

## 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 discoloration or texture changes and can

*Beauty is worse than wine, it intoxicates both the holder and beholder.*

-Immermann



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.

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 following a burn."

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#### Office Hours and Contact

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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.

# A Walking Workout

## Have Fun While Burning More Calories

Imagine the lone hiker, backpack laden with sleeping bag and bedroll, wielding a well-worn walking stick as she climbs the side of a snow-covered mountain. For centuries, trekkers have used walking sticks, partly as a defense against attacking wildlife, partly to aid in balance, and partly as support on long, arduous climbs. But in recent years, many hikers have replaced the single wooden walking stick with hiking poles.

Held in both hands and used to distribute weight more evenly through the four limbs, wilderness hikers have found poles invaluable for safety, efficiency, and comfort on long hikes. What wilderness hikers have known for some time now is that walking poles are a great way to relieve pressure on knees, ankles, and the back. They encourage better posture and provide a total body workout by engaging the upper body.

Now, hiking poles are showing up in urban areas as fitness walkers discover the benefits they provide. Nordic walking--similar in technique to cross-

country skiing--is a great way to get a whole body workout, increase oxygen consumption, and burn more calories than regular walking or even speed walking. This total body workout burns 40 percent more calories and consumes 25 percent more oxygen. Poles can be purchased at most outdoor sporting stores, along with rubber tips for use on paved paths.

### TECHNIQUE

Adjust your poles to approximately 70 percent of your height and loosely secure the straps around your wrists. Hold the poles at an angle behind you so they propel you forward with a slight bend at the elbow. Use an opposite hand-and-heel motion as you walk--right heel strikes as left pole tip contacts the ground. And you're on your way! Don't be shy with your poles. Remember: You're burning 40 percent more calories.

For more information, visit [www.walking.about.com/od/nordicwalking/index.htm](http://www.walking.about.com/od/nordicwalking/index.htm).



**Add walking poles, and burn more calories.**

# Exercise Myths

## Fiction Vs. Fact

Although old fitness fictions like "no pain, no gain" are fading fast, plenty of misconceptions still exist. Following are some of the most common myths, counteracted by the latest research.

**FICTION:** YOU WILL BURN MORE FAT IF YOU EXERCISE LONGER AT A LOWER INTENSITY.

**FACT:** The most important focus in exercise and weight control is how many calories are burned during the activity. The faster you walk, step or run, the more calories you use per minute. However, high-intensity exercise may be more difficult to sustain.

**FICTION:** IF YOU'RE NOT GOING TO WORK OUT HARD AND OFTEN, EXERCISE IS A WASTE OF TIME.

**FACT:** Any exercise is better than none. For example, regular walking or gardening for as little as an hour a week has been shown to reduce the risk of heart disease.

**FICTION:** IF YOU EXERCISE LONG AND HARD ENOUGH, YOU WILL ALWAYS GET THE RESULTS YOU WANT.

**FACT:** In reality, genetics plays an important role in how people respond to exercise. Your development of strength, speed, and endurance may be very different from that of other people you know.

**FICTION:** THE HEALTH AND FITNESS BENEFITS OF MIND-BODY EXERCISE LIKE T'AI CHI AND YOGA ARE QUESTIONABLE.

**FACT:** The benefits abound! T'ai Chi,

for example, has been shown to help treat low-back pain and fibromyalgia. Improved flexibility, strength, and stress management are just some of the benefits.

**FICTION:** HOME WORKOUTS ARE FINE, BUT GOING TO A GYM IS THE BEST WAY TO GET FIT.

**FACT:** Some people find it easier to stick to a home-based fitness program. In spite of all the hype on trendy exercise programs and facilities, the best program for you is the one you will participate in consistently.

This information was provided by IDEA, [www.ideafit.com](http://www.ideafit.com).

*Beauty is the  
first present  
nature gives to  
women and the  
first it takes  
away.*

-George B. MTrT

## REJUV Rx: A TOPICAL BOTOX IN A BOTTLE

E-Newsletter - From the desk of James E. Fulton MD, PhD -  
Product Formulator

Vivant Pharmaceuticals has brand new creation; a peptide based Rejuv Rx™. This incredibly powerful and effective serum has the capability to firm and lift the skin. This is a chain of amino acids Oligopeptides that promote skin healing and reduce wrinkle intensity. It also improves skin tone, texture, color and softness. It also boosts collagen production. It is formulated for all skin types. Rejuv Rx optimizes injection results of muscle relaxers like Botox® and has an anti-inflammatory effect. It is like aspirin for people with Rosacea.

For over 30 years, James E. Fulton MD., PhD., world renowned researcher, cosmetic surgeon and dermatologist, has been revolutionizing the medical and cosmetic skin care industry by developing many of today's standards in dermatological medicine and by his continued day to day efforts to always provide the best skin care products in the market.

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MEMBER

