

# GOODBYE, SUN DAMAGE!

By Katelyn Rousselle

Fall has arrived; yet our skin will be affected by the UV exposure of summer long after the warm, sunny days are over. Now is the time to peel away the sun damage we have accumulated, and give back the essential nutrition the skin deserves. After all, a sun-tanned face is the skin's indicator that it has experienced damage and is in need of repair. Casual exposure to the sun has moderate benefits, including the production of vitamin D by the body, but overexposure to ultraviolet radiation has detrimental health effects for your body and skin. These effects can include increased risk of skin cancer, depressed immune system function, damaged DNA, accelerated aging of the skin and irreparable skin damage over time.

In the beginning, as skin cells are negatively impacted by UV rays, the damage may not yet be visible to the naked eye because it is happening at a deeper level. This is the time when preventing damage from surfacing is essential. If not addressed early on, sun damage will become fine lines, wrinkles, unhealthy texture, a dull complexion and hyperpigmentation. Below are recommended treatments to help remove, repair and remodel your skin from both the visible signs of sun damage and those that are lurking beneath the surface. It can take years for damage to become visible, so beginning a sun repair and protection program is essential.

## PEELS

A chemical peel is a technique that involves the removal of the damaged outer layers of dead skin cells from the skin's surface. Peels are extremely beneficial for skin that has been damaged by sun exposure. Removing the build-up of dead skin cells and stimulating the regenerative process results in marked improvements in the formation of skin tone and complexion. Advancements in chemical peels now include the blending of active natural ingredients with a variety of enzymes and acids that allow peels to be customized to specific skin needs and concerns. These treatments can truly transform the look and health of the skin. Peels are customized based on the level of sun damage. It is

important to find an experienced practitioner to perform chemical peels, someone who has a thorough understanding of how different chemicals and enzymes work on the skin.

## VITAMIN A INFUSION

The Vitamin A Infusion Peel is a one-of-a-kind peel that repairs and remodels your skin. The Vitamin A Infusion delivers potent calming, antibacterial, lightening, and dermal remodelling ingredients that restore the look and health of the skin. Unlike chemical peels that work from the outside layer in, the Vitamin A Infusion Peel works from the deepest layer out. The deep layer, the dermis, is where collagen and elastin reside, making it a powerful anti-aging treatment. It is highly recommended for skin that has been exposed to UV damage, as it boosts cell turnover rate and results in a healthier, more radiant complexion. Here's what you can expect from a Vitamin A Infusion Peel:

- Increased fibroblast activity (fibroblast cells are what create collagen and elastin)
- Increased capillary flow to help increase food supply to the dermis and thicken the dermis
- Lifted hyperpigmentation caused by sun damage
- Reduced fine lines and improved skin tone and elasticity
- Normalized oil production
- A series of five treatments is typically recommended. With each treatment, the infusion is left on longer, giving the skin more absorption of vitamin A.

## MEDICAL SKIN NEEDLING

The latest skin treatment available is called "skin needling." It's a form of collagen induction therapy intended to improve the overall health of the skin and thereby reduce UV damage. It reduces the appearance of acne scarring and pigmentation. It is one of the newest, easiest and most effective skin treatments available. Skin needling is a non-invasive, non-injectable treatment that targets a diverse range of skin concerns. The needles penetrate the upper lay-

ers of skin, creating tiny dermal injuries. This triggers the body's natural wound healing response within the skin, producing new collagen and elastin and releasing growth factors in the treatment area. Each consecutive treatment triggers the production and deposition of new collagen and elastin that progressively depresses scars and fine lines. Skin becomes firmer and smoother and looks and feels healthier.

The most exciting feature of skin needling is its safety advantages. Skin needling can be performed safely and effectively on all skin types and colours. There is no risk of post-inflammatory hyperpigmentation (a result of skin trauma) as the melanocytes remain intact, like the epidermis, during skin needling. There is very minimal downtime or discomfort, and an almost immediate outcome.

## HOME CARE SKIN NEEDLING

Home care skin needling is a great addition to your daily skincare routine. Home care skin needling with a high-quality tool like the SKN Spin Dermal Roller (SKNSpin.com) offers many benefits. It acts as an exfoliator, removing the dead, drab layer while also preventing congestion that leads to breakouts. It creates hundreds of tiny micro-channels in the skin that significantly increase the absorption of topical nutrients through the epidermis to the dermis, where the cells that create collagen and elastin reside. When applying vitamin A (retinaldehyde), vitamin C, antioxidants, and DNA and stem cell serums, the results are dramatically enhanced. One of the most exciting benefits is that this micro-injury leads to the release of epidermal growth factor, or EGF. The production of natural EGF significantly slows when ultraviolet (UV) light is present, hindering the body's ability to repair itself. EGF is necessary for age-prevention and age reversal because it supports cell renewal and wound repair.

By combining home care skin needling with a revolutionary product from Osmosis called Stem Factor, you can create immense change in your skin. Stem Factor contains many growth factors that begin to decline as early as age 25. This is one of the most powerful

home care anti-aging programs in existence. The stem cells used in Stem Factor have been derived from human stem cells, making them much more effective than plant-based and synthetic stem cells. When we are young, we have ample amounts of growth factors in our skin, and that is what keeps our skin looking smooth, healthy and youthful. With age, however, and as early as 25, these growth factors begin to decline, and over time the results are fine lines, wrinkles, poor skin function and skin conditions.

## HOME CARE SUPPORT

There are some simple yet very important concepts that should be understood before purchasing home care products. Your skin is made up of cells, and these cells are constantly undergoing attacks from the environment and are in need of daily support. Having a skincare routine at home with the necessary vitamins, nutrients and antioxidants will not only support the skin, but will also repair the damage related to sun exposure. There is significant research showing that most skincare products have a penetration rate of two percent – which means 98 percent of all ingredients are wasted. The solution is choosing a product line that has a delivery system such as liposomal technology, and using the SKN Spin dermal roller. Aside from a delivery system, you want safe, natural, active ingredients that the skin recognizes. Osmosis Pur Medical Skincare is the leader in natural cosmeceuticals and is proven to create profound change for all skin types and concerns.

It is extremely important to consider what ingredients are being used in your skincare line. The following are key ingredients to look for:

- **Vitamin A Serum:** If there is no vitamin A in your treatment serum, then the ability of the product to remodel the skin is extremely limited. You want the vitamin A to be in the form of retinaldehyde. This is the strongest form of vitamin A, but does not cause irritation and peeling like other retinoids. Plus, unlike retin A, the skin can store retinaldehyde. Vitamin A promotes healthy cell turnover while working on thickening the dermis and regulation of oil. Your vitamin A serum should be worn nightly, as sun can degrade the vitamin A.
- **Antioxidants:** With sun-related trauma comes the loss of our protective antioxidants. Most people think the only way to protect the skin from sun damage is by using an SPF. While SPF is extremely important, antioxidants are just as vital. To maintain focus on repairing and remodelling the skin, it is essential we are using antioxidants on a daily basis. A primary factor in cell aging is damage to the DNA caused by free radicals. Free radicals are the primary cause of unwanted pigment. Antioxidants work to reduce the damage caused by free radicals and allow the skin to rebuild itself, resulting in healthier skin. Some potent antioxidants to look for are superoxide dismutase, glutathione, and vitamin C.

To learn more about what you can do to protect, repair and rejuvenate your skin, book a complimentary skin consultation at SKN Holistic Rejuvenation Clinic. Call 604-568-6333 or visit us online at [www.SKNClinic.ca](http://www.SKNClinic.ca).

Katelyn Rousselle is a highly qualified skincare practitioner at the award-winning SKN Holistic Rejuvenation Clinic in Yaletown. SKN Clinic was founded in 2008 and is the innovative leader in natural skin rejuvenation. Katelyn has established a very loyal clientele that continues to grow. Her dedication and genuine interest in Medical Esthetics and advanced clinical skincare has led her to continuously research and study the advancements in the industry. This allows her to provide her clients with the safest, most effective treatments to date. Katelyn provides complimentary customized skin consultations. Her latest accreditation is in Skin Revision and Medical Skin Needling. 604-568-6333 or [www.SKNClinic.ca](http://www.SKNClinic.ca).

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