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New York City based Beauty Expert **Jill Caruso of Fox Vein Care**, has come up with the perfect Winter to Spring beauty tips to ensure vibrant skin.

Harsh weather conditions in the Winter can bring anyone's skin woes, so as the first bud of spring blooms there are a few things to keep in mind. **Jill** is a Board Certified Aesthetic Nurse Specialist and her distinctive background in medicine, design, and skin esthetics gives her a unique approach when analyzing a patient's face and determining an individual treatment. She suggests the following for Winter to Spring flawless skin:

Ø **Do not forget your sunscreen** – This is not an option, but an essential everyday necessity, regardless of weather, to protect your skin from UV radiation. Also, contrary to popular belief, SPF ratings higher than 30 do not offer more protection and no sunscreen can block more than 97 percent of UV rays.

Ø **Be sure to moisturize daily** – Moisturizing your face will help you to look and feel younger, resulting in softer, more elastic skin... not to mention it will keep your skin hydrated.

Ø **Wash your face every night** – This is vital, as it removes not only makeup, but the dirt and dust that accumulates throughout the day. Outside elements as well as makeup clogs your pores with dirt, dust, smoke, etc., however, Jill suggests that soap-less cleansers are okay occasionally as they can act as cleansers with nondrying agents.

Ø **Light Chemical peels can be great for the season change** – There are lower UV levels during the winter, making it optimal for recovery and an ideal time to prepare your skin for the forthcoming spring season.

Ø **Lastly, when it comes to makeup, less is more** – People often tend to overdo it on the winter. Heavy foundation, mascara, and lipstick often ages women.

Jill Caruso RN, BSN, CANS

Certified Aesthetic Nurse Specialist



Jill Caruso is a Board Certified Aesthetic Nurse Specialist and one of only 220 practitioners with credentials from the Plastic Surgery Nursing Board.

Jill began working as a cosmetic injection practitioner more than 7 years ago, and started working alongside Dr. David Fox at Fox Vein Care in 2014. She specializes in anti-aging treatments and clinical skin care. Using injectable fillers, neurotoxins, chemical peels, lasers, and Kybella, Jill softens the signs of aging. Her “less is more” philosophy and innate artistic ability, combined with a passion for personalized patient care allows her to give her clients the most optimal outcome; their most beautiful, natural self.

Jill holds a Bachelor of Science in Nursing from New York University and a Bachelor of Arts from the University of Pittsburgh. She also has earned a Certificate in Design from Parsons School of Design and holds a New York State Esthetics license. Her background in medicine, design, and skincare gives her a distinct approach when analyzing a patient’s face and determining an individual treatment.

To stay abreast of the latest advances in anti-aging treatments and technologies, Jill regularly participates in medical and aesthetic meetings, workshops, and seminars. In February 2017, Jill attended the Aesthetic Blueprint with Dr. Kent Remington and Dr. Arthur Swift. This in-depth, immersive seminar was created exclusively for the top 1% of advanced injectors worldwide.

In October 2015, Jill was selected by Allergan [Botox, Juvederm, Voluma, Kybella, and Skin Medica] to work directly with world-renowned plastic surgeon Mauricio de Maio during his three-day Master Class in Manhattan. This opportunity was given to only one non-physician, practitioner in New York City. Learn more about Jill here <https://www.facebook.com/jillcarusonyc/>.