

The Art of Aging

Gracefully



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by: Jill Haynes, Aesthetician

Hi Everyone

I'm so excited to share with you new information, products and beauty tips that can diminish signs of aging and give you more confidence about your appearance. Here at UC Davis Medical Center, we are passionate about our patients and strive to stay up with the growing industry of aging gracefully and wellness. I'm convinced the two go hand-in-hand. In this newsletter, I'm going to address a few common areas that I frequently get asked about; chest and eyes. We look forward to seeing you and helping you look and feel your best. I hope these tips will be helpful to you. If there is a topic you are interested in, please let us know.

Jill Haynes

Eye Issues:

"People say I look tired. How do I get rid of dark circles and puffy eyes without doing surgery?"

Dark circles are deep shadows below the eyes. They can mask the energy and vitality you feel with a haggard and tired look. Dark circles may be accompanied by swelling commonly referred to as "bags under the eyes." Dark circles may be caused by stressful or shortened sleep or a deficiency of some nutrient like vitamin K. It can also be an inherited trait. The skin under your eyes may be very thin. When blood passes through the veins close to the surface of the skin, it can produce a bluish tint. Another reason can be prominent cheekbones and deep-set-eyes. These hollow contours give the illusion of darkened skin under the eyes even though they are really not present. Pigmentation can occur with age, hormonal changes and allergies which can cause the eyes to appear darker. When choosing an eye treatment, it's important to know the cause of the problem.

Here are a few of our favorite products for the eyes:

*Elastiderm Eye Cream and Eye Gel (\$85) helps skin around the eyes replenish elastin and build collagen.

*Ultra Firming Eye Anti-Puff Lotion (\$45) is used to firm and tighten the eye area. It minimizes dark circles, reduces eye puffiness and firms and smoothes eye contour.

*Glo Professional Under Eye Concealer (\$30) has advanced treatment ingredients to help improve dark circles and hyperpigmentation.

(Concealing with makeup, if not applied correctly, can amplify your problem)

Is your black mascara flaking off throughout the day and settling under your eyes?

*Kiss Me Mascara by Bline (\$25) has been clinically tested to be non-irritating making it ideal for sensitive eyes and contact lens wearers. It forms tiny water-resistant "tubes" around lashes rather than painting them on like conventional mascaras.

**(All Prices do not include tax)*

Healthy Beauty Tips For Your Eyes:

* Get at least 7-8 hours of sleep and sleep with your head slightly elevated to work against gravity; which causes fluids to collect in your lower eyelids.

*When applying creams or concealers, use the ring finger as it exerts less pressure or a camouflage brush.

*Place cool cucumbers or moist cool tea bags on your eyes when they feel tired from working with the computer. Cotton pads dipped in cold milk and placed on the eyes for 10 minutes will help to relax the eyes as well.

*Taking in a diet rich in vitamins and minerals, particularly vitamin K, is helpful in reducing dark circles. Too much salt and not enough water intake can cause fluid under the eyes.

*Wear sunglasses that provide sufficient protection to your eyes and the surrounding area.

*Limit your intake of caffeine and alcohol.

*Change your mascara every 3-6 months. Your mascara may be giving you the appearance of dark circles. Choose our Blinc Kiss Me Mascara which tubes the lashes and doesn't use oil-based ingredients that will run when exposed to moisture.



Feature Section: New Laser Treatment

Barbara Taylor, a registered nurse since 1977, is a clinic nurse and certified laser technologist. She currently performs laser hair removal, IPL Photofacial, and Iriderm laser treatments. She will soon be performing a new laser treatment, Fractional Skin Resurfacing.

The StarLux Fractional Skin Resurfacing System delivers light in a array of narrow, focused "microbeams", to create columns of heat within the skin. The heated tissue within the columns initiates a natural healing process that forms new, healthy tissue. This results in fresher, more youthful looking skin.

Treatments can be applied to most areas of the body including face, chest, arms, and hands. In addition to skin resurfacing, it can be used for such treatments as photofacials, for the treatment of sunspots, rosacea, and spider veins, Fractional skin tightening through soft tissue coagulation, and more. A series of treatments may be required to achieve the desired results and downtime may vary. Please call our office to make a consultation with Barbara to see if this new laser is right for you.

Chest Damage:

“My skin on my chest looks much older than my face; can I use my facial products on this area?”

The skin on your chest and neck, also known as the *décolletage*, is particularly vulnerable to visible aging, since it tends to be thinner, less moisturized, and often overlooked in the sun protection regimen. It also seems to be more sensitive than our faces. This is always surprising to my patients, but it's due to different blood supply and no sebaceous glands. Patients will have remarkable improvement on their faces by using products such as Retin-A, glycolic, hydroquinone and Vitamin C, but for most people these products will be too strong for the sensitive *décolletage* area. I've seen many patients use their facial products in this area and develop red bumps, hives and lots of irritation. It can be frustrating to have our chest area look so aged and damaged, especially when we want to wear anything low cut and sexy.

We are excited about a new system designed especially for the delicate neck and chest area. It is called the Elastiderm *Décolletage* System. This is how it works:

The Elastiderm *Décolletage* System is a new skincare system designed to reduce hyperpigmentation (discoloration), age spots and the appearance of fine lines and wrinkles on your delicate chest and neck area. The system consists of 2 patent-pending technologies using Penetrating Therapeutics that are clinically proven to help restore healthy skin. The system consists of a skin lightening complex formulated with 4% hydroquinone, which is a treatment known for reducing discoloration and age spots on the skin. A Wrinkle Reducing Lotion is also included in the system containing a unique bi-mineral complex to help replenish elasticity and build collagen for increased skin strength and malonic acid to help stimulate the production of healthy skin cells. Using the Skin Lightening Complex and the Wrinkle Reducing Lotion together has been clinically proven to diminish the signs of aging, help revitalize vulnerable skin and contribute to more flawless, youthful-looking skin. After using the two products for 2 weeks, .025% Retin-A can also be added for even better results.

Elastiderm *Décolletage* System using Retin A .025%

Before



After



Before



After



photo courtesy of Elastiderm

Spring Specials

(expires June 27, 2008)



Elastiderm Décolletage System:

Regular Price: \$198

Special Price: \$179

Obagi Elastiderm Eye Cream & Eye Gel:



Regular Price: \$85

Special Price: \$75

Ultra Firming Eye Anti-Puff Lotion:

Regular Price: \$45

Special Price: \$35

