

Sexy skin at any age

SIX TIPS FOR HAVING BEAUTIFUL SKIN

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In my practice, it is an everyday occurrence to see women who want their skin to look better. Many of them surprisingly use only 'soap and water' as their basic skin care. Others have tried literally dozens of more advanced skin care products but are still looking for the next great product for skin care. Most of these women have experienced a certain amount of frustration in getting the skin they want. There seems to be so much information and advertising and frequently a certain amount of hype surrounding beauty products. Here are some of the suggestions I would make for women who are looking for the best looking skin they can achieve.

EXFOLIATE – As we age, the rate of skin cell production slows and we build up a thicker layer of dead skin cells. This, in turn, causes the skin to appear dull, losing the glow that is characteristic of more youthful skin. One can use a number of physician prescribed skin care regimens that include ingredients helpful in exfoliating. Removing the excessively thick layer of dead skin cells helps to create smoother skin and helps to restore the glow of the skin. Additionally, chemical peels, microdermabrasion and fractional resurfacing can further improve the texture of the skin.

Exfoliation also can improve skin tone and uneven pigmentation since a certain amount of excess pigmentation is found in the upper layers of the skin.

REDUCE SUN EXPOSURE – Living in the 'Sunshine State' exposes us to the effects of ultraviolet radiation. Sun exposure has been shown to damage the skin in a number of ways and sun exposure and its resultant damage is cumulative. The use of sunscreens and appropriate sun avoidance are important in reducing the aging effects of sun damage. Beyond this, skin care products strong in antioxidant capabilities can help to protect and repair the skin from the oxidative damage inflicted by the sun.

STOP SMOKING - If you think that carbon monoxide, cyanide and the hundreds of other toxic ingredients in cigarette smoke are good for your skin, then think again. In addition, the nicotine in cigarettes is a potent vasoconstrictor which reduces the flow of blood and therefore the delivery of oxygen and nutrients to the tissues of the skin.

HYDRATE YOUR SKIN – Remember that the body is primarily composed of water and the skin is no exception. Maintain adequate hydration and avoid too much consumption of significant 'dehydrators' such as coffee or alcohol. The use of moisturizers also helps to maintain skin hydration.

EAT FOR HEALTH – Most fruits and vegetables contain numerous antioxidants and phytochemicals essential for health. Find the health promoting foods you like and do your best to incorporate them into your diet. Reduce and eliminate the 'empty' calories to the best of your ability. Lastly, consider the use of dietary supplements to help fill in the gaps in the diet.

GET PROFESSIONAL HELP – Find a skin care specialist to evaluate your skin and offer suggestions that have been distilled by experience. There are a number of more involved treatments and high-tech equipment that can be used to further improve skin tone, color and clarity. In addition, there are a wide variety of skin fillers and collagen inducers available to patients with deeper lines and wrinkles.

The whole field of skin rejuvenation continues to change almost daily. There are a number of exciting products and technologies on the horizon. However, by following the advice above, you can create beautiful skin you can be proud of.

For more information, call Century Center for Aesthetic Medicine & Surgery at 954.384.9692

