



## *What is sun damage?* What can I do about it?

*B*y the age of 18 most of us have already accumulated 80% of our lifetime sun exposure and at least 80% of what we consider normal skin aging is really sun damage.

Sun rays can damage the DNA, the genetic material, of the skin cells deep in dermis layer. As a result, these cells become dysfunctional. They do not produce collagen and elastin as well as they used to and skin sags, shows lines and wrinkles. The damaged cells do not renew properly and skin becomes thick, dull and sallow. The skin produces melanin pigment which absorbs ultraviolet light to protect itself from the sun. Melanin production normally causes skin to tan, however sun damage over the years can result in localized spots of hyper-pigmentation appearing on the most exposed parts of the body: Usually the face, hands, shoulders and décolleté.

Such lesions are known as *Age Spots*.

After summer, the effects of sun damage are more noticeable than any other time of the year. The skin feels and looks dehydrated, dull, and sluggish. When skin is not taken care of correctly in the summer it begins to build up dead skin cells that stick to the surface of the skin. Since turning back the clock isn't an option, there are several other ways to prevent and correct damaging effects of the sun and signs of aging.

*Exfoliation* or peeling will help your skin to get rid of the dead damaged cells and prepare it to take in moisture and nutrition easier. Exfoliation of the skin's top layer has also shown in many studies to stimulate production of new collagen in the deeper dermis layers thus helping to improve the signs of aging. Getting rid of dead skin cells is an important part of a healthy skincare regimen, and is even more important after summer because it will help you maintain a glowing complexion. Making sure your skin stays well-hydrated is one of the keys to maintaining a healthy glow, especially as we approach the cold winter season.

*The solution is...*

## MICRODERMABRASION & Chemical Peel Exfoliation

Schedule your Complimentary Skin Analysis today.

