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www.NaturalBeautySkinCareClinic.ca

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What Is Skin Aging?

Sun Damage

Did you know that 85% of skin aging is due to sun exposure and not to our physical aging process? Surprising, isn't it?

Skin aging has two parts: intrinsic aging and photoaging. *Intrinsic aging* of the skin is a natural part of the aging process. However, *photoaging* occurs as a result of UV light exposure from the sun. Signs of photoaging include wrinkling, sagging, roughness, loss of luster, and age spots. Not only does sunlight cause premature aging, it is the leading causative factor in skin cancer and photodermatoses.

Sun and Vitamin D

One may argue that the benefit of sun tanning is that it causes our bodies to produce Vitamin D, which is essential to the proper functioning of our bodies. However, 15 minutes a day exposure to sunlight is enough to produce this effect. Moreover, those of us who live in developed countries usually achieve sufficient Vitamin D through our diet.

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A personal message from Liz ...

Hi Again!

So much to do, so little time to do it in! Yet we need to take a little time for ourselves. Some exercise, nutritious food, and wholesome skin care. And so, to our Natural Beauty Skin Care Clinic in Orangeville. It's the only skin care clinic in Dufferin specializing purely in anti-aging treatments and products for women. I passionately believe in using non-invasive, natural treatments to bring back the youthful, feminine appearance that we all crave. By using non-invasive techniques, as discussed on The Oprah Show, we offer a risk-free alternative to plastic surgery and Botox. Call me for a free skin analysis and consultation and get a free, high quality Lip Balm! I'd love to meet you and help you.

Have a wonderful day!

Liz



Liz Beavis is Director and Aesthetician at the Natural Beauty Skin Care Clinic in the gorgeous town of Orangeville, Ontario, Canada. The Clinic is located at 8 Clara Street, at the corner of Zina Street, a beautiful part of Orangeville. The Clinic specializes in Anti-Aging Skin Care for women of all ages. We treat women's faces, necks, décolletés and hands exclusively. Liz may be reached at **519.216.SKIN(7546)** or by email at Liz@NaturalBeautySkinCareClinic.ca. Or, if you prefer the Internet, you can visit our web site at www.NaturalBeautySkinCareClinic.ca. Mailing address: 8 Clara Street, Orangeville, Ontario L9W 2H6

UVA Ages & UVB Burns & UVC Cancer

Now, sunlight consists of radiation in the form of both visible and invisible light waves. The shorter the wavelength is, the higher the energy level of the radiation. The three radiation ranges are: UVA 320 – 400nm, UVB 290 – 320nm, and UVC 100 – 290nm.

UVC is very toxic and is carcinogenic (cancerous) to humans. Fortunately, almost all UVC is filtered out by the earth's ozone layer. While UVB is also filtered out by the ozone layer, about 1% still reaches the earth's surface, and is the culprit behind sunburn. With UVA, 99% reaches the earth's surface. UVA and UVB radiation change the cells in the skin by interfering with the proper working of the skin's DNA. This promotes the formation of free radicals in the cells, thereby causing the breakdown of collagen and inhibiting the workings of the immune system.



Many of these spots, invisible to the naked eye, show sun damage which will soon cause premature aging.

Although UVB is the cause of sunburn, it is UVA that causes the skin to age with wrinkles, age spots and skin cancers. In fact, when you get sunburnt, thousands of skin cells have been killed, and the surviving cells often have DNA damage. Unfortunately, as we age, our bodies produce less DNA and RNA material, so our cells lose their ability to repair DNA damage - all of which promote wrinkles, lines, and sagging.

Sunburn is a dangerous condition

Now, some may think that sunburn is not a dangerous condition – please think again. Here are some conditions caused by over-exposure to the sun:

- Chronic UVB radiation causes photoaging (*aging brought on by sunlight*), epidermal pigmentation (*brown patches, age spots*), telangiectases (*redness*), solar elastosis (*degeneration of the skin's elastic collagen fibres*) and carcinogenesis (*cancer*). And acute UVB radiation results in erythema (*blood vessel dilation*) as well as edema (*swelling*).

- As we age, ladies, our estrogen level depletes and this causes a *degeneration of collagen*. However, exposure to sunlight speeds up this breaking down process and also causes the build-up of abnormal elastin.

- Singlet radicals, which are free-radicals, are formed with sun exposure. These are unstable oxygen molecules that scavenge other molecules, and in so doing set off a chain reaction which leads to cell deterioration, and cancer. Sunlight is the leading cause of *skin cancers*, including *melanoma, basal cell carcinoma and squamous cell carcinoma*.

- UV radiation also causes the walls of blood vessels to lose some of their integrity, and in doing so, can cause *bruising* in the skin.

Now, all we have to do is *limit* our exposure to the sun. *Let's see how ...*

What is SPF anyway?

What is SPF? SPF stands for “*Sun Protection Factor*” and is a term commonly seen on sunscreen products to indicate the strength of sun protection. The higher the number, the greater is the protection. However, it is very important to know that the relationship between SPF number and the amount of UV radiation blocked is not linear. Thus a sunscreen of SPF 15 can block 93% of UV radiation, while SPF 30 blocks only 97% or so.

Wear sunscreen

Please remember that sunscreens are not designed for you to increase your exposure time, but rather to increase your protection during unavoidable sun exposure. SPF indicates protection from UVB rays primarily, whereas protection from UVA is provided by chemicals. Chemical sun-



screen agents protect you from

the sun by absorbing the ultraviolet and visible sun's rays, while physical sunscreen agents, such as zinc oxide and titanium dioxide, reflect, scatter, absorb or block these rays. Therefore sunscreen agents often contain an ingredient that provides protection against UVA rays, and another ingredient that protects you from UVB rays.

And now, some ...

Cautions

Here are some cautions to observe when the sun draws you outside:

1. Do not apply oils to the skin. They usually increase the likelihood of sunburn.
2. Beware of cloudy days as the UVB rays can penetrate light cloud cover, fog and haze. The amount of visible light is no guide to the amount of UV light.
3. Beware of reflective surfaces: sand, snow, water, concrete can reflect up to 85% of the sun's damaging rays.
4. Protect children by minimizing their sun exposure. Make sure they wear sunscreen and reapply frequently. Keep babies under 12 months old out of direct sunlight.
5. Wear protective clothing if you do not wish to use a sunscreen on the body and arms. Wide-brimmed hats provide some protection but a sunscreen should also be used, as reflective surfaces throw up unsuspected sun's rays.
6. Wear sunglasses with 100% UV protection. UV light can also cause cataracts.
7. Glass windows do filter the burning UVB rays, but do not filter UVA rays.

But I have sun damage already!

If you do have some effects from sun damage such as epidermal pigmentation (brown patches, age spots) or telangiectases (redness caused by broken capillaries), I suggest that you consult with your *anti-aging* aesthetician who should be able to help you. If you wish to look tanned, a good alternative is to apply sunless tanning lotion. There are quite a few on the market, and according to the latest research, they are a safe and painless way to look tanned.

Now you can enjoy balanced sunbathing with a clear conscience ...

Next Issue: We look at the environmental factors affecting aging

Insight Into Home Care

Toning

So what does toning do anyway?

Well, toning is often a misunderstood step in the facial cleansing process, and therefore missed out as a necessary step to beautiful skin. I often hear people say “doesn't the

cleanser do the job of cleansing? Then why do I have to tone?" Toning finishes the cleansing process. It gets the last traces of dirt and makeup off the face, leaving it cool, refreshed and ready to absorb all the rich benefits of the next step, which is moisturizing. You wouldn't simply wash your dishes in detergent and dry them without rinsing; in the same way, one shouldn't cleanse the face and leave out the "rinsing" part.



Toners for different skin types

A good quality toner should do its job without stripping the skin of its natural moisture. It should also regulate the skin's pH value. While I am on the topic of toners, let me quickly overview what one should look for in a toner according to one's skin type.

Toners for *dry skin* should instantly hydrate the skin. It should gently refresh, tone and soothe the skin while removing the last traces of makeup and cleanser.

Toners for *oily skin* should be formulated to regulate excessive sebum secretion. They should clarify and refine the skin's structure and also regulate the pH value.

Toners for *combination skin* should be formulated to stabilize the pH value, have a vitalizing effect and also have a moisture-binding capability for the skin.

Toners for *sensitivity* should be mild, soothing and refreshing, pH balanced, and should refresh the skin without drying.

So toning is a necessary process to prepare the skin for moisturizing.

Next Issue: We discuss the need for moisturizing the skin.

Feature Article

Wrinkles, Lines and Crow's Feet

We work, play, and live our lives to the full as wives, mothers, community members and friends. Then one day we look into the mirror, and low and behold, lines and wrinkles seem to have appeared overnight on our faces! It feels like only yesterday that our children were still in diapers, and our skin was vibrant. Where do all these lines and wrinkles come from?

Aging skin

As we age, the skin cells divide more slowly, causing the inner layer of skin, called the dermis, to thin, and the ability of the skin to repair itself to diminish. The network of collagen and elastin fibers that allow our skin to stretch and retract, loosens and unravels. Collagen and elastin are proteins found in the connective tissue within our skin. Moreover, the fat layer underneath the dermis sags. The skin therefore loses its elasticity. When pressed, it does not bounce back to its original position. Instead it sags and forms furrows. The oil and sweat glands slow down production, resulting in the reducing ability of the skin to retain moisture.



Jaw furrow

Lines vs. Wrinkles

Expression lines are deep lines that appear around the mouth, eyes and forehead. These are usually frown lines between the eyebrows, and crow's feet, which are lines that radiate from the corners of the eyes. These lines develop as a result of habitual facial expressions, especially if those expressions are exaggerated. *Wrinkles* are a result of sagging skin caused by loss of skin tone and muscle tone. *Fine lines* appear under the lips for the same reason. Then gravity adds to the picture, causing eyebrows and



Forehead expression lines



Crow's Feet



Throat lines

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eyelids to droop, and tissues of the jaw and throat to droop into jowls and double chins.

Options

Plastic surgery is an option, but our needs may not be as drastic as that, or we don't really want our face to be cut up. *Botox* is another option, but we may not want to have a strain of Botulinum Toxin A injected into our face with the associated risks of expression paralysis. Maybe you feel the same way as Diane Keaton and I feel. Diane, the 58-year-old Academy Award Winner, said in a recent interview, that she would not go the route of cosmetic surgery because she wants to be authentic. I interpret that to mean that we wish to look our natural best selves.

The best solution

The *best answer* is a three-fold solution, which uses both the body's natural structure and processes to gently revive your youthful appearance. *Let's look at it ...*

1) Follow a healthy lifestyle

Eat Healthily – a diet with plenty of fresh fruits and vegetables, whole grains and healthy oils such as olive oil may protect against oxidative stress on the skin. Benefits are derived from the fact that there are high levels of anti-oxidants in them. Vitamins beneficial to the skin include the family of anti-oxidants - Vitamins A, C and E (I remember this from the word ACE). Also relevant to the skin are Vitamin C, Biotin, L-Cystine, Grape Seed Extract - which is a counter-irritant with soothing and anti-bacterial properties, and Horsetail Extract, which increases the skin's defence mechanism and strengthens connective tissue. The objective behind this

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Seminar

“How to Have Youthful Skin Using Non-Invasive Technologies”

Monday, April 19, 7:30pm - 9:00pm, at
Natural Beauty Skin Care Clinic, Orangeville
Call 519.216.SKIN(7546) for a seat

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educational information is for you to normalize your skin health. Please see your health specialist for your individual needs.

Exercise – Regular exercise increases blood circulation, which brings oxygen to the skin. But remember that most people need only exercise aerobically four times per week for 20-40 minutes in order to maintain fitness. However, since each person is different, do check with your fitness trainer.

Reduce Stress – do something such as taking up a hobby to reduce stress in your life. Or simply carve out some time at the end of your day and soak in a luxurious bath, or listen to your favourite music whilst reading a book. Notably, socializing with close friends each week is one of the most significant stress reduction factors!

Quit Smoking – nicotine and carbon monoxide in tobacco are highly damaging to the skin. Nicotine causes a contraction of capillaries, decreasing circulation of the blood carrying nutrients, water and oxygen to the cells. Carbon monoxide decreases the amount of oxygen to the cells, destroys collagen bundles, destroys vitamin C (which is a powerful antioxidant), and also destroys calcium, which is critical for most women over forty to prevent or minimize osteoporosis.

2) Daily Skin Care Routine

A regular daily skin care routine on the skin is like food to the body. If someone doesn't eat nutritious food for an extended period of time, it will show up in the body as an illness, or even a serious condition. In the same way, if someone does not use *good quality* skin care products on their skin regularly, problems and conditions *will* show up in time. On the other hand, when one follows a good skin care regimen using high quality products, her skin will be nourished and will show up as healthy, smooth, and firm, with an even tone and a luminous quality. Remember that high quality does not necessarily mean the big mass marketing names with super-high prices! High quality, in this context, means those products that are thoroughly researched, being made with good quality ingredients and very high levels of manufacturing practices and checks.

Knowing the right skin care products for your skin is very important. The man in your life will tell you that if you put the wrong motor oil in your car, it will not

operate at all well. There are literally thousands of skin care products out there, and you probably feel at a loss as to which products are best for you, and how to choose the correct ones for your skin situation. This is where your specially trained *anti-aging* skin care specialist can assist you.

3) Preventative and Anti-Aging Treatments

These are facial treatments specifically designed to prevent or treat the various symptoms of aging, such as dryness, wrinkles, lines, crow's feet, loss of elasticity, sun damage, dilated capillaries, dark circles, puffy eyes, etc. While you relax for an hour or so, your highly skilled *anti-aging* aesthetician will use her knowledge, state-of-the-art technology, and specially selected creams, vials, oils and masks to prevent, slow down or even reverse those signs of aging that have been bothering you so much. This is also where the anti-aging aesthetician will advise you on home care products that are best suited to your situation, since these will work as a team with the treatments. Be careful to only



consult with an *anti-aging* specialist, since the general aesthetician does not have the in-depth knowledge of anti-aging treatments and products in order to advise you properly. These treatments have helped and continue to give hope to many women. Isn't it your turn?

For a FREE Skin Analysis & Consultation, call Liz at 519.216.SKIN(7546) for an appointment!

Next Issue: We'll talk about hormones, and how they contribute to aging skin.

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