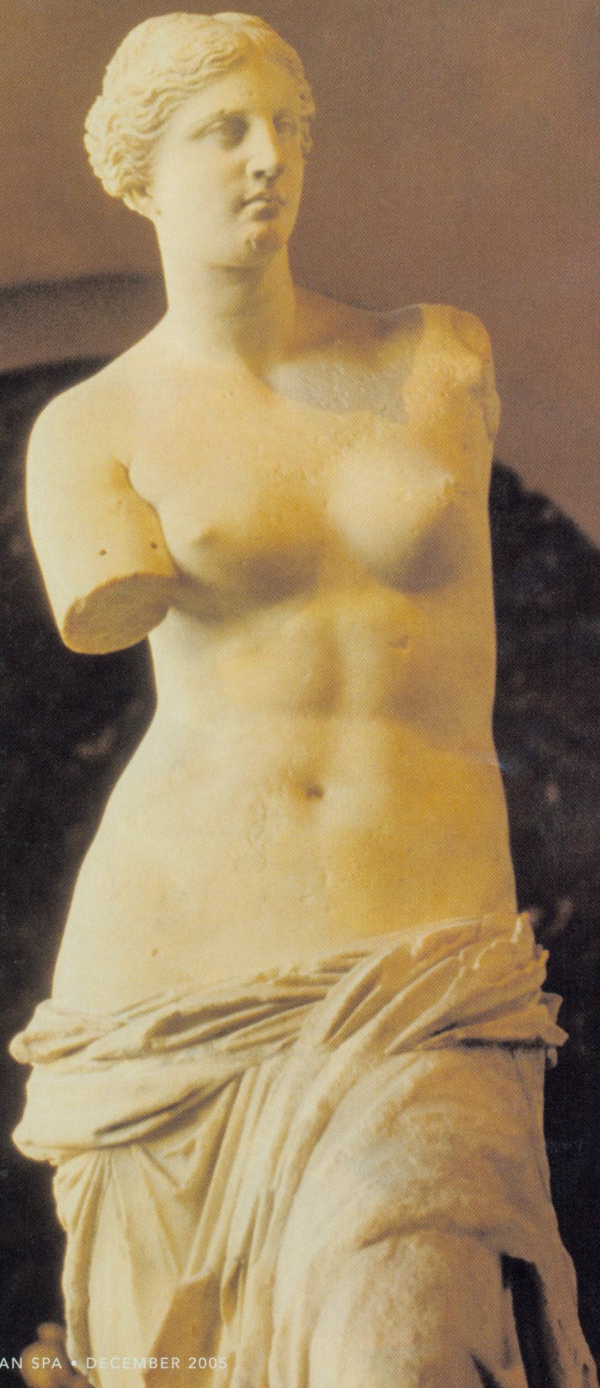


skindeep

Aging Gracefully

Fabienne Guichon-Lindholm, director of business development for **Decléor** and Carita, offers advice for turning back the clock.



THE AGING PROCESS REMAINS A PRIMARY CONCERN

for spa-goers, as well as a major source of confusion. Because the word “aging” encompasses so many different processes, it can be difficult to understand all the factors that cause the skin to mature.

There are three types of aging: environmental, chronological, and hormonal. To properly care for the skin, it is essential to fully understand the various aging processes and how they develop in particular skin types. Each of the three types of aging produces different consequences for dry skin, oily skin, and sensitive skin and requires varied spa treatments and recommendations for client home care.

Environmental Aging

Environmental aging is caused by pollution, stress, and ultraviolet (UV) exposure. These factors create free radicals that destabilize the skin and induce the natural aging process. They also create oxidation, which causes deterioration of cell membranes, the nucleus, and enzyme activity in the skin. Environmental aging can also affect, in different ways, the skin's production of collagen and elastin.

In dry skin, the environmental process decreases the natural shedding of the outer layer of skin, slowing down the synthesis of the natural moisturizing factor (NMF) and lipids (fatty substances essential for the formation of hydrolipidic film and protection of the skin) and increases the breakdown of collagen. This dehydration causes wrinkles to form at an increasingly rapid pace.

In oily skin, pollution and stress increase the proliferation of bacteria. This weakens the skin's natural defense mechanisms. Combined with a constant overproduction of sebum, it stimulates the elastase enzyme, which breaks down elastin fibers in the skin, resulting in a loss of elasticity.

In sensitive skin, free radicals can cause an imbalance in the skin's natural defense system and increase inflammation. Free radicals also cause sensitive skin to lose its tone and plumpness.

continued on page 34