

AZ Health: The Beauty Insider

Written by Interview by Melissa Larsen

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She has been dubbed “Scottsdale’s Fountain of Youth.” And after peeking at galleries of before and after photos and with famous faces like Vera Wang, Betsy Johnson, Allison DuBois and an endless list of models, Broadway stars, choreographers and photographers trusting her expertise, it is apparent that Carole Lea Burns, owner and operator of C3 Clinical Corrective Care, has earned that title. After working for many years at her highly successful Park Avenue office in New York City, she put down roots in Scottsdale two years ago, with many of her East Coast clients flying across the nation to see her. Here, Burns talks skin care issues unique to Arizonans, her proudest achievement and more.

AFM: What spurred your interest in dermatology and skin care?

CB: My initial fascination with skin care was plastic surgery. As a former burn victim, I know the life-changing effect of clinical skin care. As I come from a humble background, a medical degree in my youth was beyond my means. So, I began as an OR surgical assistant and later continued on to become a licensed master aesthetician, a nationally certified laser technician, a certified medical laser safety officer and an AZRRA (Arizona Radiation Regulatory Agent). It has been almost 20 years now since I first began practicing.

AFM: Are there unique skin concerns that Arizonans face?

CB: Arizona’s beautiful weather exposes us all to aridness and sun exposure. The pH of the local water is a bit acidic, which also is dehydrating when we wash our skin. All of these factors combined can create acne, rosacea, hyper-pigmentation and wrinkles, as well as increase the risk of skin cancer from head to toe.

AFM: How can one combat those issues?

CB: Drink water all day, hydrate your skin with the proper moisturizer for your skin type, avoid direct sun, and apply a lotion of SPF 30 or greater from head to toe to start your day. Reapply your SPF every 80 minutes when you are out in daylight. In the evening cleanse your skin, moisturize, and apply anti-aging serums and eye creams. My recommendation is Elta MD or SkinCeuticals. I did case studies with Drs. Sheldon Pinnell and Mostafa Omar at Duke University on the development of the SkinCeuticals skin line.



AFM: Having beautiful skin can transform a person inside, as well as out. Do you have any success stories you can share?

CB: One of my favorite success stories is my current assistant Molly Krantz (pictured, above), a beautiful girl who now has the beautiful skin she deserves. She came to me as a client last fall with acne vulgaris. Two skin care treatments were enough to clear her acne and several laser treatments to remove her acne scarring. She was so inspired that she has chosen skin care as her career and is currently training with me as an intern.

AFM: Some of your clients have been with you your entire career. Why have they been so loyal?

CB: Results! I have clients from all over the world who fly in to see me for my special proprietary C3 treatment. This treatment combines three laser wavelengths to target brown spots, uneven skin tone, acne and acne scarring, vascular lesions such as broken capillaries, rosacea, pore

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reduction, and collagen replacement. For clients who wish for full-body treatments, I have a private en suite bath. I do laser and medical-grade chemical peel work all over your body—face, neck, hands, arms, legs—anywhere you have aging skin and uneven skin tone. In addition, I treat superficial leg veins and do hair removal from head to toe. And of course, I do customized facials and peels and review every client's progress with my medical director.

AFM: What should someone know before receiving their first laser treatment?

CB: We begin with a consultation to see if you are a good candidate based on your health, oral medications and topical skin products. We then go over pre- and post- laser skin care, which is very important for best results.



AFM: What has been your proudest achievement?

CB: My proudest moment was to discover that I was featured by Lauren Santo Domingo in *Vogue* as a beauty and fitness editor's pick for 'What We Are Thankful For.'

AFM: You mentioned that you can't fully retire—that you love what you do so much. Why do you find your career so fulfilling?

CB: Several years ago, I sold my very busy New York City Park Avenue practice, thinking I wanted to have more time to travel and enjoy the fruits of my success...and then I realized that I loved skin care too much to stop doing it all together! I now practice out of my home spa and retreat for select clients who want to have their skin professionally cared for.

To Learn More

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