

SKIN CARE NEWS



Herbal Vitamin Mist

Refreshes and Cools Instantly
Hydrates Dry Hair
Combats Dry Skin on Contact
Sets and revives makeup
Reactivates moisturizers within seconds

BERRIES
FOR THE
BODY

The buzz about berries is everywhere—on radio and television, in newspaper and magazine articles, and in health food and grocery stores.

“Eating berries provides the skin with powerful antioxidants to help it protect itself from the outside elements,” according to Jeannette Graf, MD, a leading skin science expert and board-certified clinical and research dermatologist. “Berries are one of the top beauty foods with their vibrant colors and nutrient-dense phytochemicals.”

The goji and açai berry have been two of the more popular berries included in supplements and skin-related products during the past few years, and after hearing about their considerable benefits, it's not hard to see why.

The goji berry is native to certain remote regions of China, Tibet and Mongolia, and has long been used in Chinese medicine. Rich in antioxidant properties, it has one of the highest oxygen radical absorbance capacity, or ORAC, ratings. Goji berries are also chock full of vitamins B and C, as well as polysaccharides, which bolster the immune system.

Anthocyanins, compounds that give pigment to fruits and a class of phytochemicals, are one of the main substances in the açai berry, grown in a unique palm tree in the Amazon rain forest of Brazil. “Açai has a fatty acid ratio that resembles extra virgin olive oil. It is rich in monounsaturated oleic acid, which helps the omega fatty acids penetrate the cell membrane, or the outer portion of the cell,” says Nicholas Perricone, MD, a board-certified clinical and research dermatologist.

Berries that have been around awhile are adding great skin care benefits, as well. Blueberries are flavor-filled and very low in calories. Along with cranberries, açai berries and strawberries, they contain concentrated amounts of phytonutrients, a major player in the fight against inflammation. Phytonutrients are concentrated in the skins of many vegetables and fruits, and these components are thought to promote health and well-being throughout life.

Buy local berries whenever possible, as fruits and vegetables begin to lose nutrients as soon as they are picked. With a much shorter time between picking and consumption, local berries are the healthiest and most flavorful berries you can eat. And ask your esthetician if the spa provides any treatments or products that incorporate the delightful boost berries can offer so you can partake in them today.

Mushrooming Up

Catching on as a recent trend, mushrooms of many kinds are prevalent in gourmet and everyday recipes today. Now, they are now becoming commonplace in skin care treatments and products, as well.

Mushrooms are the fruiting bodies of certain fungi, meaning they are the equivalent of apples, not the tree. And fungi themselves are not actually plants, but are related to molds, mildews, rusts and yeasts.¹ Although that doesn't sound terribly appetizing, mushrooms are an important food source and potent medicinal for many cultures. There are approximately 10,000 mushroom species, 200 of which have been identified as having curative properties, and the most well-known include reishi, shiitake and maitake, which have immune-enhancing benefits.²

As of late, the skin care benefits of mushrooms are getting more and more attention from spas and products. The extracts of several Japanese mushrooms have been shown to reduce inflammation, resulting in anti-aging benefits such as restored collagen and fewer fine lines, and this reduction of inflammation keeps cells vital and suppresses irritation so other active ingredients can work effectively. The current star of the mushroom family when it comes to skin care is the shiitake mushroom, as it contains antioxidants, chemical exfoliation properties and kojic acid, which lightens age spots and discoloration.³

Although these earthy gems have been around for a speculated 90 million years⁴, their benefits are still coming to light. It is an exciting time as consumers and professionals alike realize that though many ingredients may seem unusual for topical applications, they still have a plethora of wellness and beauty secrets to reveal. Ask your spa professional about adding any mushroom-infused treatments to your spa visit today.

REFERENCES

1. americanmushrooms.com/basics.htm
 2. H Murad “Aging and Immune System,” www.SkinInc.com/skinscience/physiology/17664204.html
 3. www.realsimple.com/realsimple/gallery/0,21863,1604162-3,00.html
 4. www.mushroom-uk.com/info/did-you-know.html
- (All accessed September 2, 2008)

comely cold-weather Complexion

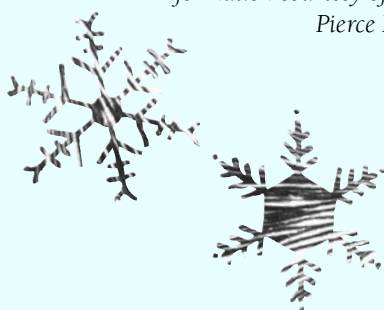
With all the time spent in the artificially heated indoors during the winter months—as well as Jack Frost nipping at your nose when you do brave the outside elements—skin can quickly be deprived of its much-needed moisture. To get your skin its hydration fix, follow these tips from Institut' DERMEd founder and master esthetician Lyn Ross.



1. Use a creamy cleanser in place of harsh soap when washing your face. This way, when you remove the day's dirt and makeup, you won't also strip your skin of the precious oils it desperately needs when the months get frosty. Also, use a soft wash cloth and tepid water to remove your cleanser.
2. Further help hydrate skin by balancing its pH post-cleansing using an antioxidant-infused toner. Dampen a cotton pad with the toner to apply it in the evenings, and use a mister to spray toner directly on the face and neck in the mornings.
3. Seek out products that use cosmeceutical ingredients to help hydrate and treat skin. Look specifically for products that bond water to skin cells, as this will aid in building a layer of hydrating protection.
4. The delicate eye area can require special care in the winter months. Be sure to tend to it with a heavy duty eye cream, applying it morning and evening to the outer corners of the eye and pressing inward. These creams can prevent premature aging, and they work to hydrate lips in a pinch, too.
5. Layering an enriched moisturizer over eye creams and toners really can seal the deal. This helps fight environmental aggressors, and softens the appearance of fine lines and wrinkles, as well as providing essential hydration.

Ask your esthetician about any treatments the spa offers that provide the necessary hydration for skin during this chilly season, and also inquire about any products you can take home with you today that will help your skin stay soft and smooth.

—Information courtesy of Institut' DERMEd and
Pierce Mattie Public Relations



PROPER PROCEDURE PREP

Winter months can be the perfect opportunity to visit the spa for that time-intensive skin rejuvenation treatment you've been wanting to try. Get started the right way by learning how you can prepare before your appointment with these steps from dermatologist David Bank, MD, founder and director of the Center for Dermatology, Cosmetic, and Laser Surgery in Mt. Kisco, NY.

- **Let your tan fade.** There are several procedures practitioners are unable to perform if you are still looking like a bronzed goddess.
- **Stop smoking.** Treatments such as chemical peels, laser procedures, and face and brow lifts can be seriously disturbed if you have a cigarette within three weeks of the service.
- **Stop drinking alcohol.** If you stop participating in cocktail hour a few weeks before your procedure, your skin is more susceptible to healthily accepting the changes you want to make.
- **Stop taking supplements.** Over-the-counter vitamins and supplements such as vitamin E, St. John's Wort and ginkgo biloba can cause bruising.
- **Avoid blood-thinning medications, unless prescribed by your physician.** These include painkillers such as aspirin and ibuprofen, although acetaminophen is typically all right. And be sure to discuss any medications you are taking with your spa professional before undergoing any treatment.
- **Check your calendar.** It is possible a treatment may leave you bruised or swollen for multiple days afterward, so make sure you have ample recovery time and won't be trying to rush off to any big soirees while you're still healing.

Ask your esthetician about any great treatment specials the spa offers that you can take advantage of during the winter months, as well as any preparation tips you can do before your next spa visit.

—Information courtesy of David Bank, MD,
and Fox Greenberg Public Relations