COMPREHENSIVE ANTI-AGING—GO BEYOND ANTI-WRINKLE

You are aware that time takes a cruel toll on your skin. You are also very familiar with products that promise to reduce wrinkles. What you may not realize yet is that it is not enough just to reduce wrinkles, because there are many signs of aging other than wrinkles. If you want your skin appear younger and healthier, you need to use a comprehensive approach to your anti-aging skin care. You need to go beyond anti-wrinkle products and consider other aspects of skin aging.

We’ve dedicated this important lesson in your online course to the revelation of the best kept secrets of how to combat skin aging in ALL its forms – Let’s get started!

TELL-TALE SIGNS OF AGING

Knowledge is the first key to combat aging. Fully understanding what occurs in our skin as we age will actually help us slow down the visible signs of this process. Among the most apparent signs of aging are loss of skin elasticity, skin sagging, pigmented spots, thinning of the epidermis, rough skin surface, overall loss of vigor and radiance, and, yes, wrinkles.

Young Skin

Dense capillary beds, undamaged collagen and elastin, ample water-holding proteins, plus a thick layer of subcutaneous fat, large follicles, and stem cells converted into skin cells

Collagen : elastin

Oily: 15% of skin lipids are squalane/squalene
Skin is smooth and blemish free

Aged Skin

Fewer capillaries, fewer water-holding proteins, damaged collagen and elastin, thinned subcutaneous fat, diminished follicles, fewer stem cells converted into skin cells

Damaged proteins

Dry: 5% of skin lipids are squalane/squalene
Skin is wrinkled and inelastic

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Types of Wrinkles
You may be familiar with the common types of wrinkles such as fine lines, deep lines and mimic wrinkles. These various types of wrinkles not only look differently, they appear for different reasons. Therefore, there is no one-size fits all approach when it comes to wrinkle care.

FINE LINES
Fine lines are thin wrinkles that first appear from a lack of adequate skin moisture. The good news is that those wrinkles are very easy to remove, at least temporarily – all you have to do is to moisturize your skin. Some moisturizers produce such “rejuvenating” effects in seconds. However, stay away from such products. They work fast because they cause rapid swelling of the upper skin layer by disrupting its barrier. This is not anti-aging – this is aging acceleration. A better way to moisturize your skin is to use biological oils such as squalane and emu oils together with copper-peptides and lactic acid which strengthen your skin’s barrier.

MIMIC WRINKLES
Mimic wrinkles appear on our forehead, around the eyes and on the sides of the mouth (often called “smile and frown” lines). Over time, muscle tension in the face becomes stronger than the skin’s elasticity, and muscle contractions begin to create wrinkles. These wrinkles may be reduced by injection of botulinum toxin. However, there is a safer approach. You can visibly reduce the appearance of such wrinkles by restoring the skin’s natural elasticity with the help of copper-peptides.

DEEP LINES & FURROWS
Deep lines appear for two reasons: The constant pull of gravity and underlying damage. When we are young, strong facial muscles and elastic resilient dermal proteins manage to defy gravity, keeping our skin from sagging. But as we age, muscle tension as well as collagen elasticity decrease, and skin starts to form folds. In addition, skin develops deep wrinkles due to damage of the skin’s collagen and elastin. When collagen and elastin are damaged, the skin’s surface becomes uneven with dimpled, bumpy areas. Together collagen damage, mimic wrinkles and a pull of gravity, produce deep creases such as nasolabial folds.

The most efficient approach to this type of wrinkle is the activation of the skin’s rejuvenating process that tighten by replacing damaged proteins with new elastin and collagen. In the process, the skin is first mildly damaged using a controlled method such as chemical peels or mechanical abrasion. Then it is supplied with rejuvenating activators, such as copper peptides.

Discoloration and Loss of Skin Vigor
Young skin, regardless of its color, has a healthy pinkish hue. It also has an especially smooth, evenly-colored and radiant look that makes young people so attractive. As we age, our skin has fewer blood vessels and becomes oxygen deprived. In addition, its stratum corneum layer thickens and becomes more rough and uneven, so skin looks a bit yellowish and parchment-like.

Loss of surface skin oil contributes to the overall loss of radiance and creates the impression of an uneven discolored surface. Often, skin’s pigment cells start abnormal production resulting in dark spots.

In addition, skin cells can accumulate yellow-brown pigment of age–lipofuscin. All of those changes make skin appear pale, lifeless, discolored and dull.
Magic Inside Your Skin

Would you like to find a magical wand that could lessen the appearance of your wrinkles and make your skin smooth and supple again? Who wouldn’t? However, when it comes to skin rejuvenation, your best hope is the magic that resides inside your own skin. It is this magic that helped you to maintain a healthy, smooth and glowing complexion when you were a child (and that was even though you weren’t particularly careful about exposing yourself to a multitude of environmental factors such as sun, wind, dry air, mud and perhaps too many sweets).

Yet, your skin kept itself healthy and smooth thanks to robust reparative mechanisms. Every two weeks your upper skin layer would exfoliate, allowing new, young cells to emerge. Your skin’s repair cells – fibroblasts – were busy producing new collagen and elastin as well as destroying damaged and worn out fibers. Your dermal layer was always filled with water-binding glycosaminoglycans, while your upper skin layer was rich with NMF (Natural Moisturizing Factor). And every time your skin became damaged, a team of repair cells would promptly restore its beauty and integrity. If your repair mechanisms still worked at this level, you wouldn’t have any wrinkles and you could stop caring about UV-rays or dry air. Of course as we age, our repair mechanisms lose their vitality.

Here's what happens:

When you look at this list, you understand why you really don’t want more damage from cosmetic products and why you need to look for those ingredients that work by activating and restoring your skin’s own natural repair mechanisms.

Only by assisting the skin in restoring its own reparative systems will you be able to combat the signs of aging and achieve a more youthful and radiant look.

1. Our skin starts exfoliating every 4 or 5 weeks, instead of 2 weeks. After the age of 50, it can slow down even more.
2. Our fibroblasts produce less collagen and elastin.
3. Damaged proteins accumulate and impede the production of new ones.
4. The skin has less of a Natural Moisturizing Factor and becomes dry and coarse.
5. The skin’s repair cells become less efficient at repairing damage.
6. Inflammation increases, while wound healing decreases.

Helpful Hints to Help You Choose Anti-Aging Products

1. Skin is a living tissue and it can’t change too quickly. Use a cosmetic product at least 2 weeks to see what it is doing to your skin. With a good product, you may see not much change after the first few days, but in a few weeks your skin should obviously appear to change for the better.

2. If a product is truly beneficial, the skin will continue to improve for some time even after you’ve discontinued use of the product. If after you stop using a product, your skin immediately starts getting worse, you can throw this cosmetic away without any regrets.

3. All ingredients that can do some good for your skin will be supported by independent dermatological studies. Gather the information before buying.

4. If the list of ingredients contains too many difficult to pronounce chemical names, do some online research on them before using.
Daily maintenance during your online course has never been so easy! Protect & Restore with High Retinol + Grapefruit Essential Oil serves as a comprehensive anti-wrinkle cream that addresses the top concerns of aging better than any other over-the-counter cosmetic cream.

In the evening, break down any dead skin cells using Lactic Power 10. This gentle exfoliator will leave your skin smooth, beautiful, and clear while added lipids and natural antioxidants for a nourishing night foundation—Call 1-800-405-1912 today!

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