

Anti-Aging Skin Care

By Jenna Haines

EXPERT ADVICE

Using Retinoids

“Retinoids are chemically related to Vitamin A and work by their regulatory effect on epithelial cell growth. Major topical and systemic medical indications include acne, photoaging (texture and pigment changes due to sun exposure), and psoriasis. For successful treatment and minimum side effects, it's important to take a stepwise approach—an initial consolidation dosage followed by low-dose maintenance and eventual discontinuation. Retinoids need to be stopped before receiving any laser or chemical treatments: 1-2 weeks for topical, and 4-6 weeks for systemic retinoids.”



Shahid Iqbal, M.D.,
Euro Med Spa



Top
Tips for
Keeping a
Youthful
Glow

Lather on the sunscreen. If you've ever read *Cosmopolitan*, or any beauty magazine for that matter, you know they're big fans of safe sun practices. Avoid excessive sun exposure and keep your skin safe with sunscreen that has a minimum SPF of 15. If you're desperate for a tan, go with a self-tanning product. Dermatologists agree that UV exposure is the number one skin-ager.

Use retinoids. Retinoids are Vitamin A-rich compounds that are proven to help your skin in a variety of ways. They increase collagen production and cell turnover, unclog pores, and stimulate localized blood vessels. Talk to a doctor about getting a prescription-strength treatment.

Get more rest. Along with the bags underneath your eyes in the morning, a lack of

sleep impedes your body's ability to mend the damage it underwent during the day. Try to get 7 to 8 hours for optimum beauty sleep.

Exfoliate. For a dewy glow, consider dermabrasion or a chemical peel to remove those old, dull cells on the surface level of the skin. In the meantime, you can use a gentle, at-home scrub to increase blood flow (thus, oxygen) to the skin's surface and spur collagen production.

Quit smoking! Smoking is the second leading cause of damaged skin (the sun is the first). Studies also show that smokers have more wrinkles than non-smokers, but you didn't need science to tell you that. A quick glance around at your smoking versus non-smoking associates shows you all you need to know. ♀

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