

# IMPROVING SKIN QUALITY

By  
**DR. SAPNA WESTLEY**  
NEW YORK, NEW YORK

**C**

ommitted to

providing comprehensive and unparalleled care in a welcoming and engaging environment, Dr. Sapna Westley and her staff seek to make each patient's experience unique. "I educate my patients on every aspect of their treatment because I want them to feel empowered with as much knowledge as possible and to be a part of their care," says Dr. Westley. At her boutique-style practice nestled in the heart of Soho, she strives to combine the best of the art of medicine with the latest advances in technology to formulate individualized treatments and achieve the most natural-looking results. She has also served as the national consulting dermatologist for major skin-care brands.

“

*I believe in a conservative approach to create a natural and relaxed look.*

## WHO I AM

1.

### MY PHILOSOPHY

I believe in a conservative approach to create a natural and relaxed look. You don't want to look different, just the best version of yourself as possible. Combining good skin care, a healthy lifestyle and noninvasive procedures can improve skin quality, diminish wrinkles and prevent signs of aging

2.

### MY GREATEST ACHIEVEMENTS

The day I opened my private practice and the day my twins were born

3.

### HOW I WOULD SPEND EXTRA TIME IN A DAY

I would do something active, spend time with my twins and read

4.

### WHAT SETS MY PRACTICE APART

We provide personalized, comprehensive care in a relaxed and friendly setting. I take time to listen to all of my patients' concerns and educate them about the treatment options available. We then arrive at a treatment plan together to address those concerns

5.

### MOST MEMORABLE THING I'VE LEARNED

My father was a physician and my mentor. He believed in constantly educating yourself in order to pass on to your patients the highest-quality medical care, as well as treating your patients with empathy and respect

6.

### THREE WORDS THAT BEST DESCRIBE ME

Calm, determined, conscientious

7.

### MY ULTIMATE SKIN-CARE ADVICE

Use medical-grade retinol, daily sunscreen and creams that contain peptides and antioxidants. It's never too early or late to start a proper skin-care routine. You will start to see benefits both in the short-term and more importantly in the long run with skin quality and aging prevention. Maintenance is the key

PHOTOGRAPH BY: JONATHAN BECKERMAN



### ABOUT DR. WESTLEY

Dr. Westley is a fellow of the American Academy of Dermatology and a member of the American Society of Dermatologic Surgery and the American Medical Association. She has been sought after by numerous media outlets for her expert commentary and is the recipient of the ELLE Beauty Genius award.

### MY CREDENTIALS

#### Residency

New York Medical College

#### Board Certification

American Board of Dermatology

### CONNECT

Visit the doctor's gallery of before-and-after photos at: [newbeauty.com/westley](http://newbeauty.com/westley)

#### Location

New York, New York

#### Phone

212.274.0800

[drwestley.com](http://drwestley.com)



### A FEW OF MY SPECIALTIES...

- Botox® / Dermal Fillers
- General Dermatology
- Injectables
- Laser Hair Removal
- Laser Surgery
- Removal (Moles / Birthmarks / Skin Tags / Lesions)
- Sclerotherapy
- Skin Cancer Surgery
- Skin Care / Skin Peels
- Skin Rejuvenation
- Exilis® Elite Skin Tightening