

Anti-Aging Strategy

Let's face it, we all want to look good. Today's youth-crazed society makes the use of cosmetic surgery, Botox, and a whole host of other scary injectables almost seem like they are the norm. But wait a minute! I, for one, am not interested in any of that. I don't mind letting my face show some character and interest – it's what makes us all individually attractive. And I have to think there are others who, like me, just want to look as great as we can, naturally. Getting – and keeping – beautiful looking skin takes some discipline. Hey, most good things do, right?

First off, you've got to eat right and drink enough water. For more information about diet and my approach to eating right, please see my nutrition website at www.anewleafnutrition.com

Next, you've got to use great products. I know it's confusing out there – between the drug store and the department store brands, how do you choose? What I know for sure is that almost all of the over the counter brands contain unnecessary chemicals and artificial ingredients. None of which does anything good for your skin (or your liver, for that matter!). I use and recommend skincare products that are chemical free, naturally fragranced, and contain active ingredients that can actually change the health of your skin.

Protecting the skin is absolutely essential. Here's where I'm a bit conflicted. As a nutritionist, I think we need to get a dose of sun every day. Twenty to thirty minutes of sun light every day gives us a good dose of vitamin D. But as a skincare specialist, I am also acutely aware of the damage and premature aging that happens when we expose our faces to the sun on a regular basis. That's why I say let the sun hit your body (be careful not to ever burn, though), but protect your face. I use natural sun protectant products that will keep you looking smooth and spot-free. None of us like those dark hyperpigmentation spots, and the sun is the biggest culprit. Wrinkles are the other issue we all want to avoid and keeping your face out of the sun is the single biggest favor you can do for yourself. Invest in a hat you like and use it when you're outside. Oh, and don't think that just because it's winter, you don't have to worry about this. Use a good sunblock every day of the year. Here in sunny California, I recommend an SPF 15 from November through May and an SPF 30 June – October.

Lastly, get regular facials from an expert. During a facial, your skin is exfoliated at a deeper level than you can do at home. This allows for all the dead cells at the surface to be swept away, as new cells move up through the skin layers to the epidermis. In our twenties, our cells turn over every 22 days or so. By the time you turn 50, the process has slowed down to every 45 days. That can partially explain why your complexion begins to look dull, pale, and congested.

Facials can also help keep your pores looking smaller as regular extractions will minimize the pore size and keep your skin looking clean, pure, and radiant. I customize my facials to your personal skin type and select products and procedures that will best suit your needs.

So come let me help put together a program for you. I promise you will love the way your skin looks - naturally!