

# Maintaining Healthy Skin

MEMBER



Thank You for Your Visit

## Attaining and Maintaining Healthy Skin

### An Introduction to Esthetics

Chrissy Spehar

Everyone wants healthy, glowing skin, but attaining a beautiful complexion often requires a delicate combination of art and science. That's where skin care professionals come in. Often called estheticians, skin care practitioners analyze skin types and provide treatment plans to help clients achieve their skin care goals. Working with the top layer of the skin, estheticians are specially trained and licensed in a variety of techniques and products to tailor treatments for each client's individual needs and desires.

### Why a Professional?

Professionals give personal guidance on the latest in skin care maintenance.

by a dermatologist, your esthetician will provide complementary and support therapies. In addition, estheticians are trained to recognize early signs of many medical conditions, including skin cancer, and will refer you to a dermatologist when such care may be necessary.

### What Is Right For Me?

"The benefits of seeing a well-trained, licensed skin care professional on a regular basis are multiple," says Alison O'Neil Andrew, a licensed esthetician and founder of Atlanta-based Beauty Becomes You, a nonprofit esthetics foundation for the elderly. She says, "General maintenance, correction, and

*The way in which we think of ourselves has everything to do with how our world sees us.*

-Arlene Raven

#### Office Hours and Contact

**Second Glance Skin prevention IS anti-aging skin treatments, waxing, skincare and more**  
**843-669-7640**  
**Tuesday - Thursday 9am - 6pm**  
**secondglanceskin.com**

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With the proper care and education, you can attain the glowing complexion you desire.

Central to this specialty is the use of creams, lotions, wraps, clay or gel masks, and salt scrubs. Some technicians may also utilize machines to help deliver high-tech services. Esthetic practice is different from dermatology practice in that it specifically excludes diagnosis, prescription, or any other service, procedure, or therapy that requires a medical license. If you're being treated

prevention are all offered through the services of an esthetician." Skin care professionals are experts trained in skin wellness, helping clients balance oil and moisture content and achieve a healthy, youthful complexion. A variety of treatments and products are used to protect skin from environmental

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hazards and combat fine lines, wrinkles, and a dull, uneven skin tone.

Estheticians are also skilled in managing conditions such as acne, rosacea, eczema, and dry skin, to name just a few. Through specialized therapies and remedies, a skin care professional can help ease the burdens such conditions can cause.

Furthermore, skin care treatments are wonderfully relaxing and rejuvenating. If smooth, healthy skin is your aim, a skin care professional will benefit you.

## First Timers' Fears

Getting a skin treatment should be relaxing and enjoyable. During your first appointment, your skin care professional will discuss your skin care issues and goals. You will be asked about your genealogy, lifestyle (stress, exercise, diet), and the products you've used, all of which give the practitioner insight into your skin's current condition. She/he will also visually evaluate your skin, observing it up close and touching it to evaluate tone, texture, and sun damage. Once the practitioner has studied your skin, the two of you will work together to determine a course of action to achieve your goals. This plan will likely include treatments, home care, and follow-up appointments. After the experience, you will likely be relaxed, more confident, and looking forward to your next visit.

## Education, Homework, and Results

In addition to providing face and body treatments for personal use, skin care professionals educate clients on proper cleansing, exfoliating, hydrating, and stimulating regimens for home care support between visits. Estheticians may also supply you with information on lifestyle choices, such as nutrition and exercise, to further support your skin health. "Skin changes from season to season, year to year, even when you move from place to place," says O'Neil Andrew. "Conditions arise at different points in your life due to stress, hormones, or other physical changes going on in your body. Your skin care therapist will know what you should use and when to change your program."

## Types of Treatments

The following therapies are popular treatments you are likely to see on an esthetician's menu of services:

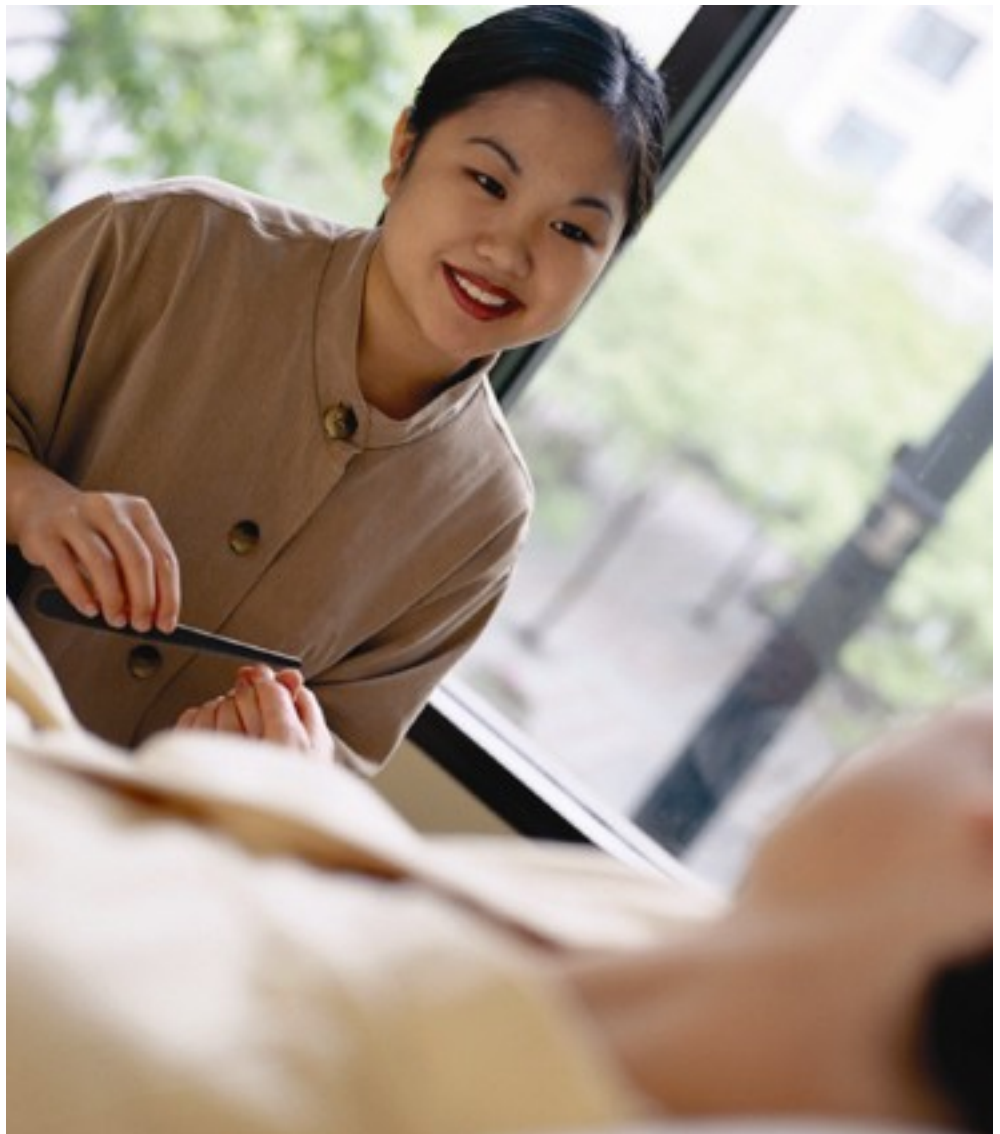
- Chemical Peel: An exfoliation process usually used to minimize fine lines and wrinkles.
- Exfoliation: Removal of dead skin cells, manually or using chemical peels.
- Extraction: Proper pore cleansing, the removal of blackheads, whiteheads, and blocked pores.
- Facials: After analysis, cleansing, and preparation, a mask is applied to the face. Therapeutic ingredients vary based on skin type.
- Microdermabrasion: A technique utilizing a machine to exfoliate the uppermost layers of the skin. Used to

treat hyperpigmentation and uneven surface texture. In some states, microdermabrasion can only be performed by a physician or by estheticians who meet certain requirements and/or who are supervised by a physician.

- Waxing: Hair-removal technique. Warm wax is applied to the skin, allowed to cool, then removed.

Healthy skin is attainable if you set yourself on the right path to achieve it. "Remember that skin care does not have to be complicated or require a myriad of different products," O'Neil Andrew explains. "It just has to be something you do everyday."

See your esthetician regularly and take care of your skin daily, and you will always have the beautiful skin you are looking for."



Your skin care professional can serve as your personal consultant on the path to healthy skin.

# A Walking Workout

## Have Fun While Burning More Calories

Imagine the lone hiker, backpack laden with sleeping bag and bedroll, wielding a well-worn walking stick as she climbs the side of a snow-covered mountain. For centuries, trekkers have used walking sticks, partly as a defense against attacking wildlife, partly to aid in balance, and partly as support on long, arduous climbs. But in recent years, many hikers have replaced the single wooden walking stick with hiking poles.

Held in both hands and used to distribute weight more evenly through the four limbs, wilderness hikers have found poles invaluable for safety, efficiency, and comfort on long hikes. What wilderness hikers have known for some time now is that walking poles are a great way to relieve pressure on knees, ankles, and the back. They encourage better posture and provide a total body workout by engaging the upper body.

Now, hiking poles are showing up in urban areas as fitness walkers discover the benefits they provide. Nordic walking--similar in technique to cross-

country skiing--is a great way to get a whole body workout, increase oxygen consumption, and burn more calories than regular walking or even speed walking. This total body workout burns 40 percent more calories and consumes 25 percent more oxygen. Poles can be purchased at most outdoor sporting stores, along with rubber tips for use on paved paths.

### TECHNIQUE

Adjust your poles to approximately 70 percent of your height and loosely secure the straps around your wrists. Hold the poles at an angle behind you so they propel you forward with a slight bend at the elbow. Use an opposite hand-and-heel motion as you walk--right heel strikes as left pole tip contacts the ground. And you're on your way! Don't be shy with your poles. Remember: You're burning 40 percent more calories.

For more information, visit [www.walking.about.com/od/nordicwalking/index.htm](http://www.walking.about.com/od/nordicwalking/index.htm).



**Add walking poles, and burn more calories.**

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# Long Live Cells with Vitamin E

## Antiaging Inside and Out

A good skin care regimen is comprised of an antioxidant-rich diet and vitamin/mineral supplementation that includes vitamin E -- an essential key to a healthy complexion. Vitamin E is unique in that it's not one vitamin, but a family of eight fat-soluble antioxidants, including four types of tocopherols and four types of tocotrienols -- alpha, beta, gamma, and delta. Alpha-tocopherol is the most common and most potent form of vitamin E.

This important nutrient works to prevent aging by prolonging the useful life of cells in the body. By protecting and strengthening the cell membrane, vitamin E wards off free radical attacks caused by sun exposure and also helps combat disease. This protection is

further intensified when combined with vitamin C. Vitamin E also helps in the formation of red blood cells, protecting them from destructive toxins and cell damage, which also helps prevent skin cancer.

Vitamin E-rich foods include wheat germ; almonds, peanuts, and walnuts; safflower, corn, and soybean oils; and green leafy vegetables. For supplementation, the recommended daily intake of vitamin E is 400 IU. Be aware that high doses of vitamin E (1,200 IU daily or more) can be toxic and cause oxidative damage.

It is imperative that when taking the supplement orally, it is in the natural form, designated with a "d," and not

synthetic, designated as "dl." Mixed tocopherols--meaning a combination of alpha, beta, gamma, and delta--are easily absorbed and a good choice, especially in skin care products.

Topical creams and oils containing vitamin E promote healing, protect cells from free-radical damage, and reduce itchiness--very helpful in treating conditions such as sunburn and eczema.

In addition to contributing to healthy skin, vitamin E has many other beneficial properties, including slowing the progression of Alzheimer's disease, decreasing oxidative stress associated with asthma, alleviating arthritic conditions, decreasing PMS symptoms, and reducing the risk of heart disease.

*Be careful of  
your thoughts;  
they may become  
words at any  
moment.*

-Ira Gassen

#### Triple C&E Complex

#### Actions:

Youthful radiance begins to return within minutes  
Obvious lines around eyes, mouth, cheeks and jawline  
appear to diminish within weeks  
Evenness of skin tone starts to improve within days  
Blackheads and clogged pores begin to clear within days  
Stabilized Vitamins C & E  
Helps skin lacking in firmness or elasticity

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## Second Glance Skin

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