



# Beauty through the ages:

There is no time like the present to get better looking and healthier skin. Here is a guide for great looking skin at any age:

## In Your 20s

The best start for a lifetime of great skin is protection from the sun – every single day. Daily sunblock will protect your skin from sun blotches, wrinkles, and sagging. These changes won't show up for years but the damage is happening right now. Also get into a good skin care routine with facial cleansing twice a day and use of a good moisturizer to help skin look its best. Light chemical peels can help acne and clogged pores and can help brighten and refresh your skin.

## In Your 30s

Adding to your skin care routine will further thwart the aging process – time to add an antioxidant and retinoid cream. Daily use of an antioxidant serum will help prevent oxidative injury that occurs from sun exposure and pollution. There are numerous antioxidants – Vitamins C & E, ferulic acid, phloretin, resveratrol and others – but formulation is key to the stability and function of these antioxidants so the advice of a skin care professional is recommended in choosing these products. Use of a retinoid cream at night prevents breakdown of your skin's collagen that occurs from sun.

Typically in your 30s it becomes time to think about a neuromuscular relaxer such as Botox®. Botox® treats lines and furrows that occur from muscle movement – brow, forehead and smile lines – and is equally important as a wrinkle preventative. Typically 3-4 injection sessions per year is needed to maintain effect.

For a treatment to help your skin look its best, intense pulsed light (IPL) and Fraxel Clear & Brilliant are nice and easy treatments with minimal downtime but big results in improving skin tone and texture and removing freckles.

## In Your 40s

As you move into your 40s continue this skin care regimen but add an eye cream to protect, smooth and brighten the vulnerable eyelid skin.

As we age, our faces lose volume – via bone, fat and muscle loss and shifts. The result is a hollow or sagging appearance. Dermal fillers – such as Restlane®, Juvederm® and Sculptra® – can gently and gradually restore youthful contour and volume to your face.

It might be time for more intensive laser treatments. Fraxel Re:Store® is a great option to correct sun damage and stimulate collagen in a series of no-downtime treatments. Fraxel can be combined with other laser treatments in the same session – redness reducing laser for example – to enhance results and achieve your goals more quickly. Collagen stimulation achieved with these treatments can be likened to putting money in your checking account – except with collagen – you are adding to your skin's collagen bank!

Gentle skin tightening procedures are ideal at this time. Exilis® is a radiofrequency (RF) treatment that gently heats skin to cause it to tighten. Necks and cheeks, backs of thighs, and arms are favorite areas. For the eyelid area, Pelleve® is a RF device that is ideal

to treat loose, crepey skin in this delicate area. All RF treatments are non-invasive, non-painful and require a series of 3-6 treatments for best results.

## In Your 50s and Beyond

Hopefully you have been taking care of your skin all along, but still time does catch up and changes in your skin as well as the structures supporting your skin – bones and fat – may have changed significantly. More aggressive laser treatments will yield greater results in wrinkle improvement and sun spot removal. A fractional ablative laser treatment, eCO2, has about 5 days of downtime but can greatly enhance skin's appearance and significantly reduce wrinkling.

Fillers are essential to replenish the bone and soft tissue loss that occurs with age. Full face volume replacement with a filler or variety of filler agents can restore a youthful appearance and lift sagging skin.

More invasive non-surgical skin tightening can be achieved with a ThermiTight™ procedure that delivers RF energy directly to the deep tissues via a small probe inserted just under the skin. A face-lifting surgical procedure is appropriate for some but does not prevent the need to replace lost volume with fillers and rejuvenate skin with laser procedures.

**No matter your age, your skin can look better and be healthier with the products and treatments outlined here. The younger you start the better your skin will be later in life, but it is never too late to start enhancing the health and beauty of your skin!**