

## Dr. Tony N. Nakhla

OC Skin Institute

Santa Ana, California

San Clemente, California

Laguna Niguel, California

### ASK DR. NAKHLA

#### WHAT MAKES YOUR PRACTICE DISTINCTIVE?

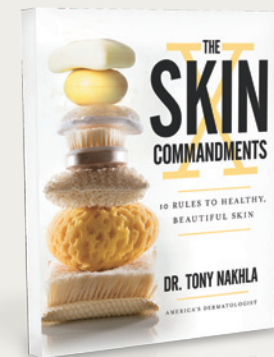
We combine the latest advancements in dermatology with a holistic approach to patient care. As a board-certified dermatologist, my practice offers prescription medication, surgical treatments and laser therapies. As an osteopathic physician, I also offer counseling on the benefits of living an overall healthy lifestyle through exercise, the use of high-powered antioxidants and the advantages of organic, wholesome nutrition for optimum health and beauty.

#### WHAT DO YOU TELL EVERY PATIENT?

Healthy skin is beautiful skin. We counsel our patients on the synergy that exists between health and beauty. We instruct them on how to properly care for their skin through sun avoidance, proper skin hygiene and the benefits of an overall healthy lifestyle.

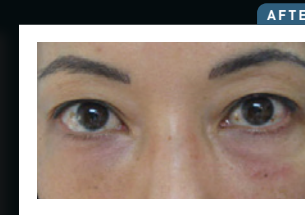
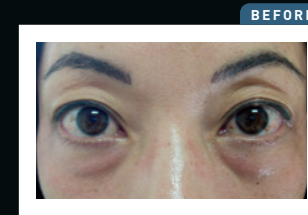
#### WHAT HAVE YOU LEARNED FROM YOUR PATIENTS?

The most important thing I have learned from my patients is their tremendous frustration with the overabundance of products, gadgets, gimmicks and false advertisements in the fields of skin care and cosmetic treatments. It is our goal to provide them with a true analysis based on proven treatments to fit their individual needs.



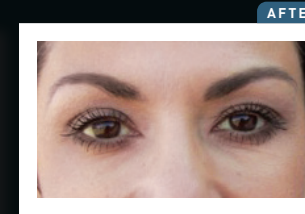
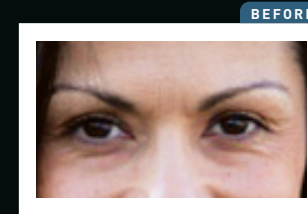
### Learn The Skin Commandments

As a board-certified dermatologist, skin-cancer surgeon, osteopathic physician and nutritional expert, Dr. Nakhla is a unique and ideal guide in all aspects of complete, modern-day skin care and aesthetics. In his book, *The Skin Commandments: 10 Rules to Healthy, Beautiful Skin*, Dr. Nakhla helps readers take control of their skin's health and appearance. "I've simplified integrative skin-care therapy into 10 steps that cover a wide spectrum of modalities from advanced cosmetic enhancements to practical wellness and nutritional tips," Dr. Nakhla says. Already available for order on amazon.com and barnesandnoble.com, *The Skin Commandments* is a comprehensive resource for anyone wishing to improve or maintain their skin's health and beauty.



#### IT'S ALL IN THE EYES

Seeking a nonsurgical solution to completely rejuvenate her eyes, this patient consulted with Dr. Nakhla. "I treated her with a total of 3 ccs of Juvéderm in her lower eyelid tear troughs [off label]," Dr. Nakhla says. "The small, red bruise under her left eye faded away in a matter of days. Now she looks younger and much more awake."



#### EYE ENHANCEMENTS

Concerned with the fine lines and bags around her eyes that made her look tired, this 42-year-old patient wanted a younger-looking expression. "By adding Juvéderm to the tear trough area [off label], I smoothed the space below the eyes for a more rested look," Dr. Nakhla says. "Then Botox injections between the brows and around the outer edge of the eyes [off label] significantly diminished the appearance of lines and crow's feet."

"a center of excellence in skin health and beauty"

### MEET THE EXPERT

## Dr. Tony N. Nakhla

American Osteopathic Board of Dermatology

#### SERVICES OFFERED

General Dermatology  
Mohs Skin Cancer Surgery  
Fractional CO<sub>2</sub> resurfacing  
Juvéderm®, Radiesse®, Sculptra® and Botox®  
Laser Hair Removal  
Laser Acne Treatment  
Laser Psoriasis Treatment  
Hyperhidrosis Treatment  
Spider Vein Treatment  
Latisse®  
Chemical Peels  
Clinical Facial Treatments  
Medical Grade Skin Care Products

#### ABOUT DR. NAKHLA

#### WHAT ALTERNATIVE OCCUPATION WOULD YOU CHOOSE?

I would be a lifestyle, fitness and nutritional counselor.

#### DO YOU PERFORM ANY PRO BONO WORK?

That is very important to me; I've traveled extensively to care for the underprivileged and starred in a reality television pilot (still in progress), *Medical Missions*, to document the mission trips to South America, the Middle East and Africa.



**MEDICAL DEGREE**  
NOVA Southeastern University

**LOCATIONS**  
Santa Ana, California  
San Clemente, California  
Laguna Niguel, California

**CONTACTS**  
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To learn more about the practice visit  
[OCSkinInstitute.com](http://OCSkinInstitute.com)