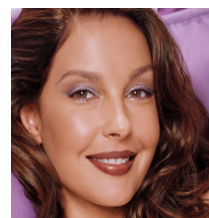
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Calling All Ladies Over 40!



Email me or leave a comment on what you would like to know about for makeup and/or skincare. I'd love to hear from you!

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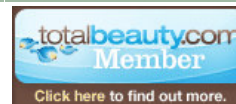
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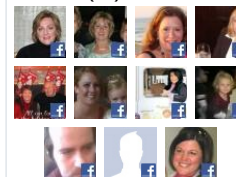
I am stuck in a hair rut and hope 2009 and these hairstyles will bring me new inspiration for the new

total beauty



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is the same. Believe me, there are definitely more than 100 questions and answers about acne. I had to really narrow it down to come up with only 100.

Is acne food related? We know acne is not food related. However, if you are dairy sensitive, that may aggravate it. Not because of what is put into milk but because cows are pregnant most of the time and that could be causing the reaction.

Does Zeno work on whiteheads or blackheads? Zeno works best on pimples that are not whiteheads or blackheads. Bacteria is growing under the surface long before it shows up on your face, and black and white heads are already formed.

Do you use Zeno on your patients in your office? I do a procedure called Aesthera Isolaz in my office to clean the pores. Zeno is great to do at home, either by itself or after a procedure like Aesthera Isolaz. Zeno is such a great device. I hope they discover more uses for it in the near future.

What do you recommend for someone who already has scarring from acne? Laser or a deep peel, depending on the scarring, are the best ways to minimize existing scarring.

Stay tuned for more of my interview with Dr. Doris Day, later this week.

Posted in: Skin Care

Tags: Acne, Dr. Doris Day, Zeno

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