

# DR. ASHLEY MAGOVERN

## MANHATTAN DERMATOLOGY

MANHATTAN BEACH, CALIFORNIA

American Board of Dermatology

### WHAT IS YOUR APPROACH TO TREATING THE SKIN?

It's all about maintenance. A good skin-care routine is like exercise, and you have to make it a part of your lifestyle in order to see change. It can make a dramatic difference in the way you look over the course of your lifetime.

### WHAT DO YOU LIKE ABOUT COOLSCULPTING?

The noninvasive fat reduction technology that CoolSculpting offers has really surprised me. Although I've believed in the science of cryolipolysis (freezing fat), I continue to be amazed with the results we're seeing—and our patients are really happy too!

### HOW WOULD YOU DESCRIBE YOUR TREATMENT STYLE?

Patients all have different goals and expectations and I pride myself in having a genuine intuition about what they are looking for. My approach is gentle, thorough and tailored to fit individual needs.

BEFORE



AFTER



### NONINVASIVE FAT REDUCTION

This 34-year-old patient had lost a significant amount of weight but was still bothered by her abdominal area. "After two CoolSculpting (noninvasive fat reduction) treatments, spaced eight weeks apart, the patient showed a remarkable improvement and is thrilled with the results," says Dr. Magovern.

"MANHATTAN DERMATOLOGY—WHERE YOU GO TO GLOW™"

## ABOUT ASHLEY MAGOVERN, MD

### SERVICES

Botox®  
Injectables / Dermal Fillers  
Facial Rejuvenation  
General Dermatology  
CoolSculpting®  
Ultherapy®  
Fraxel® DUAL  
Laser Resurfacing  
Laser Hair Removal  
Clear + Brilliant®  
Removal (Moles, Skin Tags, Birthmarks and other Lesions)  
Skin Cancer Surgery  
Skin Care / Chemical Peels

GROWING UP IN THE MANHATTAN BEACH AREA, DR. ASHLEY MAGOVERN ALWAYS HAD A VISION OF OPENING A COMMUNITY PRACTICE THERE. SPECIALIZING IN BOTH MEDICAL AND COSMETIC DERMATOLOGY, DR. MAGOVERN LOVES SEEING PATIENTS OF ALL AGES, FROM INFANTS TO ELDERLY AND EVERYBODY IN BETWEEN. "WHEN I CHOSE TO BECOME A DERMATOLOGIST, IT WASN'T NECESSARILY TO PERFORM COSMETIC PROCEDURES," SHE SAYS. "I REALLY JUST WANTED TO BE AN EXPERT IN THE SKIN. BUT AS THE FIELD OF NONINVASIVE COSMETIC PROCEDURES HAS GROWN, I FEEL LIKE I HAVE FOUND MYSELF IN THE PERFECT POSITION TO DO BOTH, AND IT'S REALLY BECOME A PASSION OF MINE."

## COMBINATION TREATMENTS

Dr. Magovern and her team spend ample time with patients explaining all of the different modalities that they offer, as well as what can be done to provide and maintain optimal results. "We've learned so much in recent years about the science of how we age and how we can restore the skin to its natural youthfulness using a combination of treatments," says Dr. Magovern. "When we are able to combine dermal fillers with neuromodulators like Botox, laser treatments like Fraxel and skin-tightening devices like Ultherapy, I think patients are the most pleased with their results. They've called it the 'perfect package.'"

### WHAT DOES YOUR OFFICE LOOK LIKE?

Our office is very pretty with calming tones of blue, gray and green. It's modern, but also warm and inviting—a nice mix of a spa and a clinical practice. The atmosphere we've created makes me happy every day, and I think patients really appreciate a new office with all the bells and whistles and latest technology.

### WHAT MIGHT PATIENTS NOT KNOW ABOUT YOU?

I also serve as the medical director for Dermstore.com. I review skin-care products and write articles, which has been a really great experience for me and keeps me up-to-date. Daily skin care is so important and I love learning about new products.

### WHICH ANTI-AGING SKIN-CARE PRODUCTS ARE BEST TO USE?

It's important to use products with effective ingredients. Look for retinoids or vitamin A (prescription-strength tretinoin or OTC versions, like retinol); antioxidants, like vitamin C; growth factors; or alphas hydroxy acids, like glycolic acid, to stimulate new collagen and cell turnover.

### HOW DOES YOUR STAFF ENHANCE THE PATIENT EXPERIENCE?

I am fortunate to work with an amazing staff and we have developed a really wonderful flow in our office. We listen attentively to our patients and allow them to make decisions based on what feels right for them. When our patients feel good, we feel good.

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Georgetown University

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To learn more about the practice visit  
[manhattan-dermatology.com](http://manhattan-dermatology.com)