

Repairing Sun Damage

Most of us in our early 20's, thought that beauty would last forever, not thinking of the inevitable aging process of one's skin in the not so distant future. Over the years, overexposure to sun, abuse or neglect will result in an investment of greater time and money for your skin after age 50. Being proactive and investing early in a skin care commitment will reward a healthy and youthful appearance well beyond age 60.

VISIBLE & INVISIBLE SUN DAMAGE:

Sun accounts for 90% of aging and skin cancers for which the UV damage occurs well before age 18. UV rays "attack" the natural barrier of the skin causing cell damage. After age 30, ruptured capillaries, "brown spots", better known as "age spots" along with dehydration, fine or deep lines and wrinkles begin to appear. **SAFEGUARD** against the sun by wearing a DAILY moisturizer with at least 30 SPF.

AGELESS BEAUTY BEGINS with routine home-care, good diet, rest, exercise, lots of hydration (water) along with proper skin care. Nurturing your skin will prepare it for the NEXT STEP... IPL PHOTO FACIALS to reverse VISIBLE SIGNS OF AGING; *Sun/Age Spots, Solar Lentigo, Poikiloderma, Mottled Pigmentation, Melasma, Dilated Capillaries, Broken Blood Vessels, Rosacea, Erythema, Enlarged Pores, Rough Skin Texture, Fine Lines & Wrinkles.* *If you recognize these skin conditions, you may be a candidate for IPL PHOTO THERAPY for SKIN REJUVENATION, PIGMENTATION & VASCULAR LESION CORRECTION!* IPL (Intense Pulsed Light) Photo Facials, a non-invasive and safe med-aesthetic laser system for skin rejuvenation that gives a younger, fresher, glowing look to your skin. *It simultaneously treats the 3 main elements of sun-damaged, environmentally-polluted and aging skin by coagulating blood vessels, eliminating pigmented spots and improving skin tone and texture.*

IPL Photo Facials are suitable for the face, neck, chest, hands and arms.

HOW IT WORKS: This med-aesthetic technology is based on a method called "selective photothermolysis", where a flash of light selectively treats specific targets in the skin by absorption such as Pigmented and Vascular lesions in the epidermis and dermis without damaging the surface of the skin or downtime immediately following your treatment. It reaches the depth where the pigment and blood are found and even deeper into the skin where it stimulates the growth of collagen fibers which improves the skin's tone and texture also improving elasticity. During the treatment a slight "prickly heat" sensation may be felt but not pain. The pulsed light is absorbed by the oxyhemoglobin in the blood within the vessel, causing the blood to coagulate and the vessel to break up into tiny particles that are naturally filtered away through the lymphatic system of the body. Same response on the pigmented lesions, which then disappear or rise to the surface like coffee grounds that are naturally exfoliated within 1-2 weeks. A typical regiment of treatments are suggested for optimum results, 4-6 sessions, spaced 4 weeks apart. Women as young as 25 can opt for this advanced aesthetic procedure. Results vary depending on the age of the client and their daily routine. 70% of women in case studies have shown results lasting up to 5 years. To sustain results achieved by IPL, monthly Clinical Facials or Microdermabrasion is key to maintain the health and vitality of your skin. Series of 6 IPL treatments are performed at 6 or 12 months intervals and maintained every 1 – 2 months. *(To ensure your safety, a complete medical history should be reviewed during a consultation prior to ANY laser treatments.)*



SKIN CARE TIPS:

AGE 10+ > TWEENS should begin a daily cleansing routine to remove dirt and pollution. When outdoors, a chemical-free sunscreen is advised.

Age 13+ > TEENAGE girls experience an increase of testosterone; a hormone which stimulates production of natural oil in the pores. Cleanse twice a day and EXFOLIATE to remove excess oils, makeup, residue from soaps, sweat and bacteria that can cause ACNE. Avoid scratching young delicate skin with scrubs. A natural enzyme exfoliant is best, 1-2/per week will get the job done. Avoid products with alcohol or peroxide, though they will kill bacteria, they can dehydrate or irritate the delicate skin causing premature aging of the skin or rosacea. A TONER or OIL CONTROL serum should also be added to a teen's routine to help maintain the balance of the oils on the skin's barrier and improve acneic skin conditions. LED Light Therapy is available to help reduce the bacteria and prevent acne formation.

For normal to dry skin, a light moisturizer can be introduced to offer the skin additional nourishment and protection. Avoid tanning oils that clog pores, instead choose an oil-free sunscreen.

Age 25+ > SAME AS TEENS AND MORE!

Exfoliation and hydration are key. Skin cell reproduction slows leaving the skin with dead surface cells, trapped in dirt and clogging. Choose a moisturizer for your specific skin type; sensitive, dry, normal, combination or oily. Introduce a clinical facial or Microdermabrasion to treat on a therapeutic level once every 3-4 months. Use a sunscreen that has UVA and UVB protection with paraben-free moisturizing ingredients.

Incorporate an eye cream and sun glasses throughout the year to prevent wrinkles around the eyes.

Age 30+ > RESTORE, REVIVE, RELAX – Get your "beauty rest" and reduce stress as it can alter your hormone levels that lead to problematic skin conditions. Invest in an anti-aging cleanser, moisturizer and eye cream. Treat yourself to a clinical facial 1-3 months. Microdermabrasion is superb in removing impurities on the surface of the skin and rejuvenating the skin followed by IPL Photo Facials to erase fine lines. Prevent overexposure of sun's UVA/UVB rays and use an SPF daily.

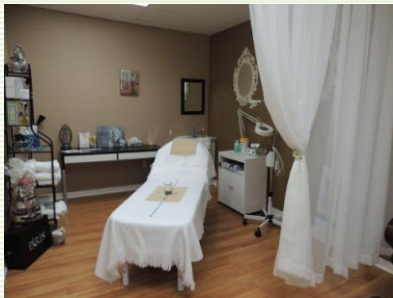
Age 40+ > Many changes occur in a woman's skin during this period and may require re-evaluation of current products. Hormonal imbalances are greater, affecting all layers of the skin. Around age 45 collagen decreases and dehydration occurs creating wrinkles and dryer patches. Alternatively a dry to normal skin may suddenly become oily or acneic. The Skin begins to thin revealing sun damage and imperfections. Reduce alcohol, smoking and overexposure to the sun as it increases the blood levels forcing capillaries to burst. Exfoliating with enzymes 1-2 times per week becomes an important phase when considering anti-aging.

To increase collagen, cell renewal, reduce fine lines, wrinkles, pores, vascular blemishes and pigment; combine Microdermabrasion and [IPL Photo Facials](#) monthly adding micro currents to sustain results achieved. Definitely use an SPF daily and an anti-aging skin care line.

Age 50+ > Incorporate the regimen of 40+ to maintain your skin's good health and vitality. With hormonal imbalances still in effect increase your clinical facials to 1-2/per month. Tightening and toning are crucial and can be obtained with micro currents twice monthly along with a series of 6 Microdermabrasion or [IPL Photo Facials](#). (Both are interchangeable)

Age 60+ > Maintain the integrity of the skin with regular clinical facials and home-care and your skin will look healthy and youthful well into your senior years. This is a time to treat yourself and your skin with the benefits of med-aesthetic technology offered in today's beauty industry!

Age 80+ > A gentle cleanser, moisturizer, lifting serum and a relaxing gentle facial as often as desired will keep your skin healthy and rosy.



Important: Choose a sun screen with 7%-9% Zinc Oxide; a natural mineral UV "broad spectrum" protection. Brand names such as EltaMD or AquaFolia which is the choice of the Oncology Departments throughout hospitals in Quebec due to its UVA/UVB defence and low chemical content; is chemical free, oil-free, paraben-free and fragrance-free for the sensitive reactive skins.



"As a Skin Care Professional, it's my job to inform and recommend options that are available, effective and affordable. Start a good skin care regime TODAY!" All SKIN CARE and CLINICAL THERAPEUTIC approaches are administered by Confident Image Chez France. To assist you better, see facial menu and product information on our website.

It's never too late to erase years from the appearance of your skin, naturally without the use of invasive procedures... Age is but a number however beauty is skin deep!

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