

Handle With Care

Hands Often Reveal First Signs of Aging

Marina I. Peredo, MD

There are many procedures offered for the aging face, while hand rejuvenation has sometimes been ignored. Yet many skin care clients undergoing facial rejuvenation soon become aware of the discrepancy between the apparent age of their faces and their hands.

Most people can accurately discern a person's age just by looking at their hands. Hand rejuvenation is the new must-have procedure. Hands do, in fact, appear to age more quickly than the face. One reason for this is that skin on the back of hands is much thinner than that on the face. There is very little fat on the back of hands, so when collagen and elastin fibers begin to break down in aging, the effects are noticeable.

So, what can we do to make hands appear more youthful? You may want to explore some of these treatments for brown spots or uneven skin tone, protruding veins, the "skeletal" appearance of your hands, or all three.

Exfoliation Options

Microdermabrasion is a popular method for superficial rejuvenation of the skin. You may notice enhanced skin smoothness over a series of treatments. The degree of exfoliation varies with the equipment and how it is used. Photoaging of hands can also be improved with chemical exfoliation. I recommend light- to medium- strength peels. A series of superficial chemical

*How many
cares one loses
when one
decides not to
be something,
but to be
someone.*

-Coco Chanel

Office Hours and Contact

Face Value Esthetics
Sharon Morejon
404-313-9484
9AM - 6:30PM Tue.-Sat.

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Hands are often neglected and can give away your age. Keep them youthful and rejuvenated.

The hands are also areas where skin may be exposed to a great deal of sun at times when you are not aware of it. For example, driving your car often leaves your hands hanging out in the UV rays, and simply spending time outside can increase sun exposure. Even if you use sunscreen on the backs of your hands, it's easy to wash it off and forget to reapply it.

peels are usually performed monthly; the concentration of the active ingredient in the peel may vary.

Intense Pulsed Light

Intense pulsed light (IPL) therapy is another noninvasive method for

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clearing up unevenness in skin tone and blotches or brown spots, such as those caused by sun damage. IPL systems emit high-intensity pulsed light. Exposure time can be varied depending on your skin type and the purpose of the treatment.

On average, three to five treatments are needed and are performed once a month. This treatment can also stimulate collagen production. IPL treatment should be avoided if you are tanning, using medications that may cause photosensitivity, or have recently had filler procedures. If you have had filler procedures, it is best to wait two weeks before doing an IPL treatment.

More Therapies

For protruding and tortuous veins on the backs of the hands, your esthetician may be able to provide you with an appropriate referral for sclerotherapy.

The procedure involves emptying the larger veins on the backs of your hands and injecting a sodium chloride solution. The vein will shrink almost immediately, and dissolve over a period of several weeks. The procedure entails several days of swelling and you would need to elevate your hands and avoid strenuous activity. For this reason, one hand is often treated at a time.

If your hands have a skeletal appearance, you may want to try fillers like Radiesse or Sculptra, which are injections that will plump up your hands. Your esthetician may be able to provide you with a referral for this procedure.

Hands are important, but often neglected. When you work as a team with your esthetician, you can treat some effects of aging to the backs of your hands. Both sclerotherapy and fillers will help keep your hands looking young and healthy.

Marina I. Peredo, MD, FAAD, is associate clinical professor of dermatology at Mt. Sinai School of Medicine as well as medical director for Cosmetic Dermatology/Spatique Medical Spa in Smithtown, New York. Contact her at peredomd@optonline.net or www.marinaperedomd.com.

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Nail Beauty

By ASCP Staff

Your best resource for nail care and information is your manicurist, but here are a few tips on caring for your nails.

- Don't bite or chew your nails. These bad habits are unsanitary and the results are unsightly.
- Don't use your nails to pry things open.
- Keep a sharp eye out for ridges on the nails, or excessive cracking or dryness. If they are pitted, yellowed, or curled, see a doctor.
- Keep some kind of nail polish--even if it is just clear polish--on your nails at all times for protection.

- Use the least amount of nail polish remover possible to do the job.
- Moisturize your hands and cuticles regularly.
- Treat cuts and nicks with antibiotics and sterilize any implements you use around your nails.
- Treat yourself to paraffin dips for your hands, especially in the winter.
- Use sunscreen on the backs of your hands and on your cuticles to keep brown spots away.
- Use finger pads and not nails when typing. When opening envelopes, use a letter opener.
- Wear gloves when gardening and dishwashing, and when using cleaning compounds or other chemicals.



Between manicures, taking a few simple steps will help keep your hands and nails healthy.

Lavender

An Essential Oil for Fundamental Health

Laurie Chance Smith

Lavender essential oil is a one-stop medicine chest, helping to reduce anxiety, fatigue, and stress and balance hormones, increase the immune response, lower blood pressure, and relieve pain. To utilize lavender's healing benefits at home, mix five to 10 drops of lavender essential oil in one ounce of jojoba oil or unscented lotion. (Essential oils shouldn't be applied directly to the skin; it's best to partner them with a carrier oil, liquid, or lotion.)

EARACHES

For earaches, dab one drop of lavender massage oil behind the ear and rub gently. Alternatively, place one drop of lavender oil on a cotton ball and carefully place inside the outer ear.

HEADACHES

Inhaling lavender is also effective for headache relief. Add a few drops to a bowl of warm water and breathe. Gently rub lavender massage lotion on the temples, forehead, and base of the neck.

COLDS

Lavender oil can also help break up coughs and clear sinuses. Colorado-based holistic aromatherapist Nicola McGill suggests the regular home-use of antiseptic essential oils such as lavender to help avoid colds and other infectious diseases. Add a few drops to a vaporizer to help clear colds and infuse the home with lavender's scent.

STRESS

At night, six to eight drops of lavender added to a warm bath helps melt away stress and relieve fatigue. Blend a footbath by adding three drops of lavender to a bowl of warm water, sink your feet in, and relax. For help inducing sleep, add two or three drops of lavender essential oil to the underside corner of your pillow.

TRANQUIL AROMA

A human takes 23,040 breaths a day, and each inhale floods the system with scent. Rely on lavender's tranquil aroma to clear the way toward peaceful days.



Lavender is loaded with wellness properties.

Probiotics for Skin Health

Trust Your Gut on This One!

Shelley Burns, N.D.

Digestive health plays an important role in how skin appears on the surface. When digestion is not working optimally, it allows toxins to be reabsorbed in the body instead of being eliminated. The body then mounts a state of emergency as it's overwhelmed by toxins, some of them bad bacteria. These manifest directly on the surface for all the world to see, in the form of wrinkles, blotchiness, skin rashes, and acne.

This is where probiotics come into play. Probiotics contain potentially beneficial bacteria found in the digestive tract--what some call good gut bacteria. They help strengthen the digestive system but they also play an important role in skin health. Probiotics consist of

Lactobacillus acidophilus, Lactobacillus bulgaricus, and Bifidobacterium bifidum. They have anti-inflammatory, anti-pathogenic, and antiallergenic properties and can be used prophylactically and therapeutically.

There have been many studies showing benefits of probiotics to skin health. For example, there's a correlation between an imbalance of good and bad bacteria and the onset of acne. When bringing natural bacteria back into balance with a probiotic intervention, acne improves, in some studies, as much as 50 percent of the time.

There is no recommended daily intake for probiotics, but good food sources include buttermilk, kefir, miso,

tempeh, yogurt, and other fermented foods. Supplements are generally higher in potency and are used for therapeutic purposes in treating irritable bowel syndrome, Crohn's disease, colitis, and many other conditions.

While probiotics are essential for healthy skin and digestive health, there are many other appealing benefits to encourage their use, such as strengthening the immune system, replacing good bacteria after a course of antibiotics, and contributing to general health and well-being.

One note: Some probiotic supplements come from dairy sources and may not be suitable for individuals with dairy allergies or sensitivities.

*Kindness in
words creates
confidence.
Kindness in
thinking creates
profoundness.
Kindness in
giving creates
love.*

-Lao-Tzu

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