

The benefits of combination therapy



by Susan Turner

When you are young, your skin functions at its best. Skin appears smooth, firm and even-toned. As you age, your skin loses these youthful attributes. By understanding how skin changes and ages, dermatological science has brought us new ways to improve our skin's appearance. We now have advanced cosmetic treatments

known as combination therapies that target many signs of aging.

What causes aging? There are three types of aging responsible for the decline in skin health and function. Biological aging (intrinsic) is the result of changes, often genetically determined, that occur naturally within the body. Environmental aging (extrinsic) is the result of free radical damage generated by accumulated exposure to sunlight (photoaging), pollution, or cigarette smoke. Mechanical aging is the result of continually repeated wrinkle-causing behaviors. Skin aging results from the deterioration of structures in the skin and the slowing of healthy skin function. This causes a decrease in structural proteins, irregular pigment production, a decline in healthy cell renewal and a decrease in natural moisturizers.

A comprehensive system that addresses multiple anti-aging effects is the best way to turn back time. Some of the key ingredients to look for are Vitamin C, di- and tri-peptides, light-activated photosomes, creatine and hydroxy acid. Hydroxy acids increase cell turnover which leads to improvements in firmness, complexion, lines and wrinkles, texture and pigmentation. Two of the more common ones found in cosmetics are alphahydroxy acid and polyhydroxy acid.

Alphahydroxy acids are small, having only one hydroxyl group. This enables them to quickly penetrate the skin, which is one of the reasons they are so effective and aggressive. Polyhydroxy acids are larger than alphahydroxy acids, containing two or more hydroxyl groups. With a larger molecule size, they have a longer absorption time, making them non-sensitizing. Over time, polyhydroxy acids provide the same anti-aging power found in alphahydroxy acids, yet work well with all skin types and are well suited for those with sensitive or clinically challenged skin.

Vitamin C is a key component in the production of pro-collagen, a precursor to collagen. Di- and tri-peptides are short chain amino acids that nourish and supply the building blocks necessary to promote the production of structural proteins like collagen. Creatine increases the cells ability to protect and repair structural proteins. Other ingredients to look for are humectants to moisturize the skin without the use of mineral oil. Sesame, soybean, grape, shea butter and avocado oil are some of the best. Light activated photosomes (lipid encapsulated DNA repair enzymes) help repair the signs of sun damage. Macadamia nut oil, phospholipids and meadowfoam seed oil provide rich emollients to maintain and protect the skin's vital moisture barrier.

The use of multiple ingredients with overlapping benefits increases the success of any anti-aging skin care products. So even if you did not properly care for your skin when you were younger, the use of combination therapy results in the optimal restoration of your skin.

Susan Turner has been involved in health, beauty, skin care and fashion for 33 years and is now working with Nu-Skin. She is available for beauty consultations, skin analysis and total makeovers. Re-create yourself and your skin by calling 512-847-1647 or 512-470-5474.

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