

**Kingston Area Residents Follow Blue Light to Clearer Skin**

Residents in the Kingston area are flocking to Limestone Laser Clinic for a new "Blue Light" acne treatment that:

- o Has no harmful side effects
- o Uses no heat or harsh drugs
- o Is affordable
- o Does not take much time

This three-step process involves Blue Light therapy, microdermabrasion and an anti-acne gel containing green tea, vitamins and minerals. The blue light absorbs and destroys the acne bacteria letting the skin heal and clear naturally. Microdermabrasion removes dead, oily layers of skin, promoting regeneration of healthy new skin cells. It also removes mild scarring caused by past acne conditions, and will smooth sun damaged skin, making it look healthier. This system uses a powerful yet gentle electronic compressor, which applies crystals projected onto the skin surface. These crystals are found in nature and used in many health and cosmetic products.

"The application of the gel finishes the treatment and patients leave feeling relaxed and comfortable with their skin. All treatments are done by trained professionals who do a comprehensive analysis of the skin beforehand and offer follow-up procedures in the clinic and at home," says Dr. Marie Houde, owner of Limestone Laser Clinic. "We want to make sure our patients are completely comfortable and confident in our services."

Studies published in the Journal of Cosmetic and Laser Therapy (2006) stated that more than 80% of participants using this treatment had significant reduction of more than 60% of inflammatory acne lesions after only eight sessions lasting eight to fifteen minutes. The Journal also states that the Blue Light therapy is free from UV and other harmful forms of light.

"It is great to have the research backing up our own experience of patients being very satisfied with the results," says Dr. Houde. "I hope that people feel lucky to have this Blue Light technology in Kingston so they do not have to travel to larger cities for their treatments. We are very excited to be able to offer this relatively low-cost alternative to drug therapies and more invasive procedures. Sessions do not take a lot of time, so our patients easily fit the treatments into their schedules."

The number of treatments depends on the nature of the acne. Treatments are designed to fit all budgets and lifestyles; to be both time and cost effective; and they can be purchased individually or as a package.

These patients say this treatment was time and money well spent, and has dramatically changed their lives:

*"First off I want to say that I love the program!! I spent decades and thousands of dollars to get my skin healthy. As a child, (age 11) I had acne; took medication for years and that affected my stomach and my teeth (white spots due to antibiotics) and nothing helped! As an adult, I would have large breakouts and would have to choose my clothes and outfits according to my skin acne. I tried expensive treatments here in Kingston. I drove to Toronto monthly for acid peels, and tried so many different remedies and procedures. NOTHING worked--until now! The procedure and natural process has made a huge difference in my skin. The blue light does not hurt and you can feel a tingle where the light is killing the bacteria. You have instant proof that the program is working due to the sensation. In the areas of healthy skin, there is no feeling due to NO bacteria still being alive. With each treatment, the size of the area got smaller and smaller and my skin cells regenerated healthier. I am able to wear whatever I want and I have got all kinds of comments on my skin!! That is a first. I love it and would recommend it to anyone, any age. Natural, NO DRUGS, and incredible results. Sincerely grateful that Dr. Houde told me about the system."  
[Dr.] Alana W., Barriefield*

*"I received the blue-light treatment from the staff at Limestone Laser in the fall of 2006. I have found it has given me noticeable and lasting results in the look and feel of my skin. As a teenager and young adult, I suffered from severe acne and acne-related scarring, which had negative impacts on my self-esteem and confidence. Combined with regular facials and professional products, the blue-light treatment allowed my skin to heal, leaving it looking and feeling healthy and clean. My acne has drastically improved, along with the overall texture and clarity of my skin. The service I received at Limestone Laser was superb. Everyone there was genuinely concerned, and excited about my improvements. I would definitely recommend this treatment to anyone suffering from acne, especially young people. You do not have to live with bad skin any longer. Overall, the blue light treatment is a sound investment in your own health and well-being."  
Karen M., Queen's University, Kingston*

To find out more about Limestone Laser Clinic and this new acne treatment, visit the website, [www.limestonelaser.ca](http://www.limestonelaser.ca).  
**Call 613-545-9595** for a consultation today.

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