

Epidermal Spring Cleaning

By Diane Lytle • DermaGlow

Did you know, the skin is the largest organ of the human body? Even though this is our largest organ, it is routinely neglected to fend for itself. Most people work hard to maintain a healthy, strong heart and body with daily exercise, or they take daily supplements to maintain internal health and prevent illnesses, yet they forget to care for their skin. Your skin serves many functions, it helps to regulate your body temperature, excretes toxins, and mainly acts as a protection of your internal organs.

How many people do you know who go to bed without properly cleansing their face or they go to bed with their makeup on because they are too tired to remove it? Is soap the staple in your shower for 'cleansing' your skin? Like a beautiful sports car, if you don't maintain the car's exterior, eventually it will oxidize, rust and fall apart. Treating your skin like a million bucks everyday will help you to maintain its youthfulness and keep it from falling apart. Unfortunately, there is no trade in value for your skin.

To understand the importance of 'Why' it's important to care for your skin, you need to understand how the skin works. The skin is made up of the epidermis (the

skin's top layer), the dermis (lies beneath the epidermis to nourish), and the subcutaneous layer (fatty layer).

The epidermis is the outermost layer of the skin and provides the first barrier of protection from the invasion of foreign substances into the body. The principle cell of the epidermis is the keratinocyte. The epidermis is divided into layers of strata; the stratum corneum, the stratum lucidum, the stratum granulosum, the stratum spinosum, the stratum mucosum, and the stratum germinativum. The condition of the epidermis determines how youthful your skin looks and how well it holds moisture. What you 'see' when you look at your skin, are all effects of the daily wear and tear on your epidermis. The two things that age your epidermis the fastest is smoking and sundamage.

The dermis is a vascular network which supplies the epidermis with nutrients. The dermis contains mostly fibroblasts which are responsible for collagen, elastin, and the support and elasticity of the skin. Wrinkles are formed from changes within the dermis. There are two layers within the dermis; the papillary and reticular. The papillary layer contains cone shaped projections of elastic tissue (papillae). Some papillae contain tactile corpuscles. The reticular layer contains fat cells, blood vessels, lymph vesels, sebaceous glands, sweat glands, hair follicles and arrector pili muscles which cause goose bumps. This is where the nerve endings are located for sense of touch. The dense irregular connective tissue of the reticular layer helps to give skin its overall strength and elasticity. Hair follicles are located within the reticular layer of the dermis.

The subcutaneous layer is the fatty layer located below the dermis, also known as adipose tissue. This is the layer which gives the body its smoothness and contours. This layer also contains fat for energy, acts as a protective cushion for the outer skin, and circulation is maintained by a network of arteries and lymphatics.

There are many things which cause the skin to age. Environmental damage is the most common extrinsic aging culprit of the skin; Sun damage and smoking being number one skin agers next to stress. Not getting enough sleep, not drinking enough water and not eating healthy are all contributors to the aging process of the skin as well. As youth, we take for granted our perfectly plump cheeks and lineless eyes. We rarely even consider the effects sun tanning will have on our skin as we age. Yet, as we enter into adulthood, our perspectives start to change as we see that first laugh line or sun spot. It is about this time we start

to regret those late nights out or those times when a base tan was meant to help you look healthy. The prospect of trading your epidermal tissue in for a new one is only wishful thinking.

There is hope for those wishing to regain healthy, smooth skin with advance skin care treatments and active ingredients in cosmeceutical skin care products. It has been shown that a variety of natural ingredients and vitamin extracts significantly slow down and can even reverse the signs of aging skin. Many of the ingredients which can be found in skin care products are **Vit A** (retinol) which has been suggested to rebuild collagen fibers, lessen fine lines and encourage exfoliation of the skin. **Vit C** (ascorbic acid), an antioxidant vital to wound healing which stabilizes collagen production and helps to reduce fine lines and wrinkles. **AHAs** (alpha hydroxy acids) which are designed to smooth fine lines and surface wrinkles and improve the over-all tone and texture of the skin, glycolic acid being the most popular of AHAs is the most beneficial since this acid triggers new formations of collagen to plump skin cells, reduce wrinkles and sun damage. Glycolic acid has also been proven to be very effective in treating acne grades 0-2.

At DermaGlow®, we specialize in advance skin care treatments and offer to our clientele the most innovative skin care products from a leader in peptide research technology and high-performance natural ingredients which have been proven to improve the over-all skin's appearance and aging processes through the use of layering technology and state-of-the-art delivery systems. DermaGlow®'s exclusive skin care line addresses complex skin care challenges at the cellular level with paraban-free natural products.

Some of the key ingredients in the our product line are **copper peptides** which help firm the skin, enhance elasticity, and reduce fine lines. **Green tea extract** an anti-inflammatory ingredient designed to reduce the appearance of puffiness, wrinkles, fine lines and large pores. **Ubiquinone** (co-enzyme Q10) an ideal antioxidant which generates healthy cell renewal and fights free radicals. **Alpha lipoic acid** 400 times stronger than Vit C is lipid and water soluble which allows it to absorb and penetrate into the skin quickly to fight free radicals, reduce the appearance of large pores and improve the overall skin's texture. Emblica a potent antioxidant known for many of its medicinal properties acts as a powerful skin-lightening agent. **Kojic acid and licorice extract**, two other powerful natural skin lighteners, have been proven to work just as good if not better than hydroquinone without the side effects. **Hy-**

aluronic acid a natural substance found in all living organisms and the main component of connective tissue in the human body holds 1,000 times its weight in moisture and is one of the most valuable ingredients in skin care products. **MSM** (dimethyl sulfone) a natural source of sulfur acts as an anti-inflammatory agent and key ingredient for acne products and the treatment of psoriasis, eczema, dermatitis, dandruff and fungal infections. **DMAE** complex helps to improve the overall tone, texture and resiliency of the muscles.

DermaGlow®'s skin care line uses the highest level of performance ingredients in their products to offer you the best in anti-aging skin care. Hyaluronic acid is in 90% of the products, plant stem cells such as edelweiss from the Pyrenees Alps & Himalayas are used to calm and soothe the skin in many of their resurfacing treatments, and their number one anti-aging, wrinkle fighting treatment serum, Peptide Mobilizer, contains the highest percentage of peptide ingredients, 60%, more than any other peptide based product on the market to date!

DermaGlow® offers wonderful non-invasive ways to improve the over-all appearance of your epidermis and get spring cleaning on glowing skin. Our Signature facial treatments will improve the over-all hydration of your skin to create a healthy balance for optimal results and help to prepare your skin for more advance treatments such as chemical resurfacing, microdermabrasion, and microphototherapy. Looking to maintain a healthy sunkissed glow this spring? DermaGlow® offers an all-natural spray tan with natural botanicals that will not leave you orange or streaky and no risk of damaging precious epidermal tissue.

Continue your healthy skin care regimen with DermaQuest's DermaMineral™ Mineral Makeup. Combining good-for-your-skin elements with premium, long-wearing natural minerals, DermaMinerals™ is a complete line of high-quality, luxury mineral makeup that makes skin look and feel healthy and radiant. An extension of DermaQuest's skincare line and designed to optimize a healthy skin care regimen, the DermaMinerals™ line is free of talcs, synthetic dyes, artificial fragrance, and parabens, and is packed full of premium, triple-milled pure minerals, archipelago sea minerals and other natural ingredients.

Schedule your prom makeup today with our professional makeup artist from L.A.

For more information, visit DermaGlow's website at www.dermaglow-ak.com or call 357-7554.