

# Helping Young People

## SKIN DEEP LASER MEDSPA, PASADENA REACHES OUT TO AT-RISK TEENS

By Stuart Frolick

**T**hings had never been easy for Camilla. When she was 9 years old she entered the lonely world of foster care, moving from home to home until she arrived at Hillside, a residential program for teens near Skin Deep Laser Medspa's Pasadena facility.

The years of lonely wandering had unnerved Camilla. "She was a very anxious girl," says Kim Welba, a nurse with Hillside. "She picked at her skin, a common symptom among teenagers who live with overwhelming anxiety. She did it so much that it caused bleeding and scabs."

Nurse Welba knew Camilla was a prime candidate for the outreach program we run at Skin Deep Laser Medspa. The program is offered

to troubled teens who need help and encouragement with personal grooming. Welba brought Camilla in for a workshop about skin care and grooming habits.

What looked even worse than her scabs was her thick facial hair. "She cried over this dark hair that grew on her chin, eyebrows, and cheeks," says Welba. "She'd ask us to pluck her hairs for her, and she'd save up money to get it waxed; but of course, it always came back."

Seeing the condition of her face, our workshop director referred Camilla to an aesthetician, who recommended

we offer her complimentary laser hair removal treatments.

That day, Camilla felt cared for in a way she hadn't been cared for in a long time.

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"She later told me, 'I have never felt so special in my life,'" recounts Welba.

Our laser specialist didn't just remove her facial hair. She told Camilla how pretty she was and talked about how the laser hair removal would accentuate her beautiful skin and features.

This kindness also worked at healing Camilla emotionally. She started taking better care of her skin. She started thinking more positively about her future.

Perhaps, she began to think, the world might have something else in store for her besides pain and anxiety.

*By sharing with them some of our knowledge and expertise, we can help and encourage them to look their best, which hopefully will assist them in their search to find a happy and productive place for themselves in the world.*

Camilla is just one of many children who come in for our educational outreach program at Skin Deep Laser Medspa. What we teach in the program is simple, almost quotidian. What we hope for is the kind of transformation we have seen in Camilla.

Groups of six to ten kids—mostly at-risk teenagers—come by once a month to be treated like honored guests and are



given the benefit of what we know about maintaining beauty.

The children receive sessions on skin care, acne treatments, and even laser procedures. They enjoy the atmosphere of our plush, state-of-the-art facilities. Nurses and aestheticians answer their questions about grooming and skin care.

Using posters and photographs, our aestheticians and medical staff explain how human skin works, what the different layers are, and

how proper skin care products can keep skin clear and healthy, promoting strength and elasticity.

This approach ties in with Skin Deep's emphasis on scientific rigor in beauty and health treatments. Girls are taught to use our cleansers, toners, moisturizers and face masks as part of a daily skin care routine. Boys are taught about using face washes and toners.

As they leave to go back to their challenging lives, we give them goodie bags filled with our own medical grade skin care products.

As a company we believe it so important to give back to the communities which support us. We hope by inviting these great kids into our home and exposing them to the warmth of our wonderful staff, they will see a place where hard knocks and disappointment are not the norm.

And by sharing with them some of our knowledge and expertise, we can help and encourage them to look their best, which



hopefully will assist them in their search to find a happy and productive place for themselves in the world.

"The sessions at Skin Deep work as therapy for these kids," confirms nurse Welba. "It's all about sowing the seeds of social acceptability and letting those blossom into successful life experiences."

In addition to Hillside, we have enjoyed working with wonderful kids from Five Acres, Rosemary Children Services, and the Pasadena Foster Care Program. We are now developing these programs at our Encino and Kansas City locations.