

GIVE YOUR SKIN A WORKOUT!

We wish and wish for beautiful healthy skin. One sure way to grant this wish is to exercise. Any vigorous workout or sport will promote healthy circulation in the body which in turn keeps your skin healthy and vibrant. Most people exercise to keep their heart, lungs or body in shape. What they may not realize is how beneficial exercise is for their skin!

When we exercise it increases the blood flow and helps nourish skin cells and keep them vital. Blood carries oxygen and nutrients to working cells throughout the body, including the skin. In addition to providing oxygen, blood flow also helps carry away waste products and cellular debris out of the system, including free radicals, from working cells.

Giving your skin a workout by increasing blood flow will stimulate the fibroblasts which are the collagen producing cells in the skin. As our skin ages, these connective tissues lose their connectivity with the brain cells and decrease production of collagen and elastin, two proteins necessary for skin health. Collagen is what plumps up your skin and offers support and elasticity giving your face a natural youthful glow. Without it, our skin becomes less firm, drier, and even more wrinkled. Any form of sport or exercise will stimulate activity in the dermis (deeper layers) of your skin. This all plays a part in the rejuvenation process.

Think of your skin as the first defence for your inner body. The skin is a self-repairing and protective organ that should operate seamlessly to support and protect the body. A well functioning skin acts as a barrier to prevent harmful substances from getting into the body and to prevent water from leaving the body.

Skin Facts:

- The skin is the largest organ of the body.
- It accounts for 15% of our body weight.
- Each square inch contains approx. 15 feet of blood vessels, 12 feet of nerves, 650 sweat glands and 100 sweat oil glands.

Five functions of the skin:

- Protection – Prevents entry of microorganisms and irritating chemicals. Prevents loss of water from the body. Cushions bones, muscles, and internal organs. Forms pigment (melanin) to protect from injury from UV light.
- Regulates Body Temperature – The body is kept warm by decreasing blood flow to the skin and the fat cells insulate the body. The body is cooled by evaporation of perspiration and blood vessels dilation.
- Healing – The skin has the ability to self heal tears and injuries.
- Immunity – The skin has many immune cells to block, control or destroy foreign invaders.
- Sensory – The skin has many nerves that detect cold, heat, pressure, pain and assist with muscle movement of the skin

Some skin conditions such as acne, rosacea, eczema, and psoriasis can be aggravated by physical activity however the benefits of exercise outweigh any temporary problems. For people prone to acne, the irritation and increased perspiration caused by tight-fitting workout clothes may lead to a form of acne. Making sure you cleanse the skin before and after your activity will prevent the bacteria formation that sweat may cause. If you have an oilier complexion, exfoliating 1 – 2 times per week will assist in removing the excess accumulation of sebum, dead skin cells that can clog the pores. It is very important to also cleanse and exfoliate the chest, an area greatly affected by acne as there are numerous sweat glands in that region. Using a natural Enzyme exfoliant such as the AquaFolia Enzymatic Exfoliant Step 1 and 2 with effervescent activator will remove debris from the surface of your skin without mechanical action, without dehydrating the skin and without stimulating sebaceous secretions. This high efficient skin care will visibly diminish asphyxiated skin conditions. Studies show that the sebaceous glands, which produce oil in the skin, are influenced by stress hormones. Exercise has also been shown to reduce stress. Exercise, reduce stress and in turn reduce the oil secretions.

Swimming or water sports are good exercises for skins who suffer from rosacea. Skin flare-ups can occur when your body temperature increases. Therefore a cooler environment will reduce inflammation and irritation during exercise. It is highly recommended to use a good moisturizer after swimming as the chlorine has a drying effect. If you walk or jog and your skin feels flush afterwards, a cool clean cloth will cleanse and rehydrate your skin immediately after your workout.



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Eczema or psoriasis sufferers can also experience flare-ups after strenuous activity, usually caused by salt from perspiration. Moisturizing beforehand can provide protection from sweat. Be especially careful to moisturize your arms and legs and areas with skin creases, such as underarms and groin. If possible, exercise in a cool environment to reduce perspiration and the need for showering after exercise. Washing too often can cause dryness and aggravate eczema and psoriasis. Most clients of Confident Image Chez France can attest to the benefits of Aqua Rescue Cream (moisturizer) and Aqua Rescue Concentrate (toner) both by AquaFolia. A skin rescue care packed with natural ingredients which soothes sensitive, irritated and inflamed skin. To date there is no quick fix for these skin conditions, however, exercise and proper skincare can assist in rebalancing the skin's matrix.

Don't be afraid, go ahead and enjoy your sports to the fullest and exercise to your heart's content. Simply remember, proper skin care is essential to maintaining the health and vitality of this protective organ.

If you need help with your skin, it's time to ask an expert. France Di Paola of Confident Image Chez France can assist you and review the benefits of a good skin care regime. Additional information on skin care by AquaFolia can be found on Confident Image's website confidentimagechezfrance.com.

Maintaining Good Skin Health

It's easy to forget to drink that glass of water or to cleanse yourself at night when you're tired. But over time, those bad habits can take a toll on your skin. Each day, provide your skin with:

- Plenty of water. Drinking water is essential in sustaining the health of the cells, aids in the elimination of toxins and waste, helps regulate the body's temperature, and aids in keeping the skin healthy, vital, and attractive.
- Thorough cleansing. You should perform this twice daily. At night, make sure you remove all your make-up and cleanse properly before going to bed.
- Moisturizing. This is necessary even for those who have oily skin. AquaFolia Triple Action 3A moisturizer is recommended to help reduce oil secretion.
- Balanced diet. Proper nutrition aids in repairing damaged cells, forming new cells and provides energy that enables the body to perform.
- Exercise. As described above.

