



Citation<sup>1</sup>

## EMBRACING AN INTEGRATIVE APPROACH TO SKINCARE

Effective anti-aging skincare is an integrative approach that views skin health as a reflection of your overall well-being, encompassing physical, emotional, and environmental factors. Rather than focusing solely on external treatments, a comprehensive anti-aging skincare emphasizes integrating factors such as diet, stress management, sleep, and lifestyle to nurture skin from within and adopting mindful practices to promote and sustain healthy skin.<sup>1</sup>

## SCIENTIFIC VALIDATION AND FUTURE DIRECTIONS

The convergence of scientific research and all-inclusive skincare practices is fostering a more comprehensive understanding of skin health. Future developments in skin health may include the use of nanotechnology for targeted ingredient delivery and microbiome health-based probiotics, leading to more effective and personalized anti-aging skincare treatments.<sup>2,3</sup>

## Nutrition and Lifestyle for Healthy Skin<sup>4</sup>

Skin is a mirror of internal health. A lifestyle that enhances healthy homeostasis such as metabolism and hormonal balance can help resolve skin issues like acne, dryness, or inflammation.

- **Balanced Diet:** Consume a variety of fruits, vegetables, whole grains, and healthy fats to provide essential nutrients and antioxidants that support skin health.
- **Hydration:** Adequate water intake is essential for maintaining skin elasticity and clarity. Aim for at least 8 glasses of water daily to keep your skin hydrated.
- **Regular Exercise:** Engage in physical activity to boost circulation, which helps deliver nutrients to the skin and remove toxins.
- **Adequate Sleep:** Quality sleep is crucial for skin regeneration. Aim for 7–9 hours of quality sleep per night to allow the skin to repair and rejuvenate.
- **Stress Management:** Emotional well-being significantly impacts skin health. Practice relaxation techniques regularly, such as meditation and yoga, to reduce stress-induced skin issues.

## Steps of a Holistic Skincare Routine

A consensus among dermatologists emphasizes the importance of a holistic skincare routine. Choose skincare products containing clinically-proven ingredients (detailed in our previous blog) to tailor treatments to individual skin conditions.

1. **Gentle Cleansing:** Use a mild, natural cleanser to remove impurities without stripping the skin's protective oils.
2. **Exfoliation (1–2 times per week):** Incorporate gentle exfoliants like oatmeal or fruit enzymes to slough off dead skin cells and promote renewal.
3. **Toning:** Apply a natural toner, such as rose water or witch hazel, to balance the skin's pH and prepare it for moisturizing.

4. **Serums and Treatments:** Use serums containing antioxidants like vitamin C or E to combat oxidative stress and support skin repair.
5. **Moisturizing:** Choose a moisturizer containing ingredients targeting specific skin types/conditions, when needed, with other nourishing ingredients like shea butter or jojoba oil to hydrate and protect the skin barrier.
6. **Sun Protection:** Apply a broad-spectrum, mineral-based sunscreen with ingredients like zinc oxide or titanium dioxide daily to shield the skin from harmful UV rays.

### Harmful Ingredients in Common Skincare Products

Many common skincare ingredients can be harmful or irritating to the skin and body, causing skin irritation, hormonal disruption, and other health issues.<sup>5</sup> The *not-for-profit* Environmental Working Group (EWG) tracks virtually every ingredient that has shown up in cosmetic formulas and their website is a go-to resource to check the safety of ingredients in cosmetic products. Below is an EWG list of the most toxic ingredients found in skincare products that have been banned by the European Union and many other nations:<sup>6</sup>

Harmful Ingredients	Adverse Effects
Formaldehydes (including Paraformaldehyde and Methylene glycol)	known carcinogens
Quaternium 15	releases formaldehyde
Mercury	damage the kidneys and nervous system
Dibutyl and diethylhexyl phthalates	disrupt hormones and damage the reproductive system

Parabens	disrupt hormones and harm the reproductive system
Polyfluoroalkyl substances (PFAS)	carcinogens
m- and o-phenylenediamine	irritate and sensitize the skin, damage DNA and can cause cancer
Sulfates	skin irritant potential carcinogens

#### CITATIONS:

1. *Clin Cosmet Investig Dermatol.* **2020**; 13:1021-1040.
2. *Front Bioeng Biotechnol.* **2021**; 9:646554.
3. *Microorganisms.* **2023**;11(7):1420.
4. *Skin care: 5 tips for healthy skin - Mayo Clinic.*
5. *Front Public Health.* **2024** Aug 26; 12:1439027
6. <https://www.ewg.org/skindeep>