

BREYER MEDSPA

At Breyer Medspa, we understand how important it is to feel good about yourself. Our cosmetic programs focus not just on skin care, but on results-based treatment and maintenance for the lasting health of your skin and overall appearance.

Under the supervision of Reproductive Endocrinologist Dr. Michael Birnbaum, Breyer Medspa specializes in basic and advanced skin treatments as well as laser skin therapy. Our treatments are designed to defeat the signs of skin damage caused by aging, acne, scarring, rosacea, broken capillaries or harsh and temporary hair removal methods.

Dr. Birnbaum offers a uniquely complete approach to skincare, drawing on his 30 years of diagnosing and treating endocrine disorders as well as extensive surgical laser experience. As a result, we are able to not only correct skin disorders at the surface, but also medically treat underlying hormonal causes.

Whether you want to indulge in a pampering skin care treatment, undergo laser therapy, or are simply looking for an effective skin care regimen, our experienced and fully trained medical aesthetician and staff will address your personal concerns and skincare needs at your **free consultation**.

The Breyer Medspa is located at the intersection of Old York Road (Rt. 611) and Township Line Road (Rt. 73), in Suite 200 of The Breyer Office Park at the Pennsylvania College of Optometry complex.

FROM I-95/COTTMAN AVE./RT. 73

Take Cottman Ave. to Old York Rd./Route 611. Cross over Old York Rd./Route 611 onto Township Line Rd. At your first light make a left into the Breyer Office Park.

FROM PA TURNPIKE/WILLOW GROVE/611 S.

Take 611 South to Township Line Rd. Make a right onto Township Line Rd. At your first light make a left into the Breyer Office Park.

FROM ROUTE 76/SCHULKYLL EXPRESSWAY

Merge onto I-76 West; keep right to take US-1 North/Roosevelt Expressway via exit 340B toward Roosevelt Blvd. Take the exit toward PA-611/Broad Street. Stay straight to dead end, turn left onto PA-611/N. Broad Street. Just past Oak Lane Diner, make a slight right onto Old York Road/PA-611. After a few miles, shortly past the Cheltenham Police Station, make a left into Breyer Office Park.



Cancellation Policy

In the event that you need to reschedule or cancel your appointment please allow 48 hours notice as a courtesy to the technician and other clients that want to schedule appointments. Failure to comply may result in a cancellation fee.

Payment

At the Breyer Medspa we gladly accept credit cards, check, or cash at time of treatment. Financing options also available.

(215)886-9116

www.breyermedspa.com



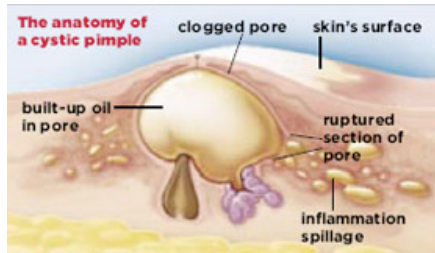
Comfortable In Your Own Skin



**ACNE
TREATMENT**

WHAT IS ACNE?

Acne is a chronic skin condition caused when oil (sebum) and dead skin clog pores, which attract bacteria and cause whiteheads, blackheads, and pimples. When we are younger, the sebaceous glands in our skin tend to overproduce sebum, which is a common cause of **teenage acne**. Extra sebum production is also common during **menstruation** and **pregnancy**.



Adult acne is also now more prevalent, and causes may be directly related to hormones and stress. Cystic acne, commonly seen related with hormonal acne attributed to Poly-Cystic Ovary Syndrome (PCOS), is a more severe form in which predominant lesions are follicular cysts that may rupture and scar.

Acne can be easily treated, but contrary to many claims, there is no overnight cure. Skin cells turn over on an approximate 30 day cycle, and surface acne is generally accompanied by latent bacteria beneath the epidermis that will eventually form into acne as the cells turnover. Treatment should sustain multiple **“skin cycles”** to ensure results.

At Breyer Medspa, we personally customize a regimen designed to treat the individual patients underlying acne cause.

**GIVE US 3 SKIN CYCLES,
WE'LL GIVE YOU CLEAR SKIN.**

KNOW YOUR INGREDIENTS

There are numerous ways to treat acne, and popular ingredients like benzoyl peroxide or alpha hydroxy's are widely known but not widely understood as to how and why they work.

Salicylic Acid. A Beta Hydroxy acid, and key ingredient for treatment of acne, psoriasis, calluses, corns, keratosis and warts. It works by causing the cells of the epidermis to shed more readily, preventing pores from clogging up and lesions from forming, and allowing room for new cell growth. Best results come from sustained usage - as it does not affect sebum production, discontinued use may cause pores to clog up again and acne can return. Salicylic Acid is poorly water-soluble, thus becomes an ideal ingredient to maintain integrity in cleansers.

Alpha Hydroxy Acid (AHA's). Recommended for its documented effectiveness to improve overall look and feel of the skin. Due to its excellent ability to absorb into skin, AHA's reduce wrinkles, acne scarring, hyperpigmentation and improve many other skin conditions. It reacts with the upper layer of the epidermis, weakening the binding properties of the lipids that hold dead skin cells together. This allows the outer skin to "dissolve" revealing the underlying skin.

Benzoyl Peroxide. This compound works by destroying the bacteria associated with acne. It usually takes at least four weeks to work and it must be used continuously to keep acne at bay until you outgrow getting acne, as it does not affect sebum production or the way the skin follicle cells are shed, and when you stop using it, acne could reoccur.

Vitamin A. Active ingredient found in **Retinols** and **Retinoids**, vitamin A clears up moderate-to-severe acne by normalizing the way the skin grows and expediting cell turnover, and reducing the size and production of the sebum gland.

TREATMENT PROGRAM

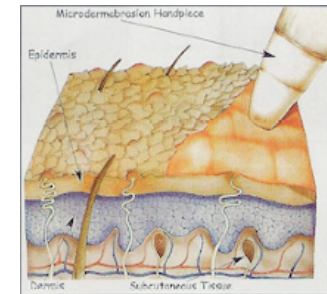


ACNE KIT

Complete home care regimen to fight bacteria and inflammation, exfoliate and reveal healthier skin. We offer cleansers, toners, serums and retinols with ingredients like salicylic acid, glycolic acid, benzoyl peroxide, Vitamin A and botanical minerals to calm and heal the skin.

MICRODERMABRASION

Fine crystals buff away cells from the outer most layer of skin and erode acne, while vacuum suction works to clear pores. The combination stimulates collagen and elastin, resulting in smooth and rejuvenated skin.



VITALIZE™ PEEL

A deep dermal treatment combined with .3% Retinoic acid to maximize cell turnover. This medical-grade chemical peel reveals healthier underlying skin cells and results in improved tone & texture for a radiant complexion.



PHYSICIAN PRESCRIPTION

Physician on-site allows for the incorporation of various other prescription-strength topical and oral agents such as Differin, Tazorac, antibiotics, Spironolactone and/or birth control pills.