



# Skin care Questions

we have all the answers

By Elaine Staats

With day spas popping up like coffee shops, many people are wondering what the buzz is all about. From seaweed wraps to hot stone massages, there are plenty of choices available. Spa service menus can be overwhelming, leaving the consumer with more questions than answers. Here are a few tips on what everyone should know about proper skin care.



## Wash Your Face!

The skin is an organ, and just as we need to watch what we put into our bodies, we also need to be careful with what we put on our skin. The face should be washed with a soap-free cleanser, preferably one containing Glycolic acid. Glycolic acid is a fruit acid which helps the skin dissolve the debris that causes congested skin, which can lead to breakouts. Glycolic acid is also helpful in evening out skin discoloration, and helps reduce the appearance of fine lines and wrinkles. Soap is far too alkaline for the face, and strips it of the protective acid mantle barrier. This forces the body to produce more oil, and then a vicious cycle of oily dehydrated skin begins. For those who can't bear the thought of giving up that bar of soap, keep this in mind; soap is only slightly less alkaline than abrasive cleansers like Ajax.

The face needs to be washed both morning and night. We recommend the double cleansing method. The initial cleanse is to remove make up, dirt or other pollutants typically retained by skin, and the second washing is known as the treatment cleanse. The treatment cleanse is therapeutic in nature. Double cleansing with the right cleanser will greatly accelerate your journey towards beautiful skin. There is not much difference between drug store and department store skin care products. Only physicians' or estheticians' offices carry professional grade skin care products for home use.

## Products

There are dozens of products that can be used after cleansing the skin, but the most important one for daytime use is sunscreen. Many people don't use sunscreen daily for a variety of reasons. Some complain about the way it feels on their skin, while others say it causes them to break out. There have been tremendous advances in sunscreen technology, therefore, it is important for you to reconsider if you are not using the product on a daily basis. For example, did you know that your skin can be damaged by the sun's ultraviolet rays even if you are sitting in your car? A windshield will not filter the rays out. Damage from sun exposure is cumulative, and can begin in as little as two minutes. Thusly, commuting an hour a day will give you five hours of UV exposure by the end of the week.

## Sun Damage

Ultraviolet rays can still damage skin even if the sun is not shining. Rain or shine, your face should never see the light of day without the protection of sunscreen. The aim of the

product is not only to slow signs of aging, but also to protect you from skin cancer. You should choose a sunscreen that contains one of the following SPF contributors: Parsol, Titanium Dioxide or Zinc Oxide

Proper home skincare is essential, and so are professional skin treatments. The two go hand in hand. One cannot expect to have radiant skin with only a monthly facial. That is only 12 treatments per year; your skin requires attention 365 days a year. Moreover, the percentage of active ingredients in home care skin products is lower than that provided by professional estheticians. Monthly facials will boost the efficacy of your home care products. It is not enough to have a wonderfully relaxing experience. There must be a therapeutic benefit from a facial treatment as well.

## Microdermabrasion

Microdermabrasion is a facial technique which physically exfoliates the skin. A fine stream of crystals are sprayed onto the skin and immediately vacuumed up. Candidates for microdermabrasion are those who may have one or more of the following: fine lines, blackheads, dark pigmented areas, dry, flaky skin, rough texture, dull, sallow look.

Microdermabrasion leaves the skin feeling silky smooth. It also helps loosen debris that can get lodged in the pores. Studies indicate that the suction action of a microdermabrasion machine may help stimulate the body's production of collagen.

"Home microdermabrasion" kits are available, however, they do little more than clean the skin with an abrasive scrub. In order for microdermabrasion to work properly, it must combine a stream of crystals with a vacuum suction. There is no down time after a microdermabrasion procedure, which has earned it the nickname of the "lunchtime peel." ▼

If you are interested in any of the aforementioned treatments or products, or would like more information, please contact us at Image Enrichment Group. We operate in a clinical environment and our primary focus on results and your comfort.

We also offer Electrolysis, Permanent Cosmetics, Airbrush Tanning and Chemical Peels. We can be reached at 408-996-9519 or 408-996-8969, and found on the web at [www.ieg.net](http://www.ieg.net)

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