

Dr. Noreen Galaria, MD

Board-Certified Adult & Pediatric Dermatology

Founder and CEO of Inner Glow Vitamins

@innerglowvitamins

GALARIA
PLASTIC SURGERY
& DERMATOLOGY

WOMEN OF TODAY · CLINICAL MASTERCLASS

What’s New in Skin Treatments & Which One is Right for You

An evidence-based procedural roadmap, longevity strategy, and safety pearls for women ages 20 to 50.

PRESENTER

Noreen Galaria, MD FAAD

CREDENTIALS

Board-Certified Dermatologist at Galaria Plastic Surgery & Dermatology

CEO & Founder of Inner Glow Vitamins

THE NON-NEGOTIABLE STARTING POINT

Protecting Your Investment: The Basics

DAILY SHIELD

Broad-Spectrum SPF 30+

Choose one with zinc oxide if you are pigment prone

Internal Antioxidants

Fruit and vegetable forward diet
Polypodium Leucotomos fern for internal protection

80% of skin aging is due to sun exposure

MORNING ARMOR

Vitamin C & Other Topical Antioxidants

NIGHTLY ENGINE

Retinoids (Vitamin A)

Gold-standard: Strengthens skin and smooths fine lines over time.

Proven 40-year clinical evidence base.

Derm Warning & Foundation Principle

The best in-office procedure in the world cannot outrun a bad sunscreen habit. Sun protection is your #1 anti-aging investment. -Dr. Galaria



Sun protection can slow your skin's aging by >80%

Choose a Broad spectrum sunscreen and add Internal Polypodium if you wish for more complete coverage.

STRUCTURAL BIOLOGY

How Skin Ages: The Cellular & Hormonal Shift

1. Dermal Thinning

Cell turnover slows and baseline skin thickness decreases ~1% each year after age 23

Fragile surface & slower healing

2. Collagen Fragmentation

Type I & III collagen decreases.

If you wish to replace it through diet, fish with the skin on and bone broth are helpful

Loss of elasticity & rebound

3. Menopause Impact

Women lose up to **30% of dermal collagen** in the first 5 years post-menopause due to estrogen withdrawal.

Bank collagen in your 30s & 40s

4. Deep Fat Resorption

Subcutaneous fat pads deflate and cause cause jowls, and hollow temples.

Gravitational downward descent

Derm Warning
Do not wait until menopause to stimulate collagen; starting bio-stimulatory banking early offsets the steep hormonal cliff.

DYNAMIC WRINKLES

Neuromodulators: Softening Lines

Mechanism & Targets

A toxin that is placed precisely into overactive muscles to relax them so they don’t lead to etched lines over time.

Key Areas: 11's, crow's feet, masseter jaw slimming, neck bands.

Onset: 3–7 days · Full effect: 14 days

Common Names

Botox, Dysport, Xeomin, Jeuveau, Daxxify, and Letybo.

Make sure you choose an FDA approved toxin

Duration: 3–4 months (Up to 6 mo with Daxxify)

Preventative Strategy

Micro-dosing in 30s prevents dynamic creases from becoming permanent etched lines in skin.

The goal is natural relaxation with full expressive mobility—never a completely frozen mask.

Subtle softening maintains authentic emotion.

Derm Warning
Over-freezing the forehead frontalis drops the brows and causes hooded eyelids; proper dosing preserves eyebrow elevation and natural facial balance.

Identical twin studies



Jeanne (left) and Susan (right) (American Society of Plastic Surgeons / Dr. Bahman Guyuron)



Photo credit:Archives of Facial plastic surgery

VOLUME & ARCHITECTURE

Dermal Fillers: Dissolvable Hyaluronic Acid (HA)

The Science of HA

HA is naturally found in the skin and binds up to 1,000x its weight in water.

- Immediate structural elevation for midface, jawline, and chin.
- Soft, flexible formulations for natural lip hydration and shape.
- Lasts 6 to 18 months depending on cross-linking and location.

Safety Pearl:
100% reversible with hyaluronidase enzyme.
Dissolving is not simple, It will dissolve your filler but also your natural HA!

THE PITFALL

"Filler Fatigue" & Overfilling

Overuse of HA can create an unnatural "pillow face" appearance.

- HA does not solve skin laxity; it only adds volume. For this you will need a tightening device.
- Fillers can linger years longer than previously recognized.

Restore subtle bony landmarks; never bloat the midface.

Derm Warning
Always confirm your injector keeps prescription hyaluronidase in the procedure room; accidental vascular occlusions require immediate dissolution to protect skin and vision.

HA Filler in Marionette Lines



Photo credit-Wilmington Dermatology center



Photo Credit:Spa Bella

Too much filler can cause proportions to be distorted

NATURAL NEOCOLLAGENESIS

Biostimulators & Boosters: Building Your Own Collagen

CLASS 2: BIO-STIMULATORS

Sculptra (PLLA) & Radiesse (CaHA)

Stimulate your own bodies fibroblasts to deposit collagen over 3 to 6 months.

- Authentic, gradual volume restoration for temples, cheeks, and jawline.
- Hyper-diluted Radiesse smooths crepey neck, decollete, and body skin.
- Results look more natural and persist for 2+ years.

Note: Cannot be dissolved; relies on expert reconstitution.

CLASS 3: SKIN BOOSTERS

Microdroplet HA (Skinvive)

Microdroplets placed across the cheek skin specifically for deep hydration, pore smoothness, not shape or volume.

- Results last ~6 months with virtually zero downtime.
- Ideal for women who want radiance without changing facial contour.

The perfect entry procedure for skin hydration.

Derm Warning

Sculptra cannot be dissolved with an enzyme; injector inexperience, superficial placement, or insufficient dilution causes persistent visible nodules.

CHROMOPHORE: MELANIN

Lasers for Surface Pigment: Clearing Brown Spots

IPL & BBL (BroadBand Light)

Pulsed light absorbed by pigment cells in your skin

Sun spots darken like "coffee grounds" and flake off within 5–7 days. Series of 3 treatments.

Gold standard for fair skin sun freckles.

Picosecond Lasers (PicoSure/ PicoWay)

Ultra-short shockwaves shatter pigment without heat.

Minimal downtime, improves skin texture, and is vastly safer for olive and deeper skin tones.

Photoacoustic energy minimizes burn risk.

Special Case: Melasma

Hormonally mediated pigmentation driven by hormones and sun

Treat primarily with tinted mineral SPF, oral tranexamic acid, and gentle low-fluence pico lasers.

Never treat aggressively with thermal heat. This includes red light masks.
Also be aware that blue light from screens can make you worse!

Derm Warning
Never hit Melasma with aggressive heat lasers or high-energy IPL; excess thermal energy inflames melanocytes and causes catastrophic rebound hyperpigmentation.



Photo Credit: Eden Medical

CHROMOPHORE: HEMOGLOBIN

Vascular Lasers: Erasing Redness & Rosacea

DIFFUSE FLUSHING

Pulsed Dye Laser (PDL 595 nm)

Gold standard (e.g. VBeam) for diffuse redness and rosacea

Selectively collapses larger micro-capillaries without damaging the surrounding dermis.

Downtime: 2–4 days of mild swelling or bruising.

DISCRETE TELANGIECTASIAS

KTP (532 nm) & Nd:YAG (1064 nm)

KTP (Excel V) good for broken facial vessels around nose and cheeks and leg veins

Nd:YAG safe for across skin tones.

Direct vessel closure with immediate clearance.

Derm Warning

Vascular lasers collapse open vessels, but rosacea is a genetic inflammatory condition; triggers like heat, alcohol, and spicy food will spawn new vessels, requiring yearly touch-up maintenance.



Photo Credit: Riverbanks clinic PDL for Rosacea

DERMAL REMODELING

Laser Resurfacing: Complete Reset vs. Gradual Refresh

THE MAXIMUM RESET

Ablative Lasers (CO2 & Erbium:YAG)

Vaporizes olumns of the outer epidermis and heats deep into reticular dermis.

- Best for: Severe photo-damage, deep perioral lines, acne scarring.
- Typically a single aggressive procedure with dramatic tightening.
- Downtime: 7–14 days of re-epithelialization and weeping skin.
- Needs anaesthesia and commitment.

"Fall & Winter Laser Season" avoids post-procedure sun exposure.

THE GRADUAL REFRESH

Non-Ablative Fractional (1550/1927 nm)

Damages columns to trigger new collagen while keeping the top skin layer intact.

- Best for: Fine texture, enlarged pores, early lines, pigment blending.
- Series of 3–5 gentle treatments
- Downtime: 2–4 days of "sandpaper" texture and mild redness.

Ideal for active working women with low social downtime.

Derm Warning
CO2 is not for the faint of heart



CO2 laser before, after and in between

Photo Credit Alpha Medical Aesthetics

MECHANICAL VS ELECTRO-THERMAL ENERGY

Microneedling: Classic vs. RF (Morpheus 8)

CLASSIC MICRONEEDLING

Pure Mechanical Induction

Tiny needles create micro-injuries, releasing growth factors to plump collagen.

Ideal for superficial acne scars, pore tightening, and fine texture.
Safe for all skin tones without any heat risk.
Downtime: 24–48 hours of pinkness.

Minimal risk, budget-friendly collagen builder.

RF MICRONEEDLING (MORPHEUS8, POTENZA)

Radiofrequency Deep Thermal Tightening

Gold-plated needles deliver radiofrequency heat deeply for jawline contraction.

The Fat Melting Hazard

Needle depths of 4–7mm with high heat permanently dissolve subcutaneous fat. On naturally lean faces, this creates gaunt, hollowed, aged cheeks.

Great for heavy lower jowls; dangerous for thin, lean cheeks.

Derm Warning

Be very careful with Morpheus8 if you have a slim face: facial fat is gold for youthfulness. In lean patients, high thermal depths permanently destroy buccal and malar fat pads.

ACOUSTIC ENERGY TIGHTENING

Ultrasound Lifting: Ultherapy vs. Softwave and RadioFrequency: XERF

DEEP FASCIAL PLANE (4.5MM)

Ultherapy (MFU-V)

Micro-focused ultrasound penetrating down to 4.5mm into the SMAS layer (the surgical facelift plane).

- Heats focal points to 65°C to contract fascial foundation.
- Best for: Submental heaviness, jowl laxity, and brow ptosis.
- Results build gradually over 2 to 3 months; repeated yearly.

True anatomical foundation lifting.

MID-DERMAL SAFETY ZONE (1.5MM)

Sofwave (SUPERB™)

Synchronous ultrasound parallel beams focused precisely at 1.5mm depth in the mid-dermis.

- Completely bypasses deeper nerves and facial fat pads.
- Zero risk of unintended volumetric fat loss or hollowing.
- FDA-cleared for brow lift, submental tightening, and neck wrinkles.

Safest choice for lean, thin faces with crepey laxity.

Derm Warning

Non-surgical ultrasound cannot replicate a surgical facelift; manage expectations for subtle, gradual lifting.



Photo Credit: Renaissance MD



Photo Credit: Dr. Scott Enis Facelift

Skin of Color: Safe Protocols Across Every Tone

PROVEN SAFE MODALITIES

Careful of any procedure that can target your pigment.

- **Nd:YAG 1064 nm Lasers**
- **Classic & RF Microneedling**
- **Ultrasound Devices**
- **Botox and FIller**

High efficacy with preserved pigment integrity.

HIGH-RISK PROCEDURES

Heat-Induced Complications

- **BBL/ IPL:** High risk of burns and hyperpigmentation.
- **Ablative CO2:** Unpredictable melanocyte damage or keloids.
- **Deep Chemical Peels (Phenol):** Permanent hypopigmented scarring.
- **Aggressive Melasma Lasering:** Severe rebound darkening (PIH).

Post-inflammatory hyperpigmentation (PIH) can last years or a lifetime.

Derm Warning
Always ask your provider: "How often do you treat darker skin tones?"





Photo Credit: Laserville

STRATEGIC LONGITUDINAL CARE

The Aesthetic Journey: Decade by Decade (20 to 50)

20s

Preservation

Broad-spectrum SPF 30+, morning Vitamin C, gentle retinoid, and salicylic/ glycolic peels for acne.

Goal: Epicutaneous defense

30s

Prevention

Preventative micro-toxins, vascular lasers (PDL) for rosacea, Pico for early brown spots, microneedling.

Goal: Stop wrinkle etching

40s

Structure

Biostimulators (Sculptra) for collagen banking, Sofwave ultrasound for laxity, conservative HA filler.

Goal: Collagen & bone support

50s

Restoration

Fractional lasers, biostimulator maintenance, deep structural lifting

Goal: Multi-planar harmony

Derm Warning
Never attempt to fix structural fat deflation with surface lasers, or surface photo-damage with heavy dermal fillers; match the tool to the specific anatomical layer.

SAFETY GOVERNANCE

Choosing Your Injector: Green Flags & Red Flags

GREEN FLAGS (THE STANDARD)

What to Ask for

- Board-certified dermatologist or plastic surgeon on site.

  Shows their own unedited before & after clinical photos.
- Presents unopened FDA-approved product vials with lot numbers.
- Has emergency hyaluronidase in the procedure room.
- Will candidly tell you "No" when a treatment is unnecessary.

RED FLAGS (WALK AWAY)

Warning Signs

- Discount coupon apps or prices too cheap to cover drug wholesale.
- Be careful with Botox parties that don’t allow proper evaluation

  High-pressure sales tactics pushing 5+ syringe packages.
- No medical history evaluation, facial mapping, or consent review.
- No physician physically available if an emergency arises.

Derm Warning
Injection into a blood vessel accidentally can cause tissue death or blindness within minutes. Your injector’s emergency competence matters infinitely more than getting a discount.

METABOLIC MEDICINE & FACIAL ANATOMY

GLP-1s & "Ozempic Face": Managing Rapid Loss

THE ANATOMY

What Rapid Loss Does

- Deep fat pads deflate faster than skin can contract.
- Hollowed temples, sunken cheeks and exaggerated folds.
- Hair shedding triggered by nutritional restriction.
- Loss of muscle mass accelerates facial skin laxity.

Volume deflation unmasks underlying bone structure.

THE DERMATOLOGIC PLAN

Strategic Restoration

- **Prioritize Protein:** 1.2–1.5g per kg bodyweight to preserve structural collagen and hair.
- **Delay Permanent Filler:** Wait until weight stabilizes before placing large volume corrections.
- **Bank Collagen First:** Use biostimulators and ultrasound for gradual contraction.

Pair lifestyle nutrition with multi-plane dermatologic care.

Derm Warning

Do not rush to "fill" Ozempic face while weight is actively dropping; overfilling a moving target creates pillow distortion once your weight plateaus.

“Achieving good skin is a marathon, not a sprint.”

Thank you!

PRACTICE

Galaria Plastic Surgery & Dermatology

SUPPLEMENTS

innerglowvitamins.com

FOLLOW DR. GALARIA

@innerglowvitamins

WoT

BEAUTY SUMMIT 2026

WE’RE SO GLAD YOU’RE HERE!