



**IN YOUR 20s**, it is time to put your skin through a facial boot camp to build-up the proper discipline and habits that will help you age gracefully. One of the most important steps is to cleanse both morning and night. After cleansing, apply an eye cream and an oil-free moisturizer to prevent future wrinkles. Sun protection is key, so use a good broad spectrum sunscreen to protect against photoaging.

**DR. MAFFI RECOMMENDS:**

STEP 1

MORNING + EVENING

**CLEANSE** with an exfoliating glycolic acid cleanser

**LHA CLEANSER**



STEP 2

MORNING

**PREVENT** with an oil-free antioxidant

**SILYMARIN CF**



MORNING + EVENING

**CORRECT** with a multi-tasking moisturizer

**METACELL RENEWAL B3**



STEP 3

MORNING

**PROTECT** with a broad spectrum sunscreen

**PHYSICAL FUSION UV DEFENSE  
SPF 50**



**THERE IS BEAUTY AT EVERY AGE.**



# 20s **RECOMMENDED TREATMENTS**

## **DERMAPLANING**

Dermaplaning is an exfoliation treatment that removes the outermost layer of skin and fine hair (peach fuzz). It allows for better penetration of skin care products. The treatment can be done alone or with other treatments such as HydraFacial, Hydradermabrasion or certain Chemical Peels.

## **HYDRADERMABRASION**

Hydradermabrasion is a hydrating exfoliation process that utilizes an exfoliating diamond tip and powerful serums to cleanse, hydrate and gently exfoliate the skin. Much like microdermabrasion, the process removes built up debris and dead skin cells which leaves your skin feeling softer and more deeply hydrated.

## **CHEMICAL PEELS**

Chemical Peels improve the appearance of uneven skin tone and dullness by using a variety of acids to exfoliate the uppermost layers of skin. Chemical peels decrease the frequency of acne breakouts, fade the appearance of post-acne discoloration, and help reduce fine lines and wrinkles.

## **INJECTABLE: BOTOX® / DYSPORT®**

Botox / Dysport temporarily relaxes muscles, such as those in the face, so over time, wrinkles caused by everyday expression will not create permanent fine lines and wrinkles or a more aged appearance. It's a subtle procedure, that's both quick and effective in having you look your best at your age.

## **INJECTABLE: LIP FILLERS**

Dermal filler for lips is a non-surgical treatment where material is injected around the lip and lip line for subtle lip enhancement. It's a simple, quick and effective procedure.

## **HALO LIGHT**

Halo Light is a gentle non-ablative laser treatment that targets fine lines, skin tone and texture, and pore size. By creating heat in the underlying skin tissue without damaging the surface, new collagen is produced. These treatments are perfect for younger individuals who want to maintain their healthy, vibrant-looking skin. The procedure is quick and easy with little to no downtime.

### **Maffi Clinics**

5410 N. Scottsdale Rd., Suite E-200, Paradise Valley, AZ 85253 480.505.6430  
mafficlincs.com | maffimensclinic.com