

lookinggood

HEALTHY WINTER SKIN

- Keep in mind in the wintertime, "Beauty isn't just skin deep..."

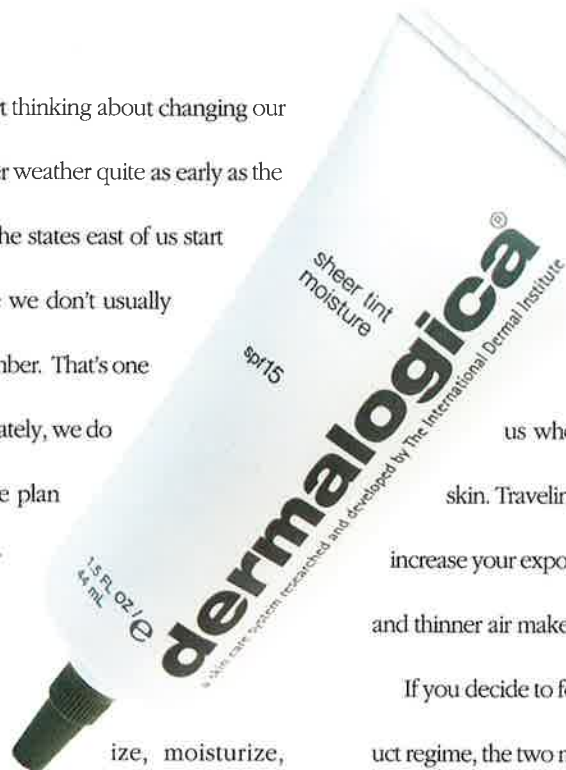
Living in Folsom, we don't start thinking about changing our skin care regime for the cooler weather quite as early as the rest of the country. The majority of the states east of us start feeling chilly in early October, while we don't usually abandon our shorts until about November. That's one of the reasons we live here. Unfortunately, we do eventually have to alter our skin care plan in order to retain our youthful beauty and keep our skin in tip-top shape.

The most prevalent winter skin care recommendation is to moisturize, moisturize, moisturize. However, to really keep away those snake scales, there are really just two approaches to skin care. You can correct your skin from the inside out with doctor-supervised products, or you can do a quick fix with over-the-counter products. Both approaches will help your skin, just in different ways.

There are several reasons that skin dries out in the winter. While we are lucky that our summers are relatively humidity free, it also means that our winters are drier too. Dry air obviously leads to thirsty skin. It is when the humidity level first drops in the fall, not in the coldest months of January and February, that you will really notice a

difference in your skin. Humidity inside houses, offices and schools is generally low because of heating systems. Throw in exposure to the elements, including sun and wind, for those of us who enjoy outdoor winter sports, and voilà – dry skin. Traveling to higher elevations like Tahoe this winter will increase your exposure to ultraviolet rays. Reflection from the snow and thinner air make sunscreen protection an absolute priority.

If you decide to follow a routine over-the-counter or salon product regime, the two main products you will need are moisturizer and sun block. Also, be sure to avoid antibacterial soaps. They are very drying and will worsen the situation. As a matter of fact, cleansers in general can strip away sebum and natural moisture from your skin. It helps to wash your face at night to give your skin extra time to replenish itself before you need to face outside elements. In the morning, don't scrub, just splash cool water or use a moisturizing toner, and apply moisturizer. A good moisturizer should target your skin type (normal, dry, oily, acne-prone), be non-comedogenic, and should include sun block. Dermalogica's newest product, Sheer Tint Moisture SPF15, provides oil-free hydration, a full-spectrum SPF15



Folsom's Alternative Approach to Pain Relief

sun protection AND a sheer color for those on-the-go mornings. Dermalogica also offers a wide variety of other moisturizers and sunscreens, which target all types of skin from very dry to acne-prone. Dermalogica products can be found at Chez T. J. Salon & Spa, Brockway Salon & Spa, Dolce Vita Salon & Spa, Studio 415 Salon & Spa, Sculptures Salon & Spa, and The Art of Skin – all in Folsom. Or visit www.dermalogica.com for more information.

According to Shahriar Mabourakh, MD, FACS, a Folsom plastic and cosmetic surgeon, physician-supervised products, in general, are better as they tend to be more effective. When you choose skin care products that target the skin at the cellular level, you can address the skin as a whole, thereby creating healthy skin from the inside out. Why not ring in 2004 by getting rid of all the sun damage from the past summer? Obagi Nu-Derm products are highly recommended by Dr. Mabourakh. With Obagi, you follow a four step Nu-Derm Skin Health Restoration System that includes preparation, correction, stimulation and protection. Moisturizer is not a part of these four steps because Obagi's philosophy is that once your skin is functioning properly, you will not need a moisturizer. One of Obagi's most popular products, 'Clear,' is a cream that lightens dark areas in the skin such as freckles, age and liver spots. Dr. Mabourakh and his aesthetician from Plastic Surgery Associates of Folsom enlightened me about Obagi and the benefits of choosing such a medically supervised skincare program. His office is able to teach you about, and supply you with the Obagi Nu-Derm System. They will tailor your regime to fit your specific skincare needs.

Welcome in 2004 with a better you and a fresh new face. Let yourself glow, naturally, for the holidays. You deserve it!

— Elizabeth Morabito



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