



A Gentle Touch

With the assistance of its skilled nurse aestheticians, Chapin Aesthetics provides advanced skincare and minimally invasive procedures to help patients age beautifully

by SHARON A. SHAW
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Aging is a slow and inescapable process, and while there are procedures available to dramatically reverse its effects on the body, prevention is the best medicine for many. At Doylestown-based Chapin Aesthetics, a team of skilled medical professionals offers many solutions that effectively stave off the aging process.

Chapin Aesthetics offers a wide range of cosmetic procedures designed to suit the needs of each patient. The practice's nurse aestheticians, Lisa Mosiniak, R.N., and Nicole Hollander, R.N., B.S.N., are skilled in many preventative and noninvasive services. Hollander is a certified nurse injector and laser specialist, while Mosiniak has both of those qualifications as well as that of a licensed aesthetician. Both work under the supervision of board-certified plastic surgeon Scott D. Chapin, M.D.

Both Mosiniak and Hollander recommend sunscreen as the first defense against premature aging. "If you protect your skin from the sun you won't have the laxity, wrinkling, enlarged pore size and sun damage that I see on my sun worshipers," says Hollander. Smoking is also very detrimental, she adds, causing the same laxity issues. Both nurses agree that proper nutrition and hydration play a significant role in skin health.

Other preventative and corrective steps are easily taken, as well. "Having the appropriate products for home use is very important," says Mosiniak. Chapin Aesthetics carries several product lines that patients can use at home to improve their skincare regimen. Obagi Medical Products, for example, has an excellent reputation. This doctor-formulated line utilizes pharma-



← Chapin Aesthetics offers many brands of injectables for a fuller, more refreshed appearance. Aesthetician Lisa Mosiniak explains that Botulinum toxin is used to treat frown lines, forehead lines and “crow’s feet,” whereas dermal fillers are used for the lower half of the face.

ceuticals to achieve results unlike those obtained through the use of any over-the-counter products. “That’s our goal at Chapin Aesthetics,” Hollander says, “providing service that really works.”

She also recommends that patients—even those with sensitive skin—use a prescription retinoid. This product increases healthy skin turnover and has been approved by the U.S. Food and Drug Administration to stimulate both collagen and elastin. The nurses have a few other favorites as well, including Revision Skincare products and Dynamis Skin Science’s MEG 21, an anti-aging moisturizing line that grew out of research conducted at Fox Chase Cancer Center in Northeast Philadelphia.

Existing damage can be remedied in several ways from noninvasive, superficial chemical peels to laser treatments that resurface the skin and even out its tone. “Laser treatments can improve skin in a variety of ways,” Mosiniak says, including minimizing redness for rosacea patients, removing unwanted pigmentation from sun damage and helping with overall tone and texture. She says chemical peels can also help to smooth the skin, refine pores and in some cases lighten hyper-pigmentation.

Hollander explains that peels gently exfoliate the layer of dead skin cells, leaving the skin smoother and brighter. They also help break up debris in the pores for easy extraction. “Facial peels are a good measure for skincare maintenance,” she says. “As we get older our skin cells do not shed as frequently as they did in our twenties. So if your skin begins to look dull and lifeless, it’s probably because you need to help that shedding process along.” She typically recommends patients undergo peels quarterly for good maintenance. For patients with more problematic skin, such as those with acne or whose pores frequently become clogged due to an overproduction of oil, Hollander recommends a peel every four to six weeks.

cheeks, “smile lines,” chin area and lips.

“Each patient is mapped out individually and asked to express lines and wrinkling to assess the muscle contraction and the depth,” Hollander says. “A face plan will be presented to the client and we usually proceed very conservatively. Our goal is to make the client look refreshed by enhancing their natural assets.” All of the injectors at Chapin Aesthetics are certified and hold either an R.N. or M.D. degree and have many years of experience injecting.

The rise in popularity of nonsurgical procedures is due to several factors. First and foremost, Mosiniak says, they all offer effective results. Whether because of economic conditions or personal responsibilities, many patients appreciate that such noninvasive procedures do not require a lengthy recovery. The fact that they can be done in the office also makes scheduling more convenient. Lasers technology has created many more options for rejuvenation that require little to no downtime. Other popular laser procedures performed by the nurse aestheticians include laser tattoo removal and laser hair removal. When unwanted, both of these features can be a source of great anxiety.

Whether it is for professional purposes or just to be rid of a painful memory, tattoo removal has increased substantially over the last few years. Fortunately, the technology has improved along with this need. The laser breaks up pigmentation of the tattoo into microscopic little particles that the body can then eliminate over an eight-week period. Depending on the color of the tattoo and also the client’s skin type, this can take anywhere from three to 12 treatments. Tattoo removal can be a painful experience, but Mosiniak says, “We offer a few anesthetic options to help minimize discomfort and make it very tolerable.”

Laser hair removal is only mildly uncomfortable and does not harm the skin or leave any red-

ness and inflammation afterwards, allowing clients to have it performed over their lunch break. Because hair grows in cycles, laser hair removal requires multiple treatments; however, within a few months the client will notice a great reduction and possible elimination of hair growth.

For women who experience facial hair because of either genetics or hormonal changes, and those who experience coarse, dense hair growth in their bikini or underarm areas, laser hair removal is a permanent and ideal solution. Often men will do just a few treatments to reduce the amount and thickness of the hair that comes through on their face. This greatly improves the skin and men find it easier to get a close, comfortable shave. The most popular area for men to treat, however, is their back. “Both male and female clients rave that it’s one of the best things they’ve ever done for themselves,” says Hollander.

An increasing number of men wanting to remain competitive in their career are turning to nonsurgical procedures to maintain a more youthful, refreshed appearance that may help them gain an edge in the workplace. Because Chapin Aesthetics tends to favor conservative treatments, many clients will start with minimalist procedures. Injectables, peels and laser treatments allow these patients to take a subtle approach to such improvements, but the practice also more aggressive treatments and/or surgical options for those looking for more dramatic changes.

“That’s the beauty of this practice,” Hollander says. “We can accommodate the needs of various types of clients. . . . We work together as a team and collectively assist in this process.” Mosiniak agrees, adding, “Helping patients with acne, sun damage and other skincare issues not only helps with their appearance but affects the way they feel about themselves.” ■



→ **Chapin Aesthetics**
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