KELLY HALLORAN, M.N., R.N.C., F.N.P., D.N.C.
Dermatology Nurse Practitioner

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Karl Steinberg, M.D. ~ Medical Director

When you look better, you feel better! Mole and skin cancer check ups are important for your skin and your health!
Kelly Halloran, M.N., R.N.C., F.N.P., D.N.C. is a Dermatology Nurse Practitioner. She graduated Magna cum Laude with both her bachelor’s and master’s degrees from UCLA, and also received honors of the UCLA Faculty Graduation Award and the UCLA Alumni Association Graduation Award. As well, she holds a B.A. in biology from UCSD-Revelle College. A longtime member of the national Dermatology Nurses Association, Kelly was voted Dermatology Nurse of the Year in 2006 by the North Coast Civic Association. She comes home to Carlsbad at Oceana Dermatology, providing her 20+ years of medical and cosmetic dermatology expertise.

Kelly is an expert in the field of cosmetic dermatology. With her clinical acumen, artistic eye, gentle TLC, and state of the art technology at her finger tips, she is able to help turn back the clock from years to decades. It continues to be her dream and passion to help you achieve and maintain the youthful skin you desire, so that you can always put your best face forward. She can also take care of your medical dermatology needs including rashes, mole and skin cancer checks; as well as treatment of common skin conditions such as acne. When she is not devoting herself to skin care she aptly embraces country music and is an aspiring singer/songwriter.
CLINICAL TREATMENTS:
The most cutting edge technology in skin care is available to you through Kelly Halloran M.N., R.N.C., F.N.P., D.N.C. in her Mermaid Treatment Room. There is a treatment to suit any skin care need, from acne to aging, Kelly can provide you with the most comprehensive cosmetic skin care available.

INJECTABLES
Botox Cosmetic®
By far the easiest way to take 10 years off your look is by suppressing the lines on your face with Botox! Botox Cosmetic treatment consists of simple tiny injections that can temporarily smooth moderate to severe frown lines between the brows, crow's feet, horizontal forehead lines, down-turned mouth, bunny lines on the nose, pursed-lip lines around the mouth, help to lift the lateral brow, and relax the platysmal banding in the neck. With Botox, there's a noticeable improvement in the lines within 2-10 days, which can last up to 4 months.
DERMAL FILLERS
Juvéderm Ultra Plus XC®

Juvéderm Ultra Plus XC is an injectable gel filler made of hyaluronic acid that corrects fine and deep lines on the face. Juvéderm Ultra Plus XC is optimally formulated for filling superficial wrinkles and folds, but is also capable of volumizing and correcting deeper wrinkles and folds, and as well, enhancing the lips. Juvéderm is a soft, strong, and long lasting gel that produces a smooth natural look that can last 6-9 months. Juvéderm Ultra Plus XC contains a numbing agent called lidocaine for not only optimum longevity, but for optimum comfort.

“I wouldn’t trust my face or skin to anyone other than Kelly. When asked who does my skin I’m always confident my friends will be pleased with the professionalism and quality of her work. She is truly an artist & won’t talk you into something you either can’t afford or don’t need.”
~Linda Fleming
**Radiesse®**

Radiesse is a non-surgical facial contouring filler and volumizer that delivers immediate, long lasting results. Developed with safety and longevity in mind, Radiesse is made of unique calcium based microspheres, which work with your body to stimulate new collagen. It is a new generation injectable filler that offers superior versatility for both cosmetic and reconstructive use. Radiesse is primarily used to reduce the deeper smile lines around and at the corners of your mouth, but can be used to enhance the chin, cheekbones, and restore volume in the cheeks due to loss of fat. Results can last up to 11 months, although a “touch-up” may be needed at 2-3 months.
DERMAL VOLUMIZER
Sculptra Aesthetic®
Sculptra is considered a volumizer as opposed to a filler, and consists of a synthetic injectable material known as “poly-L-lactic acid” which the body converts to collagen. Sculptra restores youthful contour and volume to the aging face. It is a long lasting treatment, for up to three plus years, and may be used for restoration and/or correction of the signs of facial fat loss. Facial fat loss can result in sunken cheeks, indentations, and hollows below the eyes. Sculptra is a safe and biocompatible material that is injected below the surface of the skin in the area of fat loss. It provides a gradual and significant increase in skin thickness, improving the appearance of folds and sunken areas. Multiple vials are typically required at 4-6 week intervals until desired results are achieved.
THE POWER OF PLASMA
Portrait® Plasma Resurfacing
Portrait Plasma Resurfacing is unlike any other anti-aging treatment available today. The innovative FDA-cleared Portrait Plasma, employs nitrogen based plasma energy that transfers heat to the skin using a non-contact technique. This revolutionary energy source makes for true skin regeneration. The result is tighter and thicker skin, which greatly diminishes the appearance of both fine lines and deep wrinkles while enhancing the skin’s tone and texture. It is the only treatment proven to continue regenerating new skin – at the fundamental levels - for over a year after treatment. The results can last 4-5 years post treatment depending upon one’s lifestyle. While some improvement is immediate, the “wow” effect occurs at around 90 days post treatment. The treatment can be done at high or low energy. Three low energy treatments are approximately 80% of one high energy treatment. There is merely one week of “downtime” if high energy treatment is performed. Daily visits with Kelly for post-treatment in-office after care for the week following your procedure ensure close monitoring and speedy healing. While Portrait is a natural and gradual means of dramatically turning back the clock, it is also FDA approved for the treatment of pre-cancers of the skin.
LIGHT & LASER TREATMENTS
Lumenis® Quantum® IPL FotoFacial

Intense Pulsed Light (IPL) or FotoFacial Treatments improve the appearance of redness, rosacea, and/or flushing, broken capillaries, brown/age spots, sun damaged and photo aged skin. It also improves skin texture, mild acne scars, reduces large pores, improves dark circles around the eyes, and may reduce fine lines. IPL FotoFacials can be used to treat the full or partial face, as well as other areas of the body such as neck, chest, arms, hands and legs, for a more even skin tone and an overall radiant complexion. IPL Fotofacials provide gradual improvement typically over 5 treatments with very low risk and little or no “downtime.” Prices vary per area of body, and sequential treatments over 3-4 week intervals may be necessary for optimum results. Maintenance treatments are also recommended.
Photodynamic Therapy (PDT)
PDT is a specialized treatment performed with a topical photosensitizing agent called Levulan® (5-aminolevulinic acid or ALA) or the trade name Kerastick® which is activated with the correct wavelength of light. Levulan is used in conjunction with IPL FotoFacial treatments to enhance the effects of the light. These treatments remove sun damaged pre-cancerous areas called actinic keratoses. This treatment also has the unique ability to minimize pores and reduce oil glands effectively treating stubborn acne vulgaris, acne rosacea, and improve the appearance of some acne scars. 1-4 treatments are required which entail a week of “downtime.” Cost is dependent on area and number of Kerasticks used. Medicare insurance may cover partial cost for treatment of pre-cancers.

“Want to be freckle-free? Kelly can help in one FotoFacial!”
~ C.G.
**LightSheer® Laser Hair Removal**

The Lumenis LightSheer is still considered the “gold standard” for laser hair removal. The state-of-the-art diode laser system works in conjunction with a sapphire ChillTip to provide continuous contact cooling of the skin, which provides optimal safety and comfort during the treatment. Treatment is safe for all skin types including tanned and dark skin, although it is preferable to work on non-tanned skin. Targeting brown or black hair against skin that is relatively lighter toned affords less treatments. This treatment does not treat white, grey, blonde, or red hair. Treatments are individually priced by area. After 5 treatments, get the 6th treatment free, and half-price thereafter if further treatments needed.
GentleWaves® LED Therapy
Low intensity light-emitting diodes (LED) constitutes GentleWaves. GentleWaves® uses a carefully timed sequence of light emissions to activate the skin’s natural rejuvenation process. This novel technique to skin rejuvenation has absolutely no discomfort, side effects, or downtime. It is extremely fast, lasting only a few minutes. The treatment is collagen-rejuvenating, collagen-sustaining, and anti-inflammatory. GentleWaves can even relieve sunburn in a single treatment! It can be helpful for rosacea. It can be used as a stand-alone treatment - but it is most effective as a package of 8-12 (the “Skin Fitness” package) or in conjunction with other treatments to speed the healing process and reduce redness and swelling post-procedurally. Treatments should be done twice a week for optimum results, but can be done as you wish.

“Kelly has an instinctual awareness of how to get her patients the results they desire. As a dermatology clinician with broad talent and experience, she excels in transmitting her abilities to others.”
~Erin B.
**DermaSweep® Microdermabrasion**

DermaSweep is the newest and best in crystal-free microdermabrasion utilizing Micro Resurfacing Technology (MRT). Using silk & nylon brushes with a variable level vacuum pump, dead skin cells are swept and sucked away resulting in a deeper peel and polish of your skin. A dry pass of the wand is done first, and then a second, wet pass which is Epi-Infused with a selection of solutions to customize treatment to target anti-aging, brown spots, acne, dry skin, combination skin & even the most sensitive skin including rosacea. No “downtime” & results will improve with continued treatments. Can be applied to face, neck, décolleté and hands.

**SKIN MEDICA® CHEMICAL PEELS**

**Illuminize® Peel**

A quick pre-party pick-me-up. A great way to get glowing is with an Illuminize Peel! This non-invasive, very superficial peel utilizes a novel approach to chemical peeling with a newer generation of alpha hydroxy acids to maximize skin rejuvenating effects with low irritation. Ideal for photo-damaged skin, fine lines & wrinkles, and pigmentary irregularities. This gentle yet effective peel is appropriate for 1st time chemical peel patients or those looking for a gentle peel. One can expect an 80% improvement in skin texture after 2 treatments at 2 week intervals but with no peeling, or “downtime.”

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**Kelly is no less than a miracle worker.**

**I never could have imagined the results I have received from the Portrait treatment I received from Kelly. It has taken at least 30 years off the way I look now.**

~ P.H.
**Vitalize® Peel**

The Vitalize Peel is a deeper peel using a unique blend of retinoic acid & alpha hydroxy acids with resorcinol. Clinically proven to effectively help your skin’s texture and tone as well as reduce acne, age spots, melasma, acne and fine lines. Suitable for all skin types & has a quick application technique — less than 30 minutes. It can be administered every 3 weeks until desired results are achieved, or can be used as an adjunct to other skin treatments. It offers little or no “downtime,” other than flaking on days 3-5 post-peel, usually. Microscopically, this peel also significantly induces collagen production & increases skin thickness.

**Rejuvenize® Peel**

The Rejuvenize Peel is an advanced formulation of peeling agents, including retinoic acid, with a built-in anti-irritant and penetration enhancer that provides controlled exfoliation of the uppermost damaged layers of the skin to reveal fresher, healthier skin. Great for help with anti-aging, acne, brown spots and fine lines. You could expect a bit more minor “downtime” with this treatment, in terms of flaking and peeling, since it is the strongest of the three peels. It also has a quick application technique, and can be done easily on your lunch hour.

**FACIALS & PEELS**

**iS Clinical® Signature Facials**

**Fire & Ice or Red Carpet Facial**

Intensive anti-aging treatment to smooth and polish the skin effectively yet gently exfoliate and resurface with glycolic acid, retinol, and Vitamin B3 laced with green tea. Then, rejuvenate, soothe, and hydrate with Hyaluronic Acid, aloe vera, green tea, licorice root, grape seed and rosemary extracts. This facial is exhilarating and refreshing and is a documented Hollywood favorite!
Glacial Facial
Designed to smooth, brighten, and purify your skin instantly while taking you on a journey of fantastic sensations, this luxurious, truly effective facial is designed to provide you with immediate and lasting results. With warming honey & papaya enzyme cleanser, citrus & rosemary clarifying mud masque, effervescent Citric Acid Resurfacing Masque to exfoliate & smooth, plus copper firming mist for collagen production. No downtime. Lovely!

Harmony Cancer Care Facial
A soothing & revitalizing facial helps create vibrant healthy skin, incorporating powerful antioxidants, essential vitamins & penetrating hydrators restores skin. It addresses important issues such as acne, chafing, uneven complexion, burns and scar tissue. iS Cancer Care provides skincare solutions for patients undergoing chemotherapy or radiation treatments.

Kelly’s “Once in a Blue Moon” Medical Facial
Kelly’s “Once in a Blue Moon” Medical Facial is a once or twice a year deep cleanse for your skin. Offered by no other, this “down-to-business” treatment includes cleansing, toning, moisturizing, three masks, freezing Keratoses, heat cautery to sebaceous hyperplasia, milia extraction, two GentleWaves LED light therapy and a lymphatic massage of face and neck. The goal is to get your skin texture to be as smooth as possible. Kelly helps you to look your best in a quick time frame by combining medical and cosmetic techniques into one effective treatment.

Kelly’s “Over the Moon” Medical Facial
Kelly’s “Over the Moon” Medical Facial is a combo treatment packed with the one-two punch of the “Once in a Blue Moon” Medical Facial topped off with a Red Carpet chaser. You will be over the moon at the results of clearer, softer, more beautiful skin soon.

PCA Smoothing Body Peel
Improves the appearance and texture of the skin with a combination of exfoliating, smoothing, and brightening ingredients. This treatment is an excellent choice for promoting an even skin tone and clear complexion on arms, legs, back, chest, hands and feet! Using a Pre-Peel Accelerator Mask with Urea and Malic Acid (naturally found in apples!) to first hydrate & soften the skin, the Peeling Solution in then applied, containing four acids – lactic, salicylic, trichloroacetic, and kojic, plus Arbutin, an antioxidant that promotes even skin tone. No downtime.
LEG VEIN TREATMENT
Sclerotherapy for Spider Leg Veins
The treatment of choice for non-painful cosmetic spider leg veins whereby a solution is injected into the veins with a very tiny needle. The solution displaces the blood within the vein which causes the vein to swell shut and eventually disappear. Use of compression hose for a week post-treatment is recommended for best results. Multiple treatments may be necessary, as well as maintenance. Nd:YAG Laser Treatment for spider leg veins- safely and effectively coagulates cosmetic leg veins is offered as an alternative for the needle phobic.

Nd:YAG Treatment
The Nd:YAG Laser safely and effectively coagulates cosmetic leg veins and is an alternative or alternating treatment to those who are needle-phobic or recalcitrant to sclerotherapy. Compression hose are recommended for a week after treatment. The treatment can also be useful for stubborn broken capillaries on the face. Follow up treatments and maintenance may be required.

BODY CARE
Easily remove unsightly benign skin growths like skin tags, cherry angiomas and seborrheic keratoses on the body. Those unnecessary teardrop pieces of skin around the neck or under your arms, or the little red spots on your torso, and what about those warty looking growths on your skin that have been bugging you for years? Let Kelly treat them for you in a matter of minutes.

MEDICAL DERMATOLOGY
Kelly can take care of your medical dermatology needs including rash, mole, and skin cancer checks; as well as treatment of common skin conditions such as acne. Acne cyst injections using a dilute solution of steroid to help quickly shrink them are also available on a same or next day basis. Most medical insurance is accepted or low-cost fees if no insurance.
INJECTABLES
Botox®, Juvéderm®, Radiesse®, Sculptra®

Portrait® Plasma Resurfacing
Revolutionary restoration and regeneration of the skin

Facial & Peels
iS Clinical Signature Facials®
Kelly’s Once in a Blue Moon Medical Facial
Kelly’s Over the Moon Medical Facial
Dermasweep® Microresurfacing
Chemical Peels by Skin Medica®
PCA Smoothing Body Peel®
Personalized medical grade skin care product selection

PHOTO REJUVENATION
Lumenis IPL FotoFacials®
For brown spots, broken capillaries and pore size reduction
Gentle Waves R LED light for skin fitness, collagen production, and redness relief
Photodynamic Therapy with Levulan®
LightSheer® Laser Hair Removal
Sclerotherapy and laser treatment for Spider Leg Veins

SKIN HEALTH
Acne and Rosacea Treatments
Medical treatment of common skin conditions and rashes
Skin cancer and mole checkups

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