

## Dermal Botany

### Non Surgical Facelift Recommendations

You will be continuing to build collagen and elastin (The 2 major dermal components for skin firming & tightening) after your treatment for up to 7 days. So it's important to understand how to protect as well as what will cause a digression in these two major components. So here's how to get maximum benefits from your treatment & bootcamp.

#### **THE PRIMARY ENEMIES OF COLLAGEN:**

- + **Sunlight.** UV and visible light from the sun are potent collagen crunchers in skin. Sunblock protects against UV. 85% of wrinkles are from sun damage.
- + **Dehydration.** When cells dehydrate, they collapse causing a slow down in cellular metabolism, a break down in the protein chains and is just a threat to collagen everywhere in the body.
- + **Sugar and starch.** Glucose and fructose, from processed food products, sugar, high fructose corn syrup, and concentrated fruit sugar are notorious collagen crunchers. Overabundance can cause glycation
- + **Toxins.** Toxins of any variety damage collagen, but smoking saturates the body with collagen crunching toxins.
- + **Stress and poor sleep.** Being stressed and not sleeping prevents your body from repairing damaged collagen.

#### **Things you can do to enhance your Facelift Treatment & Bootcamp :**

1. Wear Professional SPF 30 (or Higher) if you see sunlight, you are being exposed to UV radiation(better safe than sorry) \_\_\_\_\_
2. Keep hydrated – drink plenty of water plus at least one electrolyte – limit your alcohol & coffee. Keep your skin hydrated with a professional Moisturizer \_\_\_\_\_
3. Consistent skincare regimen: Make sure you are using what is right for your skin or it can cause more harm than good.

<b>Morning: Clean</b>	
<b>Tone</b>	
<b>SPF/Firm</b>	
<b>Evening: Clean</b>	
<b>Serum</b>	
<b>Moist</b>	

4. Try to avoid starch and sugar as much as possible; eating clean is always the best option.
5. Take a hair, skin and nails vitamin or a daily vitamin your Dr has recommended.
6. Increase your intake of antioxidants!!
7. Use a retinoid serum (Vitamin A derivative, an amazing anti-aging ingredient) or firming cream
8. Avoid excessive steam showers or saunas

I hope you enjoyed your treatment and are thrilled with your results! I look forward too seeing you soon!

Diane Brewer