Dr. Dimitry Palceski, founder of Reflections Dermatology & Center for Skin Care, is one of the most effective procedures available today. According to Dr. Palceski, research shows that these two factors—tone and texture—are the second, wrinkles.

The first being how your skin’s evenness in how others perceive your age. The truth is a series of treatments that can take years off of how old your skin looks. Photofacials are performed using an IPL (intense pulsed light) device that targets brown and red pigment in the skin (ie, sun damage, age spots, broken capillaries). Following your procedure, the treated area will become increasingly darker and/or inflamed and will eventually slough off revealing clearer and more healthy skin.

An added benefit of this procedure is that it also stimulates the production of collagen; a protein responsible for maintaining the skin’s fullness and elasticity. Photofacials are a quick fix with results that tend to soften wrinkles leaving the skin looking more relaxed and refreshed. Because of its remarkable results, Botox continues to be the number one cosmetic procedure performed in the country year after year. When performed by a qualified specialist, such as a board certified dermatologist or plastic surgeon, it is a safe procedure with little to no risk or downtime.

During the holidays increased stress, even good stress, can accentuate wrinkles and frown lines and make you look tired or even angry. One of the things Dr. Palceski finds most rewarding about his practice is in addressing this very issue. Botox works directly to relax the muscles responsible for frowning and other unwanted furrows and creases around the eyes and forehead. Relaxing the muscles responsible for these expressions results in a more rested appearance. This procedure combined with a good nights sleep, a healthy diet, and exercise will get you on your way to looking rested and rejuvenated.

Q. How do you prevent people from having that “worked on” look? A. As a board certified dermatologist and dermatologic surgeon, I am not in the business of making my patients look like someone else or enhancing something that was never there to begin with. Instead, my goal is to provide natural looking results. I want each of my patients to look like themselves—only more relaxed and rested.

Q. I look so tired. What treatment can I get to look more rested? A. Botox by far is the procedure I find to have the highest degree of patient satisfaction in addressing this very issue. Botox works directly to relax the muscles responsible for frowning and other unwanted furrows and creases around the eyes and forehead. Relaxing the muscles responsible for these expressions results in a more rested appearance. This procedure combined with a good nights sleep, a healthy diet, and exercise will get you on your way to looking rested and rejuvenated.

Q. How often should I get a skin cancer screening? A. Over 1 million new cases of skin cancer will be diagnosed in the United States this year. As Floridians, our risk is even greater due to our increased and prolonged exposure to the damaging rays of the sun. For this reason, I encourage all of my patients to start a new habit and get their “birthday suits checked on their birthday”- several times per year. I conduct free screenings as part of my on-going commitment to public service and prevention. It’s a fact, skin cancer is beatable and treatable if detected early. When it comes to skin cancer, there is simply no reason anyone should become a statistic.

Q. What are your favorite skin care lines or products? Anything you can’t live without? A. A good skin care regimen is like food for your skin and is vital to maintaining that healthy glow. At our office, we spend several years’ worth of products we feel to be the best on the market. Our current skincare lines include Glytone, Aveeno, Vivite, Neocutis, and ELTA MD. As for things I personally can’t live without! A great sunscreen, Retin-A, and my Clarins Foundation.

Q. I love the beach. Does good skin mean never being in the sun? A. Absolutely not. It just means being smart about it. The best defense against getting too much harmful UV radiation starts by selecting a good sunscreen that provides broad-spectrum UV-A and UV-B protection. My personal favorite is ELTA MD’s V50 and SPF 50. Be sure to apply every two hours and wear protective clothing whenever possible. For more information on sunscreens and sun safety please visit www.ewg.org/2010sunscreen.

Q. My teenager has acne. What can he do to clear up his skin? A. The cause of acne is multi-factorial and varies from person to person. In my practice, I treat well over 1,000 patients per year with acne from teenagers to adults in their 40’s. I have a very good understanding of the factors that cause acne and the most effective courses of treatment. I have seen first hand that clear skin is achievable with the assistance of an experienced dermatologist and a course of treatment tailored to the unique needs of each patient.

Q. What do you enjoy most about your job? A. Helping people look and feel their best.

Q. What are you never without? A. My sense of humor.

Q. What famous person do you get mistaken for? A. Anderson Cooper.