

The Art of Aging

Gracefully



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How our Skin Ages

In young healthy skin, the cell regeneration process takes about 28 days. During this time, new cells are generated deep in the epidermis (skin's top layer), and will migrate upward towards the skin's surface. Twelve days following the arrival of new cells to the skin's surface, the old cells flake off. Contrary to our youth, as we age, cell renewal slows down. New cells aren't produced as rapidly and the older cells do not flake off as quickly.

In addition to the reduction of cell regeneration, those over 40 must also address the breakdown of collagen (a mesh of protein which along with elastin keeps our skin plumped and supple). When collagen is lost, and is not replaced at a youthful rate, the outer skin loses volume allowing the skin to settle creating lines and wrinkles.

Another contributing factor to the aging of our skin is unstable oxygen molecules known as free radicals. They attack the body via pollution, stress, cigarette smoke and our skin's number one offender - the sun. Over time, free radicals wreck havoc on our skin causing photo damage, premature aging, discoloration and skin cancer.

The remainder of this issue contains several tips you can do at home, as well as a list of products which work to maintain our skin's youthful appearance.

For a customized skin care program, please call me to schedule an appointment at (916) 734-2347.

Fighting wrinkles

Retinol is a derivative of vitamin A. Retinol helps "unglue" dead skin cells, accelerating their removal and stimulating new growth. Its ability to improve mottled pigmentation, fine lines and wrinkles, skin texture, and skin tone and color has been well documented. It was originally prescribed for acne. Retinols come in different strengths, starting with a lower strength and working your way up will give your skin time to adjust, resulting in less side effects.

Alpha Hydroxy Acid or AHA is an exfoliant that attracts moisture to the skin. This can renew your skin with fewer side effects than retinols, like peeling and redness. I like to combine these products with other things for maximum results.

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(Fighting Wrinkles cont...)

AHAs consist of these five acid types:

Listed strongest to weakest.

- *Glycolic acid, from sugarcane
- *Lactic acid, from milk
- *Malic acid, from apples and pears
- *Citric acid, from lemons and oranges
- *Tartaric acid, from grapes

Peptides are molecules that contain a high content of hydroxyproline, the building block of collagen. Researchers believe they function as messengers in the skin, repairing broken collagen and elastin connections between the dermis and the epidermis. Look for algae and copper peptides, both have been well studied.

Vitamin C belongs to an important group of antioxidants which fight free radicals that age the skin. Studies have shown topical C can help improve sun protection, repair sun damage, reduce fine lines, stimulate collagen building and potentially reduce discoloration of the skin. It also reduces inflammation and decreases transepidermal water loss. **Vitamin E** is also very effective when combined with C.

Easy Tips to Keep Your Skin Looking Youthful

Cover up

Avoid the sun as much as possible. Stay in the shade between 10 AM and 2 PM, when UV rays are strongest. Apply sunscreen every morning before you get dressed and be sure to get all areas that will be exposed to the sun. Enjoy the sunlight because it does improve our moods, and supplies our bodies with vitamin D, **but** tanning and baking is not healthy for your skin.

Get your beauty sleep Skin cells regenerate while you sleep. Prolonged sleep deprivation can lead to dry, dull, old-looking skin. Anti-aging creams work better at night while you sleep. Don't forget to moisturize your hands and feet with a rich, hydrating cream and a pair of cotton gloves and socks.

De-Stress I know that's not always easy, but stress both internal and external causes havoc to our skin and bodies. Find ways to relax and put things in perspective. Be happy, scientists know that positive people are happier. People that smile a lot are perceived as more youthful and appealing.

More H2O We've all heard drink more water, but it's true. When the skin is adequately hydrated, it looks healthier and more vibrant



Our Facial Plastics Team at the Sac. Mag. Event, Women in Business. From left to right- Barbara Taylor R.N., Karrin Sawyer, Erin Hubbard, Linsey Jordan, Jill Haynes (aesthetician)

and makes wrinkles less visible. Find new and exciting ways to make water more fun and get more age-fighting antioxidants. I add green powder to my water like, Greens To Go, found at Costco or www.greenstogo.com.

Eat your veggies, just like your mom always said. The more colorful your diet, the more antioxidants you get. Think of food like medicine. These colorful whole foods reduce overall cellular damage and prevent the hardening of the arteries that can lead to heart disease, stroke, even memory loss.

Every hue-green, yellow, orange, red, purple, and even white signifies a different class of nutrients. Research indicates that antioxidants can work together like a team, each boosting the other's effects. Plan your meals. Include fruits & vegetables in every meal.

Feature Section:

"New" Green Peel -

The Herbal Green-Peel is a medically developed skin rejuvenation peel. It contains only pure natural plant ingredients. It increases blood circulation of the skin and causes the upper layers of the skin to peel off. Repairs sagging facial contours, wrinkled and sun-damaged skin, acne scarring, oily skin and enlarged pores. Cost: \$250



The following is the diary of a 28 year old female patient who is one of our first patients to have the green peel. Patient's main concern was acne scarring.

Wednesday 10/17/07

Had green peel today. Instructed to do the following: Do not wear makeup. Do not wash face for 24 hours. Face very sensitive to touch.

Thursday 10/18/07

In the morning, I washed my face and put on make-up. Face still very sensitive. In the evening, my face started to peel. Washed my face with cleanser. Face still sensitive. In the evening, my face started to peel. Washed my face with cleanser.

Friday 10/19/07

In the morning, face continued to peel but mild. I put on makeup. In the evening, there was no more sensitivity. I washed my face as normal.

Saturday 10/20/07

In the morning, no more peeling. Experienced little discomfort but no downtime. My skin has a softer appearance and the texture has improved. I am happy with the results and have already scheduled my next Green Peel.

December 2007 Specials

Obagi Nu-Derm Condition and Enhance System



The package contains:
Foaming Gel 2.0 fl oz
Toner 2.0 fl oz
Clear 2.0 oz (Rx only)
Exfoderm 1.0 oz
Blender 1.0 oz (Rx only)
Healthy Skin Protection SPF 35 1.0 fl oz
Regular Price: \$175
Special Price: \$99

Color Science Sunscreen SPF 30

Regular Price: \$50
Special Price: \$40



Elastiderm Eye Cream

Regular Price: \$85
Special Price: \$70



Limited Time Holiday Offer from glo Minerals Makeup

gloInspiration Glam Kit

Express yourself with classic glo shades along with 3 new, distinctive gloEye shadow trios. This has everything you need for exhilarating looks with high style. Inside the lavish, leather like cosmetic travel case is:

- gloBrozer face and body powder
- gloShimmer brick gleam
- gloBlush in Hibiscus, Innocent, and Lilac silk
- gloCream eye liner in eggplant and espresso
- gloConcealer-under eye in natural light and golden dark
- gloGloss in plumglaze, lilac luster, nude, and coconut
- gloEye shadow trios in amazon, sahara, and mojave.

Valued at over \$200

Holiday Price: \$70



VitaMedica Anti-Aging Formula

Natural vitamins A and E to support skin health.

The full B-complex to support healthy hair, skin and nails.

Flax Seed Oil, an excellent source of Omega-3s, for skin

lubrication and moisturization

Vitamin C plus potent antioxidants to neutralize free-radicals.

Regular Price: \$66

Special Price: \$55



Clarasonic M.D. Facial Brush

Regular Price: \$195

Special Price: \$185



* special pricing expires Jan. 4, 2008