Prevention is a key component to skin care for Dr. Palceski. Of course, he performs procedures to address current conditions too, but his main goal is to teach skin-care techniques that prevent the need for invasive procedures down the road. "The first step to beautiful skin is adding sunblock to your daily routine and minimizing sun exposure. Doing so will help keep wrinkles and dark spots at bay, lessening the chance of skin cancer, as well." As far as products go, Dr. Palceski suggests nourishing vitamin A cream to help lessen the appearance of existing wrinkles, promoting supple texture and a more radiant glow. "I am also a big proponent of glycolic acid because it minimizes the effects of acne, premature aging and hyperpigmentation. Along with facials and a good skin-care regimen, regular trips to the dermatologist for upkeep can make all the difference in achieving healthy, beautiful skin."