

# The Art of Aging

# Gracefully



Volume I, Issue II

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## Winter Skin Care

Winter season can be extremely hard on our skin due to winds and cold temperatures outside as well as drying-low humidity resulting from heating inside. When you are outside, the cold temperatures result in poor blood circulation. As a result, your skin does not get enough nutrients and oxygen. The normal, healthy regenerative process in your skin slows down. When you are inside, your skin is losing its moisture due to the dry environment created by indoor heating. As a result, it feels tight, dry, chapped and can start flaking. When you shift between the cold outside and the warm, dry inside environment the difference in temperatures is stressful to your skin. It cannot balance itself quickly enough. This results in loss of hydration, irritation, widened capillaries and redness.

### TAKE A LOOK AT YOUR SKIN CARE REGIMEN

While your favorite cleanser has worked great in the past, you might need to use a gentler one for the winter months. **Vital C Hydrating Cleanser** or **Ormedic Organic Cleanser** are both extremely gentle cleansers. When cleansing skin, be sure to massage your face in circular motions. This gets blood flow circulating, helping skin to stay healthy looking. My favorite way to get your face clean is using the **Clarisonic Facial Brush**. This amazing brush is super gentle and gives you a great massage and cleans your skin 6 times more efficiently than using just your hands. This allows your moisturizers and serums to penetrate more effectively.

### HOLD MOISTURE IN WITH LIPID DROPS

The outer most layer of the skin's protective barrier gets compromised during winter months. This silky serum is remarkably effective at smoothing and firming the skin's appearance.

**Lipid drops** is clinically proven to increase skin smoothness. This rapid moisture replacement serum replenishes the skin's moisture barrier with essential ceramides and sphingolipids necessary for optimal skin hydration. Use as a pre-moisturizer. Remember serums go before creams.

### HYDRATE FROM THE INSIDE OUT

Keep hydrated! Your skin's health is a direct indicator of your internal health. Try drinking 8-9 glasses of purified water daily and avoid caffeinated drinks. Drink decaffeinated green tea instead and get your antioxidants. Be sure to eat lots of water filled fruits and veggies which will also supply much needed vitamins and nutrients to your skin.

## GO HEAVIER ON MOISTURIZERS

Moisturizers are mostly based on 3 types of ingredients: humectants, emollients and occlusive. Humectants, such as hyaluronic acid keep our skin moisturized by attracting water to its surface. Humectants help to attract moisture from the environment as well as from the dermis to the epidermis. Emollients like petroleum or shea butter soften, soothe the skin, increase its ability to retain moisture and create a protective layer on the skin to prevent it from dehydration. Occlusive ingredients in moisturizers provide protective layer on the skins surface to prevent it from losing moisture. Humectant-based products are usually recommended for oily and combination skin types while emollient-based and occlusive-based ones for normal and dry types. Dry skin will love **Enriched Moisture Crème - Antioxidant Peptide Replenisher**. Antioxidants, Vitamin E, and replenishing Algae Peptides combine to promote healthy, hydrated skin in this luxuriously textured cream that intensely moisturizes and rejuvenates the appearance of facial skin.

Key Ingredients:

- \* **Algae Peptides:** Hawaiian Red Sea Extract, super hydrates the skin and helps re-build collagen within the dermis.
- \* **Squalene:** Natural moisture source found in human sebum and a variety of other ingredients such as olive leaf extract, and wheat germ oil and known for its natural healing qualities.
- \* **Wheat Germ Oil:** Used in its organic state as the richest and purest form of Vitamin E, offering protection against environmental Free Radicals.
- \* **Glycerin:** Humectant and emollient, works by absorbing moisture from the air, therefore helping skin retain moisture.

## SUN PROTECTION IN THE WINTER

In winter, the sun's reflective powers on the snow can be higher than the sand on the beach in the summer. Use sun protection to prevent UV damage and photo damage. Even on a cloudy day, sun protection is needed. We carry several different types of sun protection, some light and oil-free and others are rich and moisturizing. It's best to just get in the habit of putting it on everyday. One of my favorites is the **Optimal Tinted Sun Protection** with an SPF 30. It's light, moisturizing, and gives your skin a healthy glow. Another favorite is the **ColoreScience Powder Sun Protection**. It's convenient and easy to apply when you're out and about and you realize you need protection. It will fit in your pocket. Great for golf, skiing, or anytime.

## HOT BUBBLE BATHS AND SHOWERS

It is not recommended to have prolonged hot showers or long hot baths in the winter. The fact is the hot water will affect our moisture level of the skin and take away the protecting lipid and fat layers and contribute to skin's dehydration. When you shower, make sure the water is not too hot and use soaps that contain oils and emollients. If you are a big fan of bubble baths as a way to escape the winter blues, make sure to add moisturizing oils to the bath and apply product afterward. Try virgin coconut oil or almond oil. Apply product when skin is slightly damp. For best effect, pat skin dry instead of rubbing with your towel before application. Moisturizer is the key to soft, supple skin in the winter.

*Extra tip- Try using a natural body brush while your skin is dry before entering the shower. This is wonderful for your lymphatic system and your circulation.*

## CHAPPED LIPS AND DRY HANDS

Usually lips and hands suffer most during the winter season. Lips get sore and chapped while hands get dry and flaky. For your lips, choose a thicker moisturizer with shea butter, jojoba butter, or avocado oil and apply it every time before going outside as well as before going to bed.

One of my favorites is our **Balancing Lip Enhancement Complex**. It incorporates polypeptides to increase collagen levels and avocado oil as well as other wonderful botanicals.

Take special care of your hands since skin on the hands is thinner than on the rest of the body. In addition, hands are often exposed to stressful or stripping factors like soaps, winds, water etc. It is a known fact that hands are among the first to show signs of aging. A great treatment for hands that you can do yourself at home is to slather on the richest cream you have (Vaseline will even work in a pinch); put on thin cotton gloves and wear them to bed. This works for your feet as well with little cotton socks. You will awaken with younger looking hands. Also, wear gloves when you are outside. This will protect your hands from the extreme cold.

**Humidify** - Home and office environments get very dry due to heating. Increase the humidity level by using a humidifier.

**Stay Active** - Do not give in to winter blues. Do your daily fitness routine. This will keep you fit and will stimulate blood circulation in your whole body and your skin.

**Vitamins and Antioxidants** - Help your skin regain its energy and strength in winter by taking an antioxidant supplement. Most important antioxidants for the skin are vitamins A, B, C, E, Zinc, Magnesium, Essential Fatty Acids (Fish oil, flaxseed) commonly called omega 3 & Omega 6 acids. A new supplement called Hyaluronic Acid is helpful for individuals that have lost a lot of moisture and youthfulness to their face. We carry state-of-the-art supplements by Vita Medica that come in convenient daily packs.

**Get Sharp About Shaving** - Shaving can leave your skin extra irritated, especially when it's already dry. So get sharp about shaving by:

- Use a lubricant when you shave, such as shaving cream.
- Change the blades in your shaver often.
- Shave in the direction that hair grows.

If you suffer from ingrown hairs, the **Clarisonic Facial Brush** can help you tremendously. It can be used on the face or body. Seen on "Oprah's favorite things" on her popular holiday special.



## SPRITZ YOUR FACE WITH FACIAL WATER

Our **Vita C Peptide Spray** supplies your skin with Antioxidant Vitamin C and moisture-trapping peptides from the Hawaiian sea. Another favorite is **glominerals hydration mist**. This facial spritzer contains chamomile, burdock, myrrh, hyaluronic acid, and shea butter. Continued use of these products increase skin moisture levels and decreases skin roughness. Try keeping facial water on your desk at work. Spritz your face and feel refreshed and more hydrated. You can also apply over makeup to "set makeup". Can be used before moisturizer, during sports to refresh the skin, or anytime you need a pick-me-up.

## EXFOLIATING IS A MUST

Exfoliating is the most important thing you can do for your skin during the winter. By stimulating blood flow and sloughing off dead cells, you will keep your skin healthy and happy. They need to be sloughed off every two to three days to prevent them from building up and causing dryness. Be sure to use a gentle product like **Papaya Mint Daily Enzyme Scrub**. This invigorating daily enzyme scrub is loaded with antioxidant green tea extract and papaya enzymes to dissolve skin debris, leaving skin feeling vibrant and smooth. Exfoliating jojoba beads gently polish away dull, uneven skin and encourage new, healthier skin to emerge.

## FEATURE SECTION

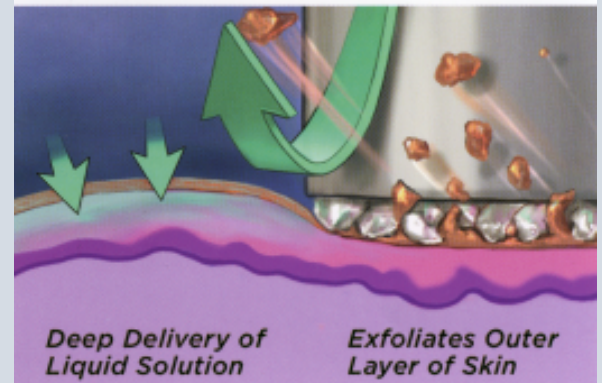
### Silk Peel Dermal Infusion

Due to patient response, the Silk Peel Dermal Infusion is in our Facial Plastic Surgery Department. We “test-drove” the system and had 100% positive feedback from everyone who had a treatment. Our patients asked, we listened and we delivered.

#### What is a Silk Peel and what does it do?

Silk Peel is a dynamic skin treatment which simultaneously provides both exfoliation and delivery of treatment specific topical solutions. Silk Peel is a type of microdermabrasion- **without** the drying effect of the traditional aluminum-based crystals - and **with** the hydrating effect of liquid solution delivery.

- \* Exfoliates your skin gently with a diamond tip (No aluminum crystals)
- \* Infuses your skin immediately with medical grade topical treatments
- \* Hydrates dry skin with a Hyaluronic solution
- \* Brightens and blends pigmentation with skin lightening solutions
- \* Improves acne with a solution containing Salicylic acid



*“Silk peel states it perfectly; my skin feels like silk. I have very dry skin that cannot withstand the harshness of crystal-based microdermabrasion. Immediately after a Silk Peel treatment, my skin feels hydrated and refreshed.” Hilda M*

# Winter '08 Specials

## LIPID DROPS- RAPID MOISTURE REPLACEMENT



Clinically proven to increase skin smoothness! This rapid moisture replacement serum replenishes the skin's moisture barrier with essential ceramides and sphingolipids necessary for optimal skin hydration. Upon application, skin immediately feels baby-soft and smooth.

**Regular Price: \$35**  
**Special Price: \$30**

## PAPAYA MINT BODY POLISH

This invigorating daily enzyme scrub is loaded with antioxidant green tea extract and papaya enzymes to dissolve skin cell debris, leaving skin feeling vibrant and smooth. Exfoliating jojoba beads gently polish away dull, uneven skin and encourage new, healthier skin cells to emerge. Regular use also helps clear acne and impurities from the skin.

**Regular Price: \$30**  
**Special Price: \$25**

## ENRICHED MOISTURE CREME

Antioxidants Vitamin E and Replenishing Algae Peptides combine to promote healthy, hydrated skin in this luxuriously textured cream that intensely moisturizes dry facial skin and boosts collagen production.

**Regular Price: \$30**  
**Special Price: \$25**



## VITAL-C HYDRATING FACIAL CLEANSER

A creamy, hydrating cleanser that removes all makeup and impurities. Treats environmentally damaged skin, giving it a renewed, nourished and silky smooth feel. Ideal for rosacea-prone skin, smokers, travelers and all skin types needing more moisture.

**Regular Price: \$25**  
**Special Price: \$20**



## ORMEDIC BALANCING FACIAL CLEANSER

An organic blended balancing gel cleanser that lifts away makeup and impurities. Balances the PH of your skin and eliminates the need for a toner. A harmonizing blend of organic chamomile, green tea and rich mango pulp deliver essential nutrients to restore the skin natural balance. Leaves skin soft, hydrated, and clean.

**Regular Price: \$24**  
**Special Price: \$20**



\*WINTER SPECIALS GOOD TILL MARCH 14, 2008

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