



CONSULTATION CORNER

DR. RIDDLE'S FAVORITE SKINCARE THINGS



Below are some of my favorite skincare products and accessories. These are my go-to gift ideas for friends and family. Because if I love them, they are bound to enjoy them too!

**Adjustable Face Wash
Head Wrap**

I am a messy face washer — I use a hand towel as a bib! A cloth head wrap really helps me extend a good hair day. Before using these, face soap would get mashed into my roots or my dry shampoo would get mucky. I prefer adjustable wraps versus headbands because of comfort and versatility.

The Kristy Hat from Wallaroo Hat Company

I have three different colors of this hat, so I definitely love the look! It can work as a cute hat for walking around Red Lodge or to have handy for a quick hike. I keep one in my car at all times. Every time I wear it, I get lots of compliments. This is my favorite thing to gift someone because I know they will love it too! Plus, the size is adjustable, so it fits almost everyone!

Aquaphor Healing Ointment

This ointment saves my lips, cuticles and hands during the fall and winter months! Right before bed, I apply a thick layer of Aquaphor to my lips and a very thin layer to my hands and cuticles. I wash my hands a million times per day, and this prevents them from cracking and hurting. Vaseline works great too, by the way! Aquaphor has a lower concentration of petrolatum in it; therefore, it is easier to apply and a little less sticky.

If any of these products interest you, stop by our Aesthetics Clinic to do a little shopping!

**TiO₃ Tinted Face Mineral Sunscreen/Primer SPF 40**

This sunscreen will probably be on my favorites list every year! It really helps my makeup stay put throughout the day. And I need less liquid foundation to get the coverage I desire. For some, it is a little drying, so I recommend a thin layer of moisturizer first.

SkinCeuticals CE Ferulic Serum

This is my holy grail daytime moisturizing serum! This vitamin C serum is the real deal. It helps lighten brown spots while hydrating your skin. For me, it provides a subtle, dewy glow. And a little bit goes a loooooong way. So while it is pricey, it is definitely worth it!

ALSO IN THIS ISSUE:

Winter is the best time for Skin Laser Treatment – p2 ♦ Holiday Gift Ideas – p2
New Alle Rewards Program – p3 ♦ New Products at the Aesthetics Clinic – p3
Fall/Winter Specials – p4

WHY WINTER IS THE BEST TIME FOR SKIN LASER TREATMENT



Winter is often considered the ideal season for skin laser treatments, and there are several compelling reasons for this. First and foremost, cooler temperatures mean less sun exposure, which is crucial for anyone undergoing laser procedures. Post-treatment skin can be sensitive and prone to hyperpigmentation if exposed to sunlight, making winter the perfect time to minimize these risks.

Additionally, many laser treatments require multiple sessions for optimal results. By starting in winter, patients can complete their treatments before summer, allowing their skin to fully heal and rejuvenate in time for warmer months. This timeline is especially beneficial for those looking to address issues like acne scars, pigmentation, or signs of aging, as skin can appear significantly improved when the sun is shining.

Lastly, the winter months often coincide with special promotions and discounts at many clinics, making these treatments more accessible. With various advancements in laser technology, options have expanded to cater to a range of skin concerns, ensuring that patients can find a treatment that suits their needs.

Winter offers a unique combination of benefits—reduced sun exposure, ample recovery time, a focus on self-care, and potential cost savings, making it the prime season for skin laser treatments. Embracing this time can lead to glowing, healthy skin by the time summer arrives.

If you're interested in learning more about laser treatment options call 406-294-9660 today to book your complimentary consultation.

Gift Guide for those Special People in your Life – Customizable Gift Baskets or Individual Must-Haves



TEENS: Gift your teen clear and protected skin with our curated selection! Epionce's Lytic Gel Cleanser and Purifying Spot Gel combat acne, while Jane Iredale and EltaMD offer SPF protection for lips and face.

Billings Aesthetics Clinic GIFT CARDS!

Available in any denomination — a perfect fit every time.



FOR HIM: Gift your guy the essentials! EltaMD's Foaming Facial Cleanser offers gentle care, while UV Sport provides top-notch sun protection—perfect for an active lifestyle. For post-shave care, try the Barrier Renewal Complex. Nutrafol Men is ideal for addressing hair concerns with drug-free ingredients targeting the root causes of thinning.



FOR HER: Gift her a basket of pure luxury! Start with SkinCeuticals' Simply Cleanser, followed by CE Ferulic for antioxidant protection, and A.G.E. Advanced Eye Cream for deep hydration. EltaMD's UV AOX Eye shields the under-eye area, while ColorScience's Flex provides full-face SPF protection. For a spa night in, treat her to Eminence's new Mango Exfoliating Enzyme Masque, Epionce's Intensive Nourishing Cream, and finish with Jane Iredale's HydroPure Lip gloss.

New Products at the Aesthetics Clinic

EPIONCE INTENSE RECHARGE MASK

Supercharged with next-generation botanical extracts and blended with proven barrier-rejuvenating ingredients, this new clay-based mask is expertly formulated to help refine, smooth and visibly improve the appearance of fine lines and wrinkles. Intense Recharge Mask is clinically proven to enhance skin radiance, revealing a brighter, more healthy-looking complexion.



ELTA MD AOX EYE

Lightweight and antioxidant-rich UV AOX Eye Broad Spectrum SPF 30 protects the delicate skin around the eyes, minimizes signs of fine lines, and brightens dark circles. The 100% mineral, non-irritating, hydrating formula is enriched with a powerful mix of skin-rejuvenating antioxidants to repair and strengthen the skin barrier, for more youthful & healthier looking skin. This tinted SPF is shown to visibly reduce signs of premature aging and help correct dull and uneven skin tone. The under-eye overachiever can be worn alone or under makeup.



Kim's Skincare Routine

My skincare routine includes products that help with aging, skin discoloration as well as acne. Even in my 50s, if I'm not careful with my products, my skin will break out and I will battle with clogged pores. This is what I am currently doing and the products I use.



- AM:** Cleanse – *Epionce Purifying Wash*
Multi-Vitamin Antioxidant Serum –
SkinCeuticals Phloretin CF Serum
Eye Serum – *Epionce Luminous Eye Serum*
Moisturizer – *Epionce Renewal Lotion*
SPF – *ColorScience Face Shield Flex SPF 50*
(for reapplying I use *ColoreScience SPF Brush*)
- PM:** Pre-cleanse to remove long-wearing makeup –
SkinCeuticals Simply Clean
Cleanse – *Epionce Lytic Gel Cleanser*
Skin Retexturizing – *Epionce Lytic Plus Treatment*
Multi-Vitamin Antioxidant serum –
Epionce Intense Defense Serum
Eye Cream – *Epionce Renewal Eye Cream*
Moisturizer – *Epionce Intensive Nourishing Cream*

I try to use different masks once or twice a week based upon what's going on with my skin. Two of my favorites are the Epionce Enriched Firming Mask and the new Epionce Intense Recharge Mask.

Treatments:

To keep my skin looking and feeling it's best throughout the year I will alternate treatments such as microneedling with PRF, chemical peels, Vbeam and IPL. Throw in a little Botox here and there and I'm good to go.

Exciting New Allē Rewards Program Starts October 11

ALLÉ ENHANCEMENT PROGRAM — Allē Rewards members can now exchange points for an Allergan product offer once or twice per calendar year depending on how many points you have earned. Per Allē program changes, these members will no longer be able to redeem their points for cash.

A-LISTER STATUS — Allē A-Lister members must have earned 1,200 points within a calendar year. Starting in 2025, this threshold will increase to 1,500 points. A-Listers can redeem points for two products annually, and points will remain active as long as you've made a transaction in the last 12 months. A-Listers may still redeem their points for cash.

EXCLUSIVE ACCESS — Allē Members get exclusive access to annual savings events like BOTOX Cosmetic Day, and seasonal offers like double points. Plus, score additional savings when you check in with Flash or when you refer a friend to join Allē. For more information and to sign up for Allē Rewards, visit Allē.com.



FALL / WINTER SPECIALS

November

Kybella Promo Gobble Gobble—
Lose Your Wobble! Save \$100 on each vial, a \$200-\$400 savings per treatment!

GentleMax Hair Removal Treatment: 30% off a package of six

Jane Iredale and TiZO Products: 15% off

December

12 Days of Savings. Deals revealed December 1

Chemical Peels: 30% off a package of three

Injectable promo: Friday 12/20. \$12 Botox Day!
(while appts last, min 30u)

Check back often at billingsdermatology.com
Specials are subject to change!



HOLIDAY OFFICE SCHEDULE

Our offices will be closed the following days so our staff can celebrate the holidays with their friends and family:

- Thursday, Friday, November 28 & 29
- Tuesday, Wednesday, December 24 & 25
- Wednesday, January 1, 2025



Billings Dermatology & Aesthetics

2294 Grant Rd.
Billings, MT 59102

PRSRT STD
US POSTAGE
PAID
BILLINGS MT
PERMIT # 294

Expert Skincare Your Family Can Trust



- ◆ Appointments available Monday – Friday, with shorter wait times
- ◆ Four experienced providers with 50 years of dermatology experience
- ◆ Five outreach clinic locations: Miles City, Red Lodge, Cody, Powell and Worland
- ◆ Independently owned and community-minded

- ◆ Triple board certified dermatologist Tanya Riddle, MD, FAAD
- ◆ Dr. Riddle is an ASMS Fellow specializing in Mohs Surgery
- ◆ Compassionate and dependable care



We accept Medicare, Tricare, VA Healthcare, Blue Cross and most major insurances.

REFERRAL REWARDS PROGRAM

Make your friendships more valuable than ever. Get a **\$50 credit** for every new Botox, filler, or laser client you refer with our Referral Rewards program.

◆◆◆◆◆ STAY CONNECTED ◆◆◆◆◆

Sign up for our monthly email to receive skincare tips and promotions by scanning the QR code below or by sending your name and email address to **staff@billingsdermatology.com**. **Like us on Facebook** at Billings Dermatology & Aesthetics or **follow us on Instagram** and become eligible for promotions and prizes that are exclusive to social media.



To schedule your dermatology appointment please call 406.294.9515 or 866.988.DERM (3376). Learn more at www.billingsdermatology.com