

Dr. Layne Nisenbaum

Island Dermatology and Laser Institute
Palm Beach, Florida

ASK DR. NISENBAUM

HOW IS YOUR YEN FOR BEAUTY APPARENT IN THE DESIGN OF YOUR OFFICE?

My appreciation for beauty starts upon entering my "Zen-like" office, which is both tranquil and upscale. It is here, at Island Dermatology and Laser Institute, where I offer cosmetic dermatology procedures for the face and body. In fact, not only does our office offer a complete skin-care line in an attached but separate skin-care center, it also provides patients with professional product consultations from an aesthetician.

IN WHAT WAY IS BEAUTY ALL-ENCOMPASSING AND HOW DOES THIS BELIEF SHAPE YOUR APPROACH?

I like to promote an inter-related mind-body-spirit connection, outlining nutritional, holistic and anti-aging advice for a healthy lifestyle. My book, *The Palm Beach Way*, really explores this further.

Low-light laser can reduce fat without surgery

Using innovative laser technology, Dr. Nisenbaum performs a new FDA-approved procedure called Zerona™, which helps to slim the body by disrupting fat cells nonsurgically, "with no needles or discomfort," he says. "Most patients need about six treatments over the course of two weeks to achieve their desired results." It reduces inches, without recovery or invasive techniques, and is performed in less than an hour per session. Still, says Dr. Nisenbaum, "When patients desire significant body-contouring, nothing takes the place of surgery." More specifically, Dr. Nisenbaum has adopted the FDA-approved Smartlipo™ procedure, which enables patients to address bothersome, localized fat in areas like the neck, face, abdomen, thighs, waist, buttocks, arms, and even "bra-line" fat. "It can be performed in the office under local anesthesia, taking about 45 minutes to an hour per treatment area, allowing patients to resume most normal activities within days."

CASE STUDY



LASER-SMART SOLUTION

Wanting to get rid of stubborn flank fat around his love handles, this 30-year-old was seeking a treatment that would slim and tighten simultaneously. "Smartlipo™ is a very innovative form of liposuction that combines laser energy and fat removal for two times the aesthetic benefits," says Dr. Nisenbaum. "When fat is unresponsive to diet and exercise, liposuction is a great way to refine your figure, while still looking natural."

"I practice high-tech medicine with old-fashioned care"

PALM BEACH IS FAMED FOR ITS MANSIONS, WEALTH AND RITZY RESIDENTS. IN THIS EXCLUSIVE ENCLAVE WHERE GALAS, COUTURE GOWNS AND RARE JEWELS REIGN SUPREME, IT'S ALL ABOUT PUTTING YOUR BEST FACE FORWARD—LITERALLY. FOR THE DROVES OF SAVVY JET-SETTERS LANDING HERE, THE SAVING GRACE FOR SAVING FACE CAN BE FOUND IN THE OFFICE OF DR. LAYNE NISENBAUM. IN THE SUNSHINE STATE, WHERE A MYRIAD OF CLOUDLESS DAYS CULTIVATE PREMATURE AGING, DR. NISENBAUM COMES TO THE RESCUE. THE INTREPID DOCTOR FREQUENTLY TRAVELS TO EUROPE TO RESEARCH BREAKTHROUGHS IN SKIN-CARE PRODUCTS AND IMPORTS THEM STATESIDE. UNDER HIS CARE, THE ROYAL TREATMENT IS PAR FOR THE COURSE.

MEET THE EXPERT

Dr. Layne Nisenbaum

American Osteopathic Board of Dermatology

SERVICES OFFERED

Smartlipo™
Lasers (Sunspots, Facial Veins, Scarring)
Botox®, Dysport™, Restylane-L®, Perlane-L®, Juvéderm®XC, Artefill®, Sculptra® Aesthetic
No-Needle Mesotherapy
Nonsurgical Rejuvenation
Thermage®
Fractional Resurfacing
Endermologie®
Permanent Makeup
Customized Facials
Chemical Peels
Products

ABOUT DR. NISENBAUM

WHY DID YOU BECOME A DERMATOLOGIST?

As an adolescent I went to a dermatologist for my acne and it improved my self-esteem.

WHERE DO YOU GO TO ESCAPE THE OFFICE?

I either retreat to my Palm Beach home, the mountains in North Carolina or London.

WHAT'S ONE THING YOU'RE NEVER WITHOUT?

I'm never without my optimistic outlook.


HOW DO YOU START EACH DAY?

I begin by meditating and drinking hot water with lemon.

MEDICAL DEGREE
Nova Southeastern University
of Health Sciences

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Palm Beach, Florida

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 To learn more about the practice visit
islanddermatology.com