

## **Obtaining and Maintaining Youthful Skin**

By: Rachael DeRosa

Let's face it, getting older is inevitable, and most of us are less than thrilled with the prospect of wrinkles, thin sagging skin, "age spots" and hyper-pigmentation. So, what do you do if you want to retain your youth without the help of a syringe or a scalpel? Well, we've got good news! Looking younger and feeling great without turning to invasive skincare procedures is possible!

The visual signs of aging are biological, not chronological. Therefore delaying and even reversing these signs are possible through a holistic approach that addresses the root cause more naturally and gracefully. A holistic approach encourages a diet rich in anti-oxidants, regular exercise, adequate rest and relaxation, and proper skin care that utilizes cosmeceuticals (a term used to describe skin care products that are designed to feed the skin with nutrients) and non-invasive facial treatments.

In order to properly care for the skin understanding what is happening below the surface and how to preserve it is crucial. The skin is an incredible organ, it is the largest organ of the body and is comprised of countless cells which have the amazing ability to regenerate. However, we live in a world where we are constantly being bombarded by low levels of radiation along with chemical and environmental pollutants. All of these elements spawn free radicals which damage cells by attacking the molecules crucial for cell function. With age, the concentration of antioxidants in the body declines considerably, allowing free radicals to gain the upper hand. The oxidative stress damages the deep inner workings of the tissue and leads to pre-mature aging.

Our body and immune system relies on nutrients rich in anti-oxidants in order to defend cells and neutralize free radicals. So, including fresh fruits and vegetables to your diet along with beverages that contain flavonoids can assist in the fight against free radicals.

Additionally, it is important to note that only a small percentage of orally ingested antioxidants will arrive to the external layers of skin. Protecting the skin from extreme elements and feeding the skin topically with cosmeceuticals infused with vitamins and natural ingredients rich in antioxidants can help restore the skin's effective barrier and help reduce further damage.

According to some skin specialists, "anything that is sugar or rapidly converted to sugar attaches to collagen and causes inflammation, stiffness of skin and very old looking skin". Cutting back on sugar and refined carbs as well as increasing your water intake will help keep your skin hydrated, supple, and more youthful looking.

Rest and relaxation can do wonders for the skin. When we are tired or stressed it shows on our face. Our skin appears dull and sallow, we develop bags under the eyes that we can carry groceries in, and we have a tendency to frown and scowl more, contracting the facial muscles which contribute to fine lines and wrinkles. More over, stress can also lead to a number of skin conditions including acne and psoriasis. Getting adequate rest and

taking time to breathe slowly, consciously relaxing the facial muscles will not only assist in retaining your youth, but will help you cope with day to day stress that can lead to illness.

Last but not least, facial treatments. A professional facial treatment is extremely relaxing and restorative to your body, mind and spirit! The best treatments utilize instrumentation that incorporates high frequency and galvanic current which have proven to be beneficial in restoring and reversing the signs of aging skin.

Use of frequency and current has been an important part of professional skin care treatments in Europe for decades and are considered to be safe, effective non-invasive alternatives to plastic surgery, laser resurfacing, chemical peels, collagen and Botox injections.

High frequency and galvanic current facial treatments produce a “natural face lift” by kick starting the skins rejuvenation process, reaching deep in the epidermal layers to increase collagen and elastin production, which is responsible for firmness and elasticity. It also stimulates blood flow, which feeds the skin with nutrients and oxygen, eliminates toxins, and exfoliate dead skin cells, all of which restore a youthful glow and vitality to dull aging skin. High frequency facials also encourage lymphatic drainage which reduces puffiness and inflammation.

Because high frequency facial treatments work from the inside out, when used in conjunction with anti-oxidant and nutrient rich cosmeceutical skin care products it is easy to produce beautiful skin with long term, lasting results that counteract the harsh effects of environmental aggression that contribute to pre-mature aging.

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