

Long Island Skin Care by Annette

MEMBER



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'Tis the Season to be Beautiful

Winter Skin

Dave Waggoner

As you embrace the holiday season, explore new products and services and nurture your skin during these cold months.

LET IT SNOW

Cold temperatures, windy weather, and low humidity all make it harder for the skin to retain moisture--and that's only half of the problem. Indoors, the heating systems we use to warm our homes make the skin even dryer, further compounding the issue.

The mainstay of winter skin care is increased use of moisturizers. Your goal

heated pools, so appealing in the chillier months, are especially drying because of their chlorine and bromine content. Similarly, you should avoid taking too many long, hot showers, which will also dehydrate your skin even further.

We wash our hands multiple times a day, and the skin on the hands is thinner than on most parts of the body, so moisturizer needs to be applied more frequently to them than to the rest of the body. A good hand cream is essential in winter.

RED-NOSED REINDEER



Follow these cold-weather tips for beautiful skin.

should be to keep the skin hydrated. If you don't already use a creamy daily cleanser, now's the time to start.

THE DRYING EFFECTS OF WATER

Each time we wash, we strip moisture and natural oils from the skin. Harsh soaps increase the damage. Hot tubs and

Many winter woes are simply a result of skin irritation from the weather and can be solved with proper hydration and protection, but others may need to be medically managed. Eczema, psoriasis, seborrheic dermatitis, and xerosis (extreme skin dryness) are all worsened by cold, dry weather. Rosacea flare-ups

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can be caused by emotional changes, such as depression, seasonal affective disorder (SAD), and stress--all common this time of year. Though there's no way to eliminate rosacea, lifestyle changes and prescription medication can relieve the symptoms.

A FEW OF MY FAVORITE THINGS

Look for anti-inflammatory moisturizing ingredients when building a winter skin care routine. Some good, natural ingredients to consider include beeswax, calendula, comfrey, marshmallow root, and olive oil. What else is good for skin hydration and protection? These are a few of my favorite things:

GLYCERIN

Glycerin, also called glycerine or glycerol, is a humectant (an ingredient that helps your skin retain moisture). It is a sugar alcohol and is also used in foods like sweeteners or thickeners. Skin care products that contain glycerin will be goopier and heavier than those that don't. Give the skin a couple of weeks to get used to the consistency and the heaviness will soon be unnoticeable.

HYALURONIC ACID

If you prefer gentle, natural ingredients, don't be frightened away by the "acid" part. Hyaluronic acid is found naturally in the skin. It is a great plumper, capable of holding up to 1,000 times its own weight in water. The amount our bodies produce declines with age, so topical products with this ingredient can have a great effect on aging skin.

SHEA BUTTER

Naturally rich in vitamins A, E, and F, this natural nut oil moisturizes, revitalizes, and softens skin.

SUNSCREEN

Perhaps the most common skin care myth during winter months is that you don't need to consider ultraviolet (UV) protection. But UV exposure is UV

exposure, regardless of the season. Winter sports enthusiasts should always wear a broad-spectrum sunscreen on the slopes. Apply generously, using enough to create a barrier between the sun and your skin, and be sure to reapply frequently if you stay outside for a long time.

SKIP THE SCENTS

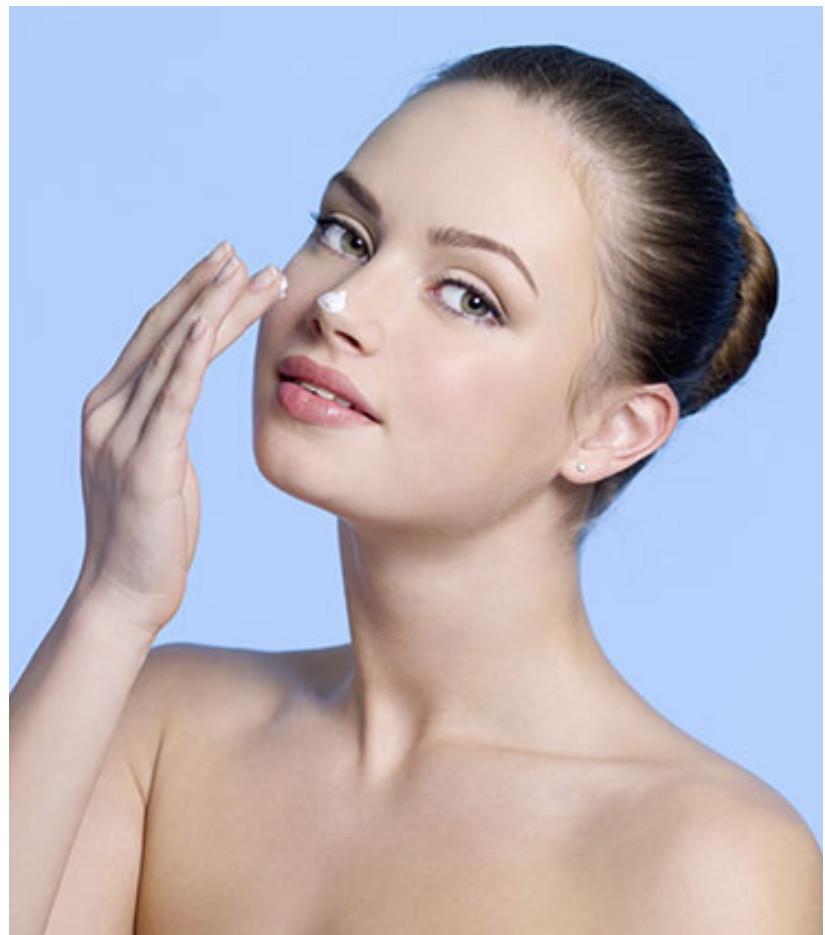
Perfumes with alcohol content can irritate the skin and disrupt your body's natural ability to maintain appropriate moisture levels. Best to keep the application of perfume to a minimum in the winter months.

THE MOST WONDERFUL TIME OF THE YEAR

The end of a calendar year is a traditional time to reflect and revitalize. There's a natural tendency to review where you are and where you want to go. It's the most wonderful time of the year! Here's to a safe, happy, and successful holiday season for all of us.

Dave Waggoner is director of education and public

relations at Skin Script Skin Care in Tempe, Arizona. He is a licensed esthetician with experience as both an educator and a practitioner.



Apply moisturizer frequently in the winter months.

Sleep and Your Skin

Shelley Burns

We have all encountered a sleepless night or two. Upon waking, we look in the mirror and are traumatized by what we see: puffy eyes, dark circles, droopy eyelids, and sallow skin. To add insult to injury, more wrinkles may be visible due to tossing and turning. Poor sleep can wreak havoc on your skin.

There are three hormones affected when we don't get adequate amounts of sleep. They each have a direct effect on how our skin ages.

- Cortisol is our stress response hormone. When we are not sleeping well, we're like a battery that does not have the chance to recharge. Our body identifies this as a stressful situation and starts producing cortisol. Like a jolt of caffeine, this spike in cortisol keeps us moving, but at a cost. Elevated cortisol levels break down collagen, resulting in less skin elasticity.

- Growth hormone is responsible for building muscle, bone, and tissue--including skin. It is one of our antiaging hormones that replenishes as we sleep, rehydrating the skin and allowing for cellular repair.

- Melatonin is our sleep hormone, and it also plays a role in the immune system. It is a significant contributor to the functional and physical integrity of our skin.

Without quality sleep, growth hormone and melatonin are not produced in sufficient quantities, while cortisol is overproduced. The result is overall poor skin condition, including dryness, dullness, fine lines, and wrinkles.

Even how you position your face on your pillow affects your skin. Some dermatologists say women who sleep on their side tend to develop wrinkles in their cheeks, while men will tend to

develop wrinkles on their forehead. Sleeping on your back will avoid the risk of "sleep lines."

So, get your beauty sleep--at least seven or eight uninterrupted hours every night--to achieve radiant and healthier-looking skin.



Sleep is important for healthy skin

Handwashing for Your Health

You know that washing your hands is important, but studies suggest that how you wash your hands is even more important. Washing frequently and thoroughly can help keep you, and the people you come in contact with, healthier.

STAY CLEAN, STAY HEALTHY

Researchers in Denmark conducted a study in which students at one school were required to wash their hands three times a day. According to the study, which was published in the American Journal of Infection Control (August 2011), the children that learned new habits significantly reduced their amount of absences due to illness.

WHEN SHOULD YOU WASH YOUR HANDS?

-Before, during, and after preparing food and before eating

-Before and after caring for someone who is sick

-Before and after treating a cut

-After using the toilet or changing diapers

-After blowing your nose, coughing, or sneezing

-After touching an animal or animal waste

-After touching garbage

WHAT IS THE RIGHT WAY TO WASH YOUR HANDS?

-Wet your hands with clean, running water and apply soap.

-Rub your hands together to make lather, then scrub the entire hand.

- Don't forget the backs of your hands, between your fingers, and under your nails.

-Continue for at least 20 seconds.

-Rinse your hands well under running water.

DRY WINTER SKIN

Since we live on Long Island, where we deal with the four seasons, we need 4 product lines and different treatments for each season. Winter is here - Hydrate Hydrate Hydrate! Get a Hydrafacial to keep your skin looking and feeling smooth and comfortable all season and drink plenty of water.

Visit the calculator to find out how much you need to drink:

<http://www.camelbak.com/HydrationCalculator>

Hydra Facial MD - 5 treatments in one. Get Glowing!
regularly \$250
Special Deal with this Coupon: \$150

Call or text Annette to schedule your appointment at (631) 988-0483

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