

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

*Those who
bring sunshine
into the lives of
others, cannot
keep it from
themselves.*

-James M. Barrie



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.

discoloration or texture changes and can 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

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following a burn."

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 CLEANSE

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.

MESSAGE/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.

Lavender

An Essential Oil for Fundamental Health

Laurie Chance Smith

Lavender essential oil is a one-stop medicine chest, helping to reduce anxiety, fatigue, and stress and balance hormones, increase the immune response, lower blood pressure, and relieve pain. To utilize lavender's healing benefits at home, mix five to 10 drops of lavender essential oil in one ounce of jojoba oil or unscented lotion. (Essential oils shouldn't be applied directly to the skin; it's best to partner them with a carrier oil, liquid, or lotion.)

EARACHES

For earaches, dab one drop of lavender massage oil behind the ear and rub gently. Alternatively, place one drop of lavender oil on a cotton ball and carefully place inside the outer ear.

HEADACHES

Inhaling lavender is also effective for headache relief. Add a few drops to a bowl of warm water and breathe. Gently rub lavender massage lotion on the temples, forehead, and base of the neck.

COLDS

Lavender oil can also help break up coughs and clear sinuses. Colorado-based holistic aromatherapist Nicola McGill suggests the regular home-use of antiseptic essential oils such as lavender to help avoid colds and other infectious diseases. Add a few drops to a vaporizer to help clear colds and infuse the home with lavender's scent.

STRESS

At night, six to eight drops of lavender added to a warm bath helps melt away stress and relieve fatigue. Blend a footbath by adding three drops of lavender to a bowl of warm water, sink your feet in, and relax. For help inducing sleep, add two or three drops of lavender essential oil to the underside corner of your pillow.

TRANQUIL AROMA

A human takes 23,040 breaths a day, and each inhale floods the system with scent. Rely on lavender's tranquil aroma to clear the way toward peaceful days.



Lavender is loaded with wellness properties.

The Case for Chocolate

New Studies Show Health Benefits

It's not like we need a specific reason to eat chocolate, but it doesn't hurt that studies are finding increasing health benefits associated with the popular indulgence. While chocolate is high in sugar and saturated fat, it does contain chemical compounds with proven benefits, so enjoy--in moderation--and expect to reap some of these rewards.

Improved Heart Health

A study in the Archives of Internal Medicine found that women over 70 who ate chocolate at least once a week were 35 percent less likely to suffer from heart disease during the survey period. Researchers suspect that the flavonoids found in chocolate, which are known to reduce blood pressure, likely improve overall cardiovascular health.

Reduced Liver Strain

These same flavonoids in dark chocolate that help decrease blood pressure can also reduce post-meal abdominal blood pressure spikes that strain the liver by widening and relaxing blood cells. A Spanish study of patients with end-stage liver disease showed that dark chocolate helped reduce some of the risks associated with conditions like cirrhosis.

Safer Pregnancy

Dark chocolate has been shown to help pregnant women avoid preeclampsia--a significant complication where blood pressure spikes to dangerous levels--by nearly 40 percent when consumed five times a week. Dark chocolate is especially rich in theobromine, which relaxes muscles and dilates blood vessels. As an additional benefit, it also seems to

improve circulation in the placenta.

Increased Endurance

Research out of the University of California, San Diego, demonstrated that mice given epicatechin, a flavonoid found in dark chocolate, could run for 50 percent longer than those who only drank water. The mice also grew new capillaries and mitochondria in their muscles, changes that explain their enhanced endurance capacity. Unfortunately, perhaps, for chocolate lovers, is that researchers say just one-sixth of 1 ounce of chocolate each day is the ideal serving size to receive this benefit.

*Love of beauty is
Taste. The
creation of
beauty is Art.*

-Ralph Waldo Emerson

Happy New Year from Beutilash. First of all, thank you for being a valued client. I hope each and every one of you find the articles and information in this newsletter helpful and insightful. I would love your feedback and any suggestions you would like to see in future Newsletters.

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