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Mentality is Harmful to Men's
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Male Mogul Beyond the Game

DR. AMIR KARAM

THE SKINCARE LINE CREATED TO MAKE YOUR ROUTINE SIMPLER

by Tiffany Curry

Skincare is one thing that people of almost every race and gender become concerned about at some point in their lives. Finding an effective skincare regimen can be challenging. There are so many products available on the market, from drugstore brands to department store brands and most people have no idea what products will work best for their skin. KarmaMD Skincare, also known as the Karma Trifecta, is looking to change that.

Karma MD Skincare was created by world-renowned facial plastic surgeon Dr. Amir Karam who brings more than two decades of experience. Dr. Karam has been helping patients find the best products for their unique skin types his whole career and, after noticing the challenges patients face, decided to create his own.

Lifestyle

Dr. Karam developed his passion for helping people early in his life. At the time of his birth, his mother was diagnosed with a congenital heart condition. As a result, he spent time in and out of hospitals with her throughout his childhood. When he was around the age of 19, things seemed bleak for his mother, who had been bedridden for a couple of years at that point. Heart surgeons at University of California San Diego evaluated her and placed her on a transplant list. After a year of waiting, she received a heart and underwent transplant surgery, and Dr. Karam saw her life completely change. He decided literally as his mother was being wheeled into intensive care after surgery to become a surgeon and help impact lives. "I was so inspired by how a surgeon can impact an individual life, but also the life of an entire family by their skills and their ability to do what they do. I'd seen her go in looking purple and bloodless and out bright and healthy-looking with a pink glow. At that moment, I decided I would be a surgeon."

Given all that he had gone through with his mother, he initially felt his calling was to be a heart surgeon and dedicated his studies to that career path. Working with heart surgeons during his undergrad experience opened his eyes to the reality of the profession, and he started to wonder if it was the path for him. During his first year of medical school, a speaker came to his school and presented the head and neck anatomy and how it relates to facial plastic surgery. He was inspired by the types of procedures and the various conditions that the facial plastic surgeon was treating. This speech piqued his curiosity and interest, and he began to feel that based on some of the surgical work he had completed in undergrad; facial plastic surgery would be the best field for him to utilize his creativity and the skills he had already begun to develop and still achieve his dream of being able to change people's lives for the better. "Every opportunity I had to perform any level of facial plastic surgery, whether it was a closure of laceration from a dog bite trauma, I recognized how valuable, and important the human face is to us. To be able to help either through reconstructive work, cosmetic work can have a major impact on an individual's sense of self and self-esteem, and that is incredibly valuable."

Dr. Karam, of course, is focused on helping individuals look their best with the use of plastic surgery; however, that is not the final step for the patient. A good skincare routine is necessary for healthy, youthful skin, and Dr. Karam would often recommend his patients begin a skincare regimen.

He assisted patients with looking for the perfect regimen and noticed some patterns that led him to seek a solution. "The decision came from an observation over the last 10-15 years of patients who I try to put on a combination of different types of skincare. They invariably ended up failing to be able to do the eight or ten, sometimes, even more, steps involved in a proper skincare regimen."

Dr. Karam's goal was to develop a skincare product that effectively included all the most important skincare ingredients that decrease pigmentation, firm the skin, and decrease fine lines and wrinkles. He narrowed it down to 14 ingredients he deemed the most important and most beneficial for the largest number of people across all skincare types. There could be one or two ingredients per bottle in most skincare lines, making the process overcomplicated. He put all the ingredients into an easy three-step system. "The trifecta and all the components are unique formulations, and they have been in the process of being developed for almost four years. The intention and goal were to create an innovative product good for all skin types, men and women, and all skin conditions. So, it's a universally applied product, with incredibly good results in even the most sensitive skin types."

And men, don't worry, KarmaMD and all of Dr. Karam's services can work for you as well. "We treat more women than men, but the male population is growing. The most common procedures are facial rejuvenation procedures."

