

(Treatments)

## Dermatologists Say These Are Best Body Treatments To Get You Through The Summer



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TLC for your skin from the neck down.

### DOT Therapy

New York City-based board-certified dermatologist, Dr. Howard Sobel, M.D., recommends DOT Therapy for acne scarring on the body. “DOT (or Dermal Optical Thermolysis) CO2 lasers create thousands of microscopic perforations utilizing a dot pattern,” he says. “The procedure focuses the energy toward the deeper layers of the skin while leaving the surface intact, resulting in quicker healing and stimulation of collagen.” Over the next few months post-treatment, the collagen will grow, the skin will tighten, and the acne scarring will begin to diminish.

DOT therapy is unique in that the amount of energy being emitted as well as the time it remains on the targeted area can be controlled. This makes it suitable for using on areas of the body that may be more sensitive, such as the neck and chest. In addition to targeting acne scarring, Dr. Sobel says that DOT therapy is an overall skin rejuvenation procedure that can treat skin concerns that have been caused by sun damage such as pigmentation, fine lines, and wrinkling. Depending on your treatment protocol, you may experience some downtime. “After treatment, the skin will feel like it has a sunburn. If there is minimal sun damage, the settings will be lower and there is no downtime — if more aggressive treatment is necessary there may be four to five days of redness,” according to Dr. Sobel.