



# Healthy Aging and Your Skin

## Trends and Treatments for Baby Boomers

With more than 70 million baby boomers in the United States poised to join the ranks of those aged 65 and older in coming years, this generation has embraced a new twist on aging gracefully. These individuals don't think of themselves as old, and in many respects, they are not, at least not in the same sense their parents were after they passed the 65-year mark.

### A State of Mind

In addition to wanting to remain vital and active, boomers are increasingly expressing a desire to look as young as they feel. Many boomers are turning to minimally invasive procedures to avoid the downtime and drastic changes in

One of the first indicators of overall health and how gracefully someone is aging is the condition of someone's skin. Take the backs of the hands, for example. The increasingly noticeable and enlarging veins and so-called age spots are some of the first telltale signs of aging.

### Vitality at Any Age

John Roseby, executive spa director at the famous Arizona-based spa, Canyon Ranch, says skin care, massage, and bodywork are part of their wellness philosophy.



Feeling fit and healthy--no matter what your age--contributes to a quality life.

appearance associated with plastic surgery. Almost miraculously, it's possible to look much younger than one's years, since modern health care is helping ward off life-shortening disease at a tremendous rate. The result is a growing population expected to live longer than any generation before and to look better doing it.

"Health and vitality at any age is one of our core messages and one we believe in passionately," he says. "Regular skin care programs allow vibrant health to shine from deep within."

Anne Williams, esthetician and director

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### Office Hours and Contact

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**Tuesday - Friday 5:00 p.m. - 9:00 p.m.**

**Saturday 7:00 a.m. - 12:00 a.m.**

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of education at Associated Bodywork and Massage Professionals, agrees and says a spa is an excellent place to treat the entire body. "Massage improves the appearance and condition of skin, and tones muscle tissue, thanks to improved local circulation."

With age and inactivity, circulation slows and skin becomes pale and cold. "Massage has a stimulating cellular function in the hypodermis, dermis, and epidermis," says Sharon Puszko, director of Day-Break Geriatric Massage Institute. "Touch nurtures, relaxes, and heals, as well as stimulates and activates."

Ultimately, Williams says, one of the greatest benefits of any type of skin care and bodywork treatment is the ability it gives you to reconnect. "You re-experience your body. When you're in your body, you own it in a different way. You care about it in a different way."

## Skin's Graceful Aging

Proper skin care can help ward off signs of aging. Here are some healthful skin care tips for caring for maturing skin.

### Protect Your Skin

The most important thing you can do for your skin, Williams says, is to consistently use sunscreen. Whether skiing the Colorado Rockies, swimming the Pacific Ocean, or just walking to your car for a lunch break, sunscreen should be a part of your daily routine, as sun damage is the number one cause of prematurely aged skin. Consider buying makeup or moisturizer with an SPF of 15 or higher to ensure constant protection. To protect you from the full range of ultraviolet rays, look for products containing at least one of these ingredients: avobenzone, titanium dioxide, or zinc oxide.

### Keep it Moist

Depending on where you live, you may not give much credence to moisturizer use, but experts say it is a critical piece of the puzzle for great skin. Avoid traditional grocery store finds in favor of a more targeted moisturizing product, preferably one recommended by your esthetician. If you spend money on anything, Williams says, spend it on a

good moisturizer. A gentle cleanser (no bar soap on the face, ever, she says) and an alcohol-free toner will round out a simple, yet effective skin care plan. In general, it's a good idea to stick with one product line since products are usually designed to work together.

### Don't Overdo It

In our zeal to clean our skin, we often overdo it. Just as you shouldn't exfoliate too often (no more than once a week), you should also avoid overscrubbing your face, even with just water and a washcloth. Your skin is fragile; treat it as such. It pays to leave the serious exfoliation to an expert esthetician and go gently on your skin at home.

### Watch What You Eat

The healthier you eat, the better your skin will look. This means natural, unprocessed foods with high antioxidant and vitamin contents (in other words, fruits and vegetables). Strive to replace processed breads and cereals with whole-grain alternatives that contain fiber. Eliminate or go easy on caffeine and sugar. Many believe drinking plenty of water will keep your skin hydrated and healthy.

## Talk to the Experts

Williams says working with a skin care professional will help establish a good base of knowledge about how to care for your skin. Having an expert who knows you and your history will help address changes going forward. For example, if you change climates, your skin's needs will change as well. The same is true with the seasons.

The seasons of your life will bring yet more changes to your skin care needs. Talking to an expert will help guide you through those changes and give you proactive self-care steps. Growing older doesn't have to mean growing old.



An esthetician can help you determine noninvasive ways to maintain a healthy complexion.

# A Peek Into Peels

Chemical peels have become increasingly popular over the past few years. Once a strictly medical procedure, peels entered the beauty industry in the 1980s as a way to rejuvenate aging skin, smooth lines, even out skin tone, fade dark spots, minimize enlarged pores, improve acne, and generally promote healthier skin.

Technically speaking, the peels offered in spas and salons across the country aren't really peels, but are a kind of resurfacing that many refer to as chemical exfoliation. Deeper peels are considered medical procedures because of how deeply they penetrate skin and are done by medical care providers. These peels use much more potent chemicals and are substantially more expensive, costing several hundred dollars.

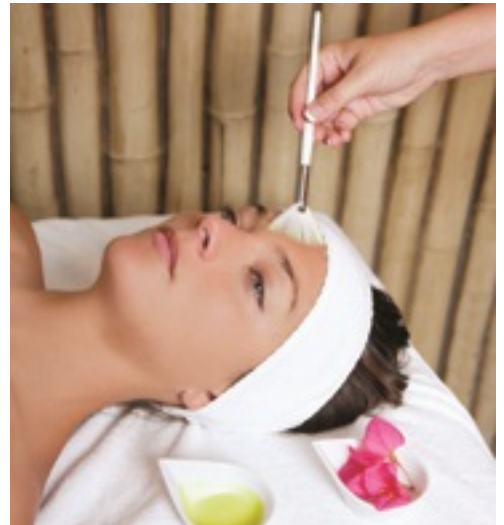
Chemical exfoliation, a treatment you can receive from your esthetician, involves applying one or more acids to

facial skin to remove the outermost layer. In general, chemical exfoliation involves the use of alpha hydroxy acids, which are naturally found in foods. The most common are glycolic acid that is derived from sugar cane, and lactic acid from sour milk. These acids have a long track record of treating dry skin and hyperpigmentation, and of reversing the effects of aging. Another frequently used substance is salicylic acid. Derived from the bark of the willow tree, it is an oil-grabber that helps unclog pores.

After a chemical exfoliation, you must take good care of your skin or risk developing dark patches. Skin will be especially sensitive to sunburn for about a week after the peel, so sunscreen is a must, even on cloudy days. Other potential side effects include flaking or scabbing.

Not everyone is a good candidate for chemical exfoliation. Dark-skinned and olive-toned individuals are at greater

risk for scarring. Some medications and medical conditions, like pregnancy or autoimmune disorders, may preclude you from this treatment.



**Chemical peels help to promote healthier skin.**

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# The Sunshine Vitamin

*Shelley Burns*

In the world of skin health, we focus on ways to improve skin quality. We work to prevent acne, cellular damage, dryness, and wrinkles. It is less common to discuss how a skin-care strategy may increase risk of developing other health conditions.

Skin cancer is one example. To prevent skin cancer, we protect ourselves with sunscreen--especially during the summer months. But by using sunscreen we are blocking the absorption of vitamin D, the "sunshine" vitamin.

Vitamin D is fat soluble and contains powerful antioxidant and anticarcinogenic properties that can prevent premature aging and cellular damage. Solid research indicates that

vitamin D plays a role in reducing the risk of cancer, specifically breast, colon, and prostate cancers. Vitamin D has been associated with preventing diabetes by reducing insulin sensitivity. It also improves heart health, reduces the risk of multiple sclerosis, strengthens bones, and decreases the effects of seasonal affective disorder.

Vitamin D can help resolve skin conditions like psoriasis, as it plays a role in skin cell regulation, including cell turnover and growth. Vitamin D can be effective in reducing the itching and flaking associated with this disorder. Ultraviolet B (UVB) treatments have long been used successfully in treating psoriasis because UVB produces vitamin D in the body.

Getting between 5-10 minutes of direct sun exposure daily on the arms, face, hands, and back (without sunscreen) can provide enough vitamin D to meet your daily requirements, though sun exposure does present a risk. Because it is difficult to obtain enough vitamin D through food, many prefer to use supplements. Research on the health benefits of ingesting vitamin D led experts to advise an intake of 25-50 micrograms daily.

*Shelley Burns is a doctor of naturopathic medicine and completed studies at the Canadian College of Naturopathic Medicine. She has certification in complementary and integrative medicine from Harvard University.*

Now is the time to develop a healthy skin care regimen. Keep our skin glowing, youthful looking and flawless for every Season with a regular facial treatment (every 4 - 6 weeks) and a healthy skin care regimen at home using the #1 Professional Skin Care Line, Demalogica.

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