

# cosmetic confidence

Innovative beauty is what Dr. Laura E. Skellchock knows best. The attentive dermatologist strives to give her patients a natural, rested, more youthful appearance. Whether she's performing a laser procedure, erasing a wrinkle or examining a suspicious lesion, Dr. Skellchock uses an integrative, all-encompassing approach to treat both cosmetic and general dermatology concerns.

**BOARD CERTIFICATION**  
American Board of Dermatology

**MEDICAL DEGREE**  
University of Arizona College of Medicine

**INTERNAL MEDICINE INTERNSHIP**  
Arizona Health Sciences Center

**DERMATOLOGY RESIDENCY**  
University of California at San Diego Medical Center

**AFFILIATIONS**  
Fellow, American Academy of Dermatology  
Member, American Society of Dermatologic Surgery  
Member, American Academy of Anti-Aging Medicine  
Member, American Society for Laser Medicine and Surgery  
Member, American Society of Cosmetic Dermatology and Aesthetic Surgery  
Past Associate Clinical Professor, UC San Francisco Medical Center

**PROCEDURES PERFORMED**  
Laser Resurfacing  
Skin Rejuvenation  
Skin Cancer Surgery  
Aesthetic Injectables: Botox®, Radiesse®, Juvéderm™, Restylane®, Perlane®, Sculptra® and ArteFill®  
Liquid Facelift  
Facial Rejuvenation  
Scar Revision  
Laser Hair Removal  
Accent™  
Cellulite and Fat Reduction  
Fractional Ablative Laser Resurfacing (Pixel)  
Rosacea and Acne Treatments  
PowerPlate® Acceleration Training™

**LOCATION**  
Boca Raton, Florida  
561.488.2689

**WEB SITE**  
www.drskellchock.com

A proponent of alternative and holistic treatments, Dr. Skellchock has known Dr. Andrew Weil, a recognized leader in the field of integrative medicine, since her medical school days 25 years ago. Even before completing a formal integrative medicine fellowship with him, she began incorporating relaxation techniques, energy healing and anti-aging medicine into her daily practice. "It's the mind, body and spirit connection," she explains. "You might come to me for work on the outside, but my recommendation will focus on linking the physical aspects of beauty to internal well-being and harmony." Dr. Skellchock has custom-designed her office to feel more like a retreat than a medical facility, as a means to promote her philosophy and make her patients feel instantly at-ease; the office is anchored by a serenity-inducing, seven-foot tall waterfall, and her waiting room has an extensive library of self-help and wellness books.

While much of Dr. Skellchock's practice is cosmetic in nature; she sees her fair share of patients with sun-related skin damage and pre-cancerous lesions. "I utilize all my knowledge, medical intuition, and state-of-the-art equipment when examining a patient," says Dr. Skellchock, the former editor-in-chief of *SkinCare Today*, who incorporates bio-identical hormone replacement therapy into her practice to make it more comprehensive. "I practice preventive medicine and believe in educating patients to help them be more proactive in the maintenance of their health and beauty."

"We are all triumvirate beings of mind, body and spirit."

—LAURA E. SKELLCHOCK, MD, FAAD

## DR. LAURA E. SKELLCHOCK

### WHAT ATTRACTED YOU TO DERMATOLOGY

It was the most comprehensive field of medicine, allowing me to utilize all of my diagnostic acumen and artistic ability together **ANTI-AGING ADVICE** Be happy **ALTERNATIVE OCCUPATION** Backup singer for Tina Turner **FRAMED PHOTOS ON YOUR DESK** Buddha **I START EACH DAY** Drinking matcha green tea **FAVORITE QUOTE** You must be the change you wish to see in the world, by Ghandi



### INSIDE INFORMATION

## FULL-SERVICE DERMATOLOGY

Dr. Skellchock describes herself as "artistic by nature" and enjoys using fillers to create natural-looking outcomes. Her **NONSURGICAL TECHNIQUE** incorporates volume-enhancing injectables to **PLUMP UP TELLTALE HOLLOW**s, and a host of lasers and light sources. Her extensive experience with Botox® allows her to smooth expression lines and further refine the appearance. Dr. Skellchock notes that many of her patients are women of her own age, which she says "enables me to relate to them on a personal level." Dr. Skellchock also offers services relating to **GENERAL DERMATOLOGY**, prevention and overall wellness. She most recently incorporated a **POWER PLATE®** exercise machine into her menu of options. "It uses Advanced Vibration Technology™, which enables patients to undergo **ACCELERATION TRAINING™** in a matter of minutes. It promotes circulation, strengthens muscles and bones, and facilitates weight loss. Having a huge toolbox of procedures and products translates into a wide variety of treatment options." In terms of educating patients, Dr. Skellchock encourages patients to bring in pictures of themselves from years past, as well as skin-care products, medications and supplements they are using, factoring that information into her recommendations. Downloadable patient education handouts and before-and-after photos are available on her Web site for additional information.