

## Turn Back The Clock

### Address Aging Skin Appropriately

Christine Spehar

Someone once said, "Time may be a great healer, but it's a lousy beautician." The signs of aging are obvious--wrinkles, fine lines, sagging skin, age spots, enlarged pores, hormonal imbalances. Yet, we live in an age where skin care is at its most advanced, allowing us to prevent and treat the signs of aging like never before.

#### The Problems

First, let's take a look at how the aging process affects our skin, and then hear from the experts about how to combat those effects.

##### FINE LINES AND WRINKLES

There are two types of wrinkles that show

Sun exposure, overly abrasive products, smoking, poor nutrition, and other unhealthy lifestyle choices can also damage skin. Add to that the skin's own aging process: "The cell renewal process slows down. Fibroblast cells, which are the things that generate collagen and elastin, decrease their production," says Robin Carter, licensed esthetician and manager of esthetics at Dr. Hauschka Skin Care, Inc., located in Deerfield, New Hampshire. "Also, the skin naturally loses moisture as we age, so it has a tendency to wrinkle more easily the older we get."

##### SKIN DISCOLORATION/AGE SPOTS

"Sun damage is the biggest cause of skin discoloration or texture changes and can



Your skin care professional will help you select the products and treatments best for your skin.

up as we age--dynamic wrinkles and wrinkles caused by sun damage or lifestyle choices. "Dynamic wrinkles are often hereditary and are influenced by muscle contraction and relaxation," says Alison O'Neil Andrew, a licensed esthetician and founder of Atlanta-based Beauty Becomes You Foundation, a nonprofit organization for seniors.

show up as early as the teenage years," O'Neil Andrew says. "The intensity of the damage caused will appear even more, starting in the late thirties. Symptoms include changes in pigmentation, brown discolored spots on the skin, and splotchiness of the skin following a burn."

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Sun exposure can lead to things worse than blotchy skin, however. According to the Centers for Disease Control and Prevention, "skin cancer is the most common form of cancer in the United States." Be sure to visit your doctor if you see a spot on your skin that has irregular size, shape, or coloring, or if there are significant changes to already existing spots.

### SAGGING SKIN

As we age, skin becomes less firm and under the weight of gravity, can start to lack definition. "Our skin begins to lose its elasticity as we get older and as collagen production slows," Carter says. "Subcutaneous tissue is responsible for giving our skin a fresh, plump look, and we start to lose some of that padding, particularly on our face, as time goes on. This can cause sagging skin."

### HORMONAL CHANGES

While dry skin is a common complaint of maturation, hormonal fluctuations may cause the opposite problem. "Women who are going through menopause experience hormonal shifts that cause the skin's oil to get thicker," Carter says. "This can cause clogged pores that can lead to papules and pimples."

### ENLARGED PORES

Though pore size is genetically predetermined, pores can look as if they increase in size over time as skin loses elasticity and pores stretch. Skin may also lose its ability to clear away dead skin cells efficiently, leading to clogged pores. "In this case, it's not that the pore is actually bigger, it is just more visible because it is not as smooth as it should be," says Celia Lang, Palisades, New York-based spa manager and licensed esthetician for Weleda North America, a natural skin care company.

## The Solutions

Though time will continue marching on, there are ways to help ourselves age gracefully.

### DEEP CLEANSER

Clearing blocked pores is important for maintaining radiant skin and ensuring the skin is ready for optimal moisture absorption. However, it is crucial to be more gentle with mature skin than with younger skin. Strong cleansers, abrasive scrubs, and extractions should be

avoided. A professional skin care practitioner will guide you through the best treatments and products for achieving the deep cleanse appropriate for your skin.

### HYDRATE, HYDRATE, HYDRATE

"Hydration masks are a key to long-term results when addressing aging skin complaints," Lang says. "If you are not properly hydrated, then you can't expect skin cells to normalize or respond to a problem." Following a moisturizing cleanse, your skin care professional may apply a hydrating mask on the skin for several minutes to allow the healing properties to fully penetrate the epidermis. It's especially important to use a moisturizing day cream that contains sun block to prevent further sun damage and dryness.

### MASSAGE/TISSUE STIMULATION

"The massage, often thought as a luxury during masking, is actually an important step," Lang says. "Through massage, the esthetician is warming the blood circulation and gently stimulating the lymph to encourage the body's natural ability to normalize the cycle of skin cell rejuvenation."

### COLLAGEN ENHANCERS

Your esthetician can provide serums and treatments to enhance collagen and elastin for younger looking skin. Some collagen-enhancing formulas, like Retin-A or Strivectin, can also be helpful for wrinkles. Products containing known antiaging ingredients, like Ester-C, green tea extract, or alpha hydroxy acid, are solid additions to a moisturizing regimen.

Aging is inevitable. But partnering with an esthetician and staying educated, you are better equipped to make the processes as painless as possible.



Quality sunscreen is a critical part of any anti-aging regimen, no matter your age.

# Stay Hydrated

Jennie Hastings Stancu

Has your therapist told you about the importance of drinking water? After all, our bodies are composed of approximately 60 percent water, and all of our bodily functions are sustained by water. Dehydration is one of the most common detriments to our health, and one of the easiest problems to fix. Make staying hydrated simple and seamlessly interwoven throughout your day.

**START EACH DAY OFF RIGHT:** Start your morning with a tall, room-temperature glass of water with lemon squeezed into it, before you start taking any tea, coffee, or food. Front-loading hydration is helpful to the body. And be luxurious with your water--for a special treat, add mint, cucumber, or lemon.

**HALF YOUR WEIGHT:** It is difficult to know how much water is enough. One rule of thumb is to take half your body weight in pounds, and drink that many ounces of water per day. So if you weigh 150 pounds, this would equal 75 ounces of water. If you are working hard, or you

live in a particularly dry climate, you might need to drink even more than this.

**WHAT ABOUT BPA?:** You've probably seen the phrase "BPA free" on water bottles. BPA stands for bisphenol A, which is a chemical found in polycarbonate plastics and epoxy resins.

According to MayoClinic.org, some research has shown BPA can seep from a container into foods and beverages, and this is concerning because of possible health effects BPA has on the brain and behavior. Look for non-plastic bottles, or look for the "BPA free" logo.

**OTHER DRINKS:** Drinking herbal tea is a good way to stay hydrated. You can also augment your hydration with electrolyte-fortified water or sports drinks. However, be aware that a lot of these drinks have incredibly high levels of sugar in them. Hydration isn't a healthy habit if you drink a day's worth of sugar in every glass. So check the label before you buy.

Jennie Hastings Stancu is a licensed massage therapist and author.



Stay hydrated to keep your body performing optimally

# Sleep and Your Skin

Shelley Burns

We have all encountered a sleepless night or two. Upon waking, we look in the mirror and are traumatized by what we see: puffy eyes, dark circles, droopy eyelids, and sallow skin. Poor sleep for a prolonged time is a recipe for disaster.

There are three hormones affected when we don't get adequate amounts of sleep. These are cortisol, growth hormone, and melatonin, and they all have a direct effect on how our skin ages.

- Cortisol is our stress response hormone. When we are not sleeping well, we're like a battery that does not have the chance to recharge. Our body identifies this as a stressful situation and starts producing cortisol. Like a jolt of caffeine, this spike in cortisol keeps us moving, but at a cost. Elevated cortisol levels break down collagen, resulting in less skin elasticity.

- Growth hormone is responsible for building muscle, bone, and tissue--including skin. It is one of our antiaging hormones that replenishes as we sleep, rehydrating the skin and allowing for cellular repair.

- Melatonin is our sleep hormone, and it also plays a role in the immune system. It is a significant contributor to the functional and physical integrity of our skin.

Without quality sleep, growth hormone and melatonin are not produced in sufficient quantities, while cortisol is overproduced. The result is overall poor skin condition, including dryness, dullness, fine lines, and wrinkles.

Even how you position your face on your pillow affects your skin. Sleeping on your back will avoid the risk of "sleep lines."

While there are some over-the-counter supplements to remedy sleeplessness, it's far better to eat well, exercise regularly, and develop healthy sleep habits to let the body regulate its hormones in a natural way.

So, get your beauty sleep--at least seven uninterrupted hours every night--to achieve radiant and healthier-looking skin.

Shelley Burns, a doctor of naturopathic medicine, completed studies at the Canadian College of Naturopathic Medicine, and has certification in complementary and integrative medicine from Harvard University.

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I'd love to say Happy Fall right now but I am saddened and perplexed today and thinking of all those families affected by the shooting in Las Vegas. Praying for all those victims and their families.

The cooler weather has begun. Be sure to hydrate, hydrate, hydrate, both inside and out.

October Specials:

Apple Orchard Facial \$99

Love the smell of fresh picked apples? Then you will love this facial! It's everything fall and the apple enzyme will exfoliate those dead skin cells on the surface of the skin to allow the vanilla clove mask to sooth and hydrate. As the season begins to change, take charge of your skin and at the same time smell the aroma of warm apple pie.

Plant Stem Cell Glycolic Peel Series

Buy 5, Get 2 FREE \$425

This great value drops the price by \$25 per peel.

~~Transform your skin enabling a quick and direct penetration~~ of plant stem cells, leaving a smoother youthful appearance. This series of peels stimulates collagen production plumping and melting away fine lines, wrinkles and surface unevenness. Look great before the holidays! Not for sensitive skin. This series of 7 peels should be done once every one to two weeks.

(Specials cannot be combined with any other offer or coupon with the exception of a referral discount card.)

To take advantage of a special, please mention it at your next appointment. In some cases, online scheduling may not show discounted special price but it will apply when you check out at your appointment.

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