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## Fast forward: Anti-aging skin care

by Susan Turner



Beauty never goes out of style. From the beginning of recorded history, people all over the world have studied and researched skin care. Today the use of high-tech analysis and ancient knowledge blends to bring us full circle.

Before we explore the past, let's fast forward to the future. Now we can analyse the skin with hand-held analysers, galvanic current tools and put it all together with products based in both ancient and modern research.

The first step in skin care is to measure the current condition of your skin in several areas. Through pattern recognition science, optical engineering and dermatology, we can get an advanced objective assessment. We don't have to guess through sight and the opinions of our best friends to know the truth about the condition of our skin, the largest organ of the body. By using these small high-tech devices, detailed macro images of lines and wrinkles, texture, pore size and color can be done even at home.

Other advancements include the use of galvanic current to cleanse, rejuvenate our complexion, increase circulation and cellular energy, and facilitates recovery from stress. Twenty-five years ago the machines took up about 33 cubic feet. Originating in Hollywood, California, they could only be found in major cities and only a professionally trained technician could operate them. Also the fine tuning of the current has made it more gentle and accurate. Skin care therapists have used galvanic currents to treat skin for seventy years, even though we've known of it for about 200 years.

To properly use galvanic current, the gels need to contain the right ingredients at the right pH, with the right concentration, and treated with the correct current properties for the correct amount of time.

Today these can be accurately controlled. Certain studies have shown that higher levels of vitamin A with the cells result in higher levels of retinoic acid which then stimulates mRNA responses; that leads to faster growth of keratinocytes leading to more collagen production. As vitamin C is added, then wrinkles and scars can be safely and dramatically decreased.

Who knew *beauty and brains* could be so much fun? By taking a smart active role in the care of our skin, we can fast forward the anti-aging now and for years to come. Through innovative tools and advanced cellular research, we can defy the marks of time. Beauty can be ageless. Next we will go back in time to discuss ancient knowledge of skin care and how it is being re-discovered today.

*Susan Turner has been involved in health, beauty, skin care and fashion for 35 years and is now working with Nu-Skin. She has 20 years experience with galvanic therapy. Susan is available for beauty consultations, skin analysis and total make-overs. Re-create yourself and your skin by calling 512-847-1647 or 512-470-5474.*