

Face Time

LIVING A LIFE OF BALANCE

WE ALL KNOW the dry Denver climate can wreak havoc on our skin. We also know the basics to try and prevent that from happening - drink lots of water, get eight hours of sleep and wear sunscreen. Good skin is not just a matter of beauty, but of health. But when the basics aren't enough, it may be time to turn to an expert. Dr. Asarch of The Asarch Center for Dermatology, Laser and Skin Rejuvenation helps men and women of Denver achieve health and beauty with his holistic approach to skin treatments and innovative procedures.

Dr. Asarch is known for bringing new procedures to Denver, and his innovative practice is held in high

regard in a crowded field of skin experts. He completed his residency at the University of Colorado Health Sciences Center and was asked to establish and head their Dermatologic Surgery program. He opened his private practice, The Asarch Center for Dermatology and Laser, in 1982 and is currently an Associate Clinical Professor of Dermatology in the Department of Dermatology at the University of Colorado Health Sciences Center. In 1999, he opened DermaSpa, a medical spa for individualized skin care maintenance and improvement using state-of-the-art skin care procedures and techniques.

The Asarch Center is not just a dermatology office; it is also a medical spa.



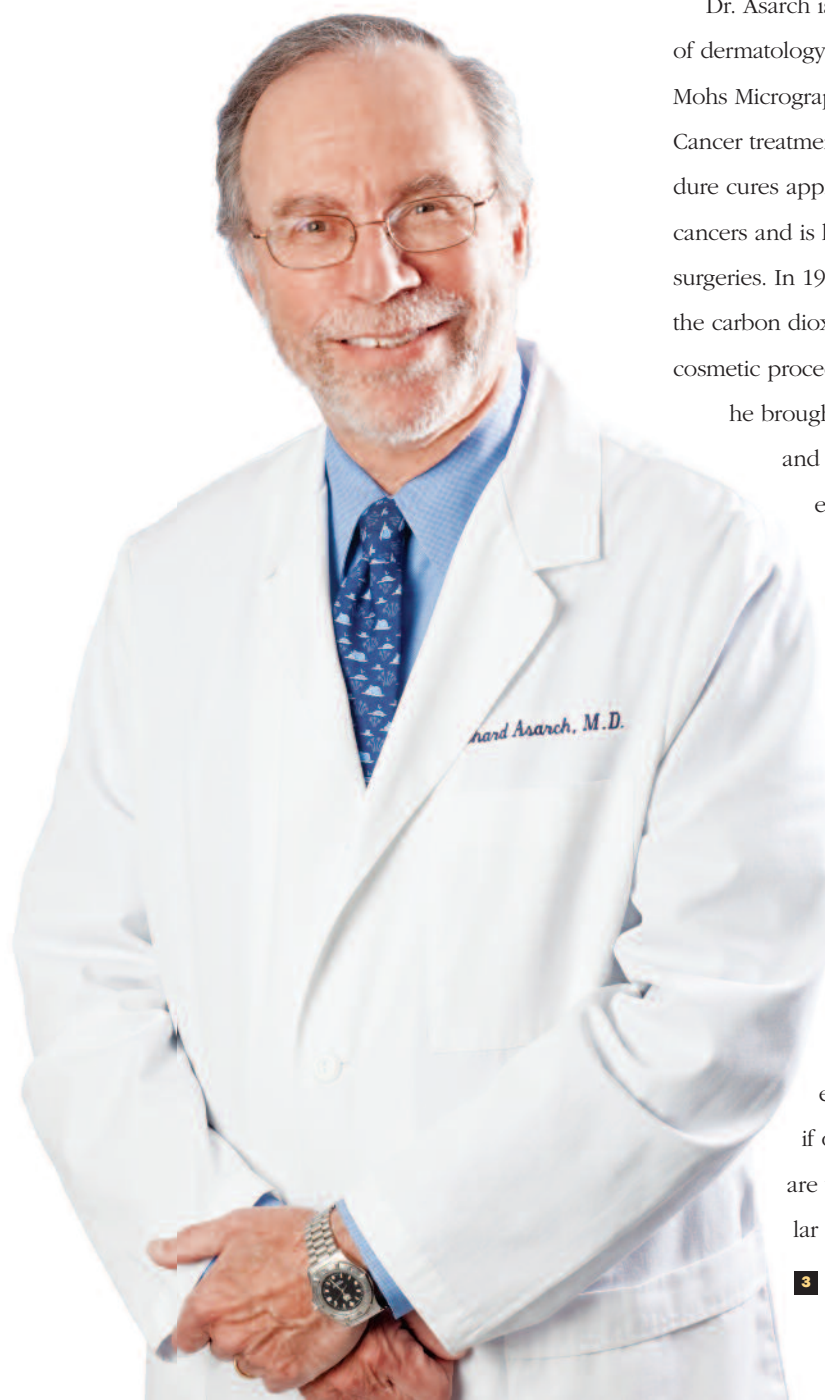
PHOTOS: COURTESY OF DR. GORDON SASAKI

**THE ASARCH CENTER
IS THE ONLY PLACE
IN COLORADO THAT MEN
AND WOMEN CAN
RECEIVE STATE-OF-
THE-ART ULTHERAPY™
TREATMENTS TO
COMBAT THE EFFECTS
OF THE COLORADO
CLIMATE**

The two sides are literally connected and work together to offer a holistic approach to dermatology. Their holistic philosophy involves what Dr. Asarch calls the “four spheres” to maintaining healthy and beautiful skin: Prevention, Nutrition, Cosmeceuticals or topical products, and Procedures. By providing all of these elements to his patients in one center, Asarch can make certain that all experience what he calls the “Continuum of Care.” It is one-stop shopping for anyone who desires to either repair skin or maintain their current skin health.

STORY: SARAH ALLEN

The Asarch Center has had over 14 years of experience perfecting every aspect of skin care, from skin nutrition to lasers and state-of-the-art skin aesthetics. These topics are addressed in Asarch's two books *Turn Back Your Face Years*, which explains how the skin ages and what one can do to reverse or correct some of the unwanted changes, and *The Beautiful Skin Diet*, a collection of original recipes that underline nutrition for your skin. Additionally, Dr. Asarch has



developed his own line of skin products, DermaspaRX, available exclusively at his spa. The Asarch Center provides the services for the basic requirements for beautiful skin while staying current with innovative treatments for men and women who wish to experience their healthiest possible skin.

Dr. Asarch is a pioneer in the world of dermatology; in 1981 he brought Mohs Micrographic Surgery for Skin Cancer treatment to Denver. This procedure cures approximately 97% of skin cancers and is less invasive than larger surgeries. In 1982 he was the first to use the carbon dioxide laser for surgical and cosmetic procedures of the skin. In 2002

he brought Thermage to Denver and developed his proprietary DermaspaRX Skin Care line of products.

This year, Dr. Asarch is bringing Ultherapy™ to Denver.

Ultherapy™ is a non-surgical facelift that uses “uplifting ultrasound” to improve the firmness of the face and neck. The procedure takes about one hour for the entire face and neck, less if only a few specific areas are treated. A small rectangular “transducer” placed on

THE DETAILS
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- 1 BEFORE ULTHERAPY™ TREATMENT
- 2 AFTER ULTHERAPY™ TREATMENT
- 3 DR. ASARCH

the skin delivers a series of ultrasound pulses. This process captures images of the inner layers of the skin, and these images are projected onto a screen to ensure that treatment is delivered to the proper area. The transducer is then used to deliver low doses of concentrated heat to these areas. This process triggers the body's own regenerative process of building new collagen, which helps lift and tighten the skin, without damage to the epidermis (the outermost layer of the skin). Skin is slightly red following the procedure, but fades within a few hours. The recovery process is minimal, with most patients able to go about their daily routine immediately. Most patients noticed tighter skin immediately following the procedure, and improvements in tone continue over three months. Most patients will need only 1 to 2 sessions for maximum results and when the patient follows a health skin lifestyle and program of nutrition and topical skin care, the benefits can last for years. **CE**

Sarah Allen is a frequent writer for Colorado Expression and while she may be guilty of getting a tan here or there, she always makes sure to wear her sun block.