HEALTHY SKIN

FOR ALL DECADES

optimal you

Our Skin Story...

Our largest organ, an indicator of good health and how we feel about our overall appearance can all be attributed to our skin. Glowing healthy skin radiates confidence and having a routine to care for skin is crucial. Since skin goes through many changes through our life cycle, so should our skin care routine. Below are some general tips on how to care for your skin through the decades. Note that each person's skin responds differently and requires a different level of maintenance. Be sure to speak with a dermatologist before starting any treatment.

HOLISTIC APPROACH:

- Hydration is key to overall health – and especially skin health. Drinking enough water will help preserve elasticity, improve texture, dryness, overproduction of oil and even out skin tone.
- Imbalances in our gut often lead to inflammation and skin sensitivity. It's important to avoid ultra-processed foods and consume foods with antioxidants and phytonutrients to help relieve inflammation. Leafy greens, berries, orange fruits and vegetables are known to have a skin protective and healing effect.
- Stress induced cortisol in the body can trigger skin related problems like acne, rosacea and eczema. While we cannot always avoid stress, it's important to learn to manage stress with techniques such as meditation.

Terrific Twenties

A primetime for skin. Collagen production is still strong, and skin is supple. These are crucial years for skin care. Prevention is key as sun & environmental damage can take 15 years to become visible on the skin. Using a physical (versus chemical) SPF containing zinc dioxide and wearing a hat outdoors to block as much of the sun's rays as possible is key to protecting skin. This is also a time to develop a proper skin care regimen of gentle cleansing and moisturizing with natural and minimal products.

Tremendous Thirties

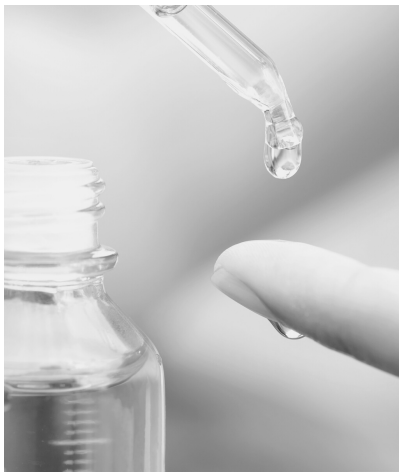
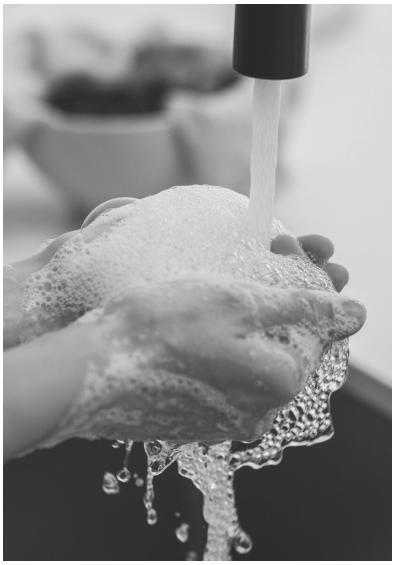
Renewal of damaged cells is slowing down and some dullness may start to appear. Now is the time to introduce chemical exfoliants such as salicylic or glycolic acid for an instant brightening boost. Try using an acid cleanser in the morning and a gentle cleanser at night while keeping up with SPF and moisturizing. Starting nighttime treatments with a retinol product (serum or prescription) is important at this stage to slow loss of skin volume. Men can tolerate a higher concentration of retinols, so talk to a doctor about starting a prescription treatment!

Fabulous Forties

You may start to notice the most skin texture changes this decade. Not to worry! It's never too late to pick up a skin care regimen to glow. It may be time to swap the regular SPF for a richer cream, lotion or serum with antioxidants that contain SPF.

Try formulas containing peptides as these can further slow the loss of collagen. Chemical peels, microdermabrasion and dermaplaning are professional treatments that can help slough off the top layer of skin to reveal a brighter soft complexion.

Fantastic Fifties, Superb Sixties & Beyond



Don't even think about retiring from the skin care game! You may start to notice the most dryness and sun damage appear here, so it's time to turn up the moisture. Opt for serums containing peptides or brightening antioxidants such as Vitamin C which are better absorbed than lotions and creams. Our skin is a visual representation of how we nourish ourselves. So, as with any stage in the life cycle it is most important to stay hydrated and healthy!