

## DR. AMY FORMAN TAUB

**CHAIRSIDE STYLE** I'm accessible, I listen and I care  
**WHAT ONE LIFESTYLE CHANGE COULD MOST BENEFIT OUR HEALTH** Create a personal and work environment that leads to emotional well-being  
**HEALTH AND BEAUTY TIP** Exercise, and use antioxidant skin care and sunscreen daily  
**ALTERNATIVE OCCUPATION** Painter or writer  
**HOBBIES** Skiing, tennis, weight training, playing with my son and watching professional sports  
**PLACE YOU GO TO ESCAPE THE OFFICE** Home  
**FRAMED PHOTOS ON YOUR DESK** My son Zach, 13, and my husband, Jeff  
**ANTI-AGING ADVICE** I recommend Botox, fillers and tissue tightening  
**BEAUTY PRODUCTS EVERYONE SHOULD HAVE** Sunscreen, antioxidant, collagen builder and exfoliative moisturizer

## ASK DR. TAUB

**Q: I WOULD LIKE MY FACE TO LOOK YOUNGER BUT AM NOT READY FOR SURGERY. WHAT NONSURGICAL ALTERNATIVES ARE THERE?**

**A:** Nonsurgical facial rejuvenation has generated unprecedented buzz in three areas: skin pigmentation, skin laxity and skin volume. In the hands of an experienced doctor, these advanced techniques can make a noticeable difference. At SKINQRI, our research center, we evaluate many treatment devices and techniques. My recommended repertoire includes pigment and textural rejuvenation (Photorejuvenation, Fraxel II and Pearl™ YSGG laser peels), skin tissue tightening (Thermage, Titan, and ReFirme ST), muscle stimulation for enhanced volume (the Pan G Lift), wrinkle correction with Botox, and injectable fillers for volume and line correction (Restylane, Juvèderm, Perlane® and Sculptra). These methods achieve beautiful and natural-looking results with little or no downtime. Titan, Thermage and ReFirme ST lift and firm the skin around the cheeks, neck and along the jaw line. The Pan G Lift stimulates the muscles to create youthful volume and a taut, defined appearance. Restylane and Juvèderm are perfect for the areas around the mouth and under-eyes; Sculptra also increases facial volume and lasts up to two years. Obviously, your inherent facial structure will influence the treatments that are right for you. If you are willing to combine techniques, we can really reshape and rejuvenate for dramatic results.

INSIDE INFORMATION

# skin sense

When a career as an artist took a turn toward medical school, Dr. Amy Forman Taub found a passion that stuck. Through her cosmetic dermatological practice, she now creates beauty of a different kind every day.

Dr. Taub had a successful career as a dermatologist in a group practice for 14 years, but she really wanted to strike out on her own. "I needed to grow, and I had a vision of what was possible." Five years ago, she found a loft-like space near her home in Lincolnshire, Illinois, and opened the doors to her own dermatology practice. "Patients respond positively to us because we're honest and caring. We bring someone's inner beauty out. That's the part I love." Her practice offers an array of laser and aesthetic services, all to promote "skin-care health." The welcoming environment, with floor-to-ceiling windows and softly painted walls, is also home to Dr. Taub's specialty skin-care boutique, Skinfo®, which offers over 400 cosmeceutical skin-care products, including its own eponymous line. It also hosts professional skin-care and makeup consultations performed by licensed aestheticians, using gloMinerals makeup and the novel VISIA® Complexion Analysis. In August 2007, Skinfo expanded its boutique to the retail level below Dr. Taub's practice and is open to the public daily without an appointment.

Advanced Dermatology specializes in tissue tightening and facial rejuvenation and offers treatments like the Pan G™ Lift, a muscle-stimulating procedure that results in a youthful appearance, VelaShape, a new device that contours and reduces cellulite, Juvèderm™ and Fraxel. Dr. Taub is a consultant for several leading laser companies and speaks nationally on the use of lasers in facial rejuvenation. She enjoys performing injectable fillers, especially Restylane, because she loves "the three-dimensional artistry involved in recreating a youthful face." By exploring all the options, Dr. Taub educates her clients fully. "I look at someone's entire face; working on just one line won't make them look better."

**BOARD CERTIFICATION**  
American Board of Dermatology

**MEDICAL DEGREE**  
Northwestern University

**INTERNAL MEDICINE INTERNSHIP**  
Northwestern Memorial Hospital

**DERMATOLOGY RESIDENCY**  
Northwestern University

**AFFILIATIONS**  
American Academy of Dermatology  
American Society for Dermatologic Surgery  
American Society for Laser Medicine and Surgery  
American Society for Photodynamic Therapy  
Illinois Dermatological Society

**PROCEDURES PERFORMED**  
Aesthetic Injectables (Restylane®, Botox® Cosmetic, Sculptra®)  
Body Contouring (VelaShape™)  
Laser Facial Rejuvenation (Fraxel™ and Pearl™)  
Laser Treatments for Acne and Rosacea  
Nonsurgical Tissue Tightening (Thermage®, ReFirme™ ST, Titan™)  
Photodynamic Therapy

**LOCATION**  
Lincolnshire, Illinois  
847.459.6400

**WEB SITES**  
www.advdermatology.com  
www.skinfo.com  
www.skinqri.com

"My passion is dermatology. I never get tired of it or the satisfaction of being able to help people look and feel better."

—AMY FORMAN TAUB, MD