

# SKIN CARE NEWS



Pomegranate & White Tea Body Creme  
click in box on right to go to this product

- Luscious, antioxidant-rich moisture
- For extremely dry body skin
- Skin is unusually soft and comfortable all day
- Noticeably softens roughs elbows and knees in seconds
- Noticeably smoothes “bumpy” upper arms in 24 hours
- Fragrance-free can be worn with any scent

## Kissable Lips



The lips, full of nerve endings and covered in translucent tissue, can quickly show signs of injury or damage, including the effects of UV exposure and free radical damage, which is associated with aging. And unlike the rest of the face, lips don't produce any oil, so they often need moisturizing. To keep your lips soft, smooth and safe, Dermalogica and The International Dermal Institute's director of training and development Annet King recommends avoiding these lip-abrading habits.

- Don't lick your lips. Saliva contains the enzyme amylase, which can cause dermatitis in lip tissue.
- Avoid using “slick” lip balms or petroleum jelly, as they can irritate and dehydrate the lips. This is particularly true for lip balms that are heavily fragranced or flavored, because they typically use synthetic agents.
- Use a lip balm with an SPF. Those balms that don't contain sun protection can invite burning faster because of their oil content, essentially frying tender lip tissue.
- Be careful when using lip stains or lipsticks that last for 12 hours or more. Because they can be difficult to remove, these pout-enhancers can irritate the skin and cause comedones along the lip line.

For a sultry pout year-round, ask your skin care professional if the spa offers any products or treatments to keep your lips in tip-top condition.

—Information provided courtesy of Dermalogica

## Grapefruit Goodness

Embrace the benefits of grapefruit, a citrus fruit discovered in Barbados in the 18th century, that was named to reflect the way it's arranged when it grows—hanging in clusters, similar to grapes. Many botanists think the fruit is actually a result of natural cross-breeding between the orange and the pomelo, and Florida, California, Arizona and Texas are all large producers of the fruit. It can also be found in Israel, South Africa and Brazil.<sup>1</sup>

Grapefruit is a large citrus fruit that is categorized as white, pink or ruby. It is juicy, tart and tangy with an underlying sweetness, and it is an excellent source of vitamin C, and a good source of dietary fiber, vitamin A, potassium, folate and vitamin B-5. It also contains lycopene. Long thought to help people lose weight, a recent 12-week study from the Scripps Clinic confirmed that adding grapefruit and its juice to your diet three times a day can increase weight loss. Also, its flavonoid content helps fight against free radical damage, which can result in aging.<sup>2</sup> Grapefruit can be enjoyed alone for a healthy breakfast, as well as in entrees, desserts and salads. And a big glass of grapefruit juice is a low-calorie, nutrient-dense juice choice.<sup>3</sup>

One detail to note about the consumption of grapefruit: It is important to check with a physician before adding grapefruit and its juice as a regular part of your diet, as it can make certain pharmaceutical drugs more potent, possibly leading to dangerous results.

Of course, grapefruit can be a tangy treat for the skin, too. The vitamin C content in grapefruit and its juice can help build collagen, reducing wrinkles and enhancing skin's strength and elasticity.<sup>2</sup> And in a recent study, grapefruit extract was shown to act as an effective skin lightener, although more research is being done to make sure there aren't any stability issues with this powerful antioxidant.<sup>4</sup>

For beauty both inside and outside, grapefruit offers a refreshing resolution. Ask your esthetician how to add grapefruit to your treatment, spa cuisine or retail selections to uplift your health today.

### REFERENCES

1. [www.whfoods.com/genpage.php?tname=foodspice&dbid=25](http://www.whfoods.com/genpage.php?tname=foodspice&dbid=25) (Accessed Nov 3, 2008)
2. [www.oceanspray.com/news/pr/pressrelease108.aspx](http://www.oceanspray.com/news/pr/pressrelease108.aspx) (Accessed Oct 27, 2008)
3. [www.oceanspray.com/news/events\\_2.aspx](http://www.oceanspray.com/news/events_2.aspx) (Accessed Oct 27, 2008)
4. [www.skininc.com/spabusiness/trends/29756404.html](http://www.skininc.com/spabusiness/trends/29756404.html) (Accessed Nov 3, 2008)



# Snowed-in Skin Care

When the weather turns blustery and cold, it's a sign to get out the scarves, hats, mittens and parkas. It is also a sign that you should shake up your skin care routine.

David E. Bank, MD, a dermatologist, and the founder and director of the Center for Dermatology, Cosmetic & Laser Surgery in Mount Kisco, New York, recommends taking these preventive measures to keep skin glowing all winter long.

**Hydrate.** To prevent the drastic dryness that can haunt skin during the colder months, use moisturizers frequently. Apply them as soon as you step out of the tub or shower to help trap in water, which will aid the skin's soft, smooth texture.

**Exfoliate.** The dry heat being generated indoors during the winter causes dead skin to build up more quickly, so sloughing off dead cells once a week is a good idea. Stick with exfoliating cleansers that use grains or glycolics to smooth, as loofahs may be too harsh for tender winter skin.

**Sunscreen.** Make sure your winter moisturizer, makeup and lip care products contain just as much SPF as your summer stand-bys. Just because you can't feel the heat doesn't mean the UV rays aren't doing damage to your skin.

**Spa maintenance.** Treatments such as microdermabrasion or diode laser can help rejuvenate dry or sun-damaged skin to its original radiance. Be sure to also keep up with regular facials and spa services, and check with your skin care professional to see if your spa provides special offerings to help ward off dry winter skin.

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



Chromatherapy, or the influence of color on the human mood, has been documented for centuries, but it may truly be coming into its own in today's frenetic world. The electromagnetic energy found in light is body-compatible and easily absorbed by the tissues. Visible incoherent polarized (VIP) light rays range from 480–3,400 nanometers and possess every color of the spectrum.



The pineal gland, described as the third eye by Indian mystics, acts in direct response to light energy received via the eyes. It is the body's light meter and controls the secretion of the hormone melatonin. It is also recognized as playing a key role in almost every aspect of human function.<sup>1</sup> Unlike most light systems, VIP light can be applied to the eyes. Research carried out during the past 15 years, primarily in Hungary where VIP light was first introduced and trialed, has demonstrated VIP light has a direct influence on cellular function, and recent trials also show it affects the immune system.<sup>2,3</sup> Therefore, it can be seen that light, which was believed to only be used for vision, can directly affect just about every biological function, including the function of the skin.

Color affects the human body physically and via energy pathways called meridians. Each color has its own properties, so different colors can have a different effect on the same area of the body. Color energy is a powerful treatment medium, especially if used directly in the form of colored light energy and in the appropriate way.

Polarized light rays also can be used as a gentle noninvasive form of treatment that balances the subtle and physical body by either stimulating or calming specific energy points and flows in the body. Additionally, oxygen can be very effective when used in light and color therapy. Treatments can be designed for skin rejuvenation, skin problems, general well-being, wound-healing, re-energizing and pain relief. The effects can be very gentle or extremely stimulating simply by adjusting the exposure time to a specific vibration.

Ask your esthetician if the spa offers any chromatherapy treatments or products that you can partake in today.

## REFERENCES

1. J. Liberman, *Light: Medicine of the Future: How We Can Use It to Heal Ourselves Now*, Bear & Co.: Rochester, VT 30–36 (1993)
2. M. Skrobic, Evidence-based review, *Bioptron Phototherapy* (Nov 2006)
3. M. Fenyo, Theoretic and Experimental Basis of Biostimulation by Laser Irradiation, *Options and Laser Technology* (16) 209–215 (Aug 1984)

**Editor's note:** This article originally was published in the July/August 2008 issue of *Professional Beauty* magazine and is being reprinted with permission. All rights reserved.