

* THE BEAUTIFUL LIFE AWAITS *

ABOUT

GROOM

SWEAT

SPA + TRAVEL NEST

CHOW

MOMS + KIDS

WEAR

ZEITGEIST

GOT ACNE? STOP SQUEEZING AND SEE TRINA AT FACIAL **BUNGALOW NOW!**

I don't know WTF is going on with my skin, but last month had me looking like a pizza face teenage boy. Not kidding. I thought maybe I was taking too much DHEA – until I realized I wasn't taking ANY.

Hormones? (yes) Stress? (yes). What did I do? Picked, clawed and did the opposite of the responsible thing - which was what I finally did today, however, a bit too late - when I head straight to Trina for an Extraction Facial.

Trina, of Facial Bungalow spent 8 years at Rapaport Dermatology as an acne specialist. Literally. If anyone knows how to deal, heal and medically extract an acne eruption, its Trina.

First, I got a little reprimand from her - as expected and I deserved every bit of "WHY DIDN'T YOU COME IN ASAP?!!", etc... Next, she did her best to heal the situation. But the scabs are bad, the damage was done. UGH.

She cleaned out my skin (um, wounds? yah, this is gross) and worked her magic on my minefield of a face. Bottom line, if you have a break out DON'T TOUCH IT!

Head straight to Trina - seriously. She is not only the top anti-aging aesthetician in town, she is a force of nature with acne and extractions. I learned my lesson. Please don't make the same mistake!!

- 7931 Santa Monica Blvd. West Hollywood, CA 90046
- · By E-mail facialbungalow@gmail.com
- · By Phone 323-570-2664



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welcome! since 2008 groomed la has brought you the best in beauty, health, fitness and wellness that los angeles has to offer. when i am not busy being the editor in chief here, i am the creative director of a boutique web, print, graphic design and branding studio, i'm also a recovered actress and mom. i complain about my parenting failures here.

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