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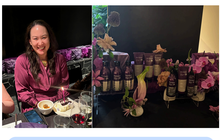
OCTOBER 2025

# NEWSLETTER

THE LATEST FROM DR. YOO REGARDING DERMATOLOGY AND SKIN CARE

## SCALP CARE IN THE SPOTLIGHT WITH DR. GROOT



This month, I joined **Dr. Groot**, South Korea's number one hair-thickening brand, for a media panel on scalp health and hair loss. With over 50 years of research and innovative Microbiome Technology, Dr. Groot is helping women feel confident with ginseng and peptide-powered formulas that start at the root. It was a wonderful evening celebrating scalp care and also extra special to mark my birthday at the event.

## DR. YOO FEATURED IN CNN & MARIE CLAIRE

Grateful to be featured in both **CNN** and **Marie Claire** this month. In CNN Underscored, I shared insights on anti-aging products that truly deliver results. Marie Claire spotlighted the best Korean hair products, highlighting how scalp-first care can support stronger, healthier hair. Both pieces focus on practical tips you can bring into your own routine.

Read below!

CNN

marie claire

## SYDNEY MARATHON

At the end of August, I ran the **Sydney Marathon**, one of the toughest courses I have ever experienced with winding turns, hidden inclines, and intense heat. Despite giving everything I had, I was not able to finish as planned and was brought into the medical van just before the end. The marathon reminded me how unpredictable race day can be and how humbling the sport truly is.

I am grateful for the volunteers, fellow runners, and friends who offered support along the way. Sometimes setbacks happen, but they are also opportunities to reassess, learn adjustments, and come back stronger. Sydney, I will see you again next year.

## CLINICAL TRIAL IN SOUTH KOREA

I started September in **South Korea** for a new skin-tightening trial and made time to experience some of the city's beauty landmarks. At **Olive Young**, I explored K-beauty favorites that have become global staples. At the **Sulwhasoo Spa**, I enjoyed a luxurious ginseng-powered treatment that blended tradition with modern science. I also visited **Amore Seongsu**, where I created a custom Bespoke Lip Sleeping Mask Swirl with two flavors blended just for me. It was a reminder of how beauty can be both innovative and deeply rooted in culture.

## ALLERGAN AESTHETICS INCLUSION SUMMIT

This month, I was grateful to join the **Allergan Aesthetics Inclusion Summit**, a forum focused on diversity, equity, and inclusion in aesthetics. We discussed why inclusive data in clinical research is essential and how cultural and aesthetic preferences shape beauty ideals. Inspired to see the commitment to building a more inclusive future for aesthetic medicine.

## AN EXCITING OPPORTUNITY!

### CLINICAL TRIALS

We are currently conducting a **new skincare study** at our office and are especially looking for patients who are currently taking **GLP-1 medications**.

If you are on a GLP-1 and interested in participating, please reach out to us at:
**clinicaltrials@janeyoomd.com**

## NEW TECH SPOTLIGHT

### PICO LASER FOR BROWN SPOTS

☀️ Say goodbye to stubborn summer spots!

Has this summer's sun left you with **brown spots, freckles, or uneven pigmentation**? Pico Laser can help restore a clearer, more radiant complexion!

Pico Laser uses ultra-fast pulses of energy to safely shatter unwanted pigment without harming the surrounding skin. The result? Fading of brown spots, melasma, and sun damage, along with a brighter, more even skin tone.

It's a quick, comfortable treatment with minimal downtime, so you can get back to your routine right away. Most patients notice visible improvement in just a few sessions.

✨ Ready to see the difference? Reach out to us at **appts@janeyoomd.com** to schedule your consultation and discover how Pico Laser can help you reveal your best skin this fall.

## OFFICE REMINDERS

Dear Patients,

Please keep in mind these policies regarding office operations:

1) Please email us at appts@janeyoomd.com for appointment requests.

2) We are going digital! Please utilize the patient portal in order to streamline communications.

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