

UNDERSTANDING SKIN CONDITIONS

Aging and Skin Health

AGING SKIN AND PHOTOAGING

Skin aging results from biological changes in the epidermis, dermis and hypodermis. In the epidermis, barrier function is reduced causing an increase in transepidermal water loss (TEWL). TEWL is the diffusion of water from the blood circulation through the dermis and epidermis finally to evaporate at the surface. Skin cell turnover slows causing dryness and there are pigment production changes, aggravated by sun exposure, leading to uneven skin tone.



Collagen Depletion Thinning of the dermis leads to lines and wrinkles.



Free Radical Damage Pollutants and ultraviolet radiation produce free radicals which cause our skin to weaken and become dull.



Slow cellular turnover leading to dull, thinned skin.

In the dermis, collagen, elastin, and hyaluronic acid levels decrease leading to reduced firmness, elasticity and hydration. This results in fine lines, wrinkles, dullness and decreased skin tone.

Hypodermis aging is marked by the loss of fat in the face, which leads to decreased fullness, sagging skin and wrinkles.

Aging of the skin can be divided into two categories: intrinsic and extrinsic.

Intrinsic aging, known as natural or chronological aging, normally begins in our mid-20s and is determined by genetics.

Extrinsic aging accounts for up to 90% of skin aging and is largely controllable. The most common causes are:

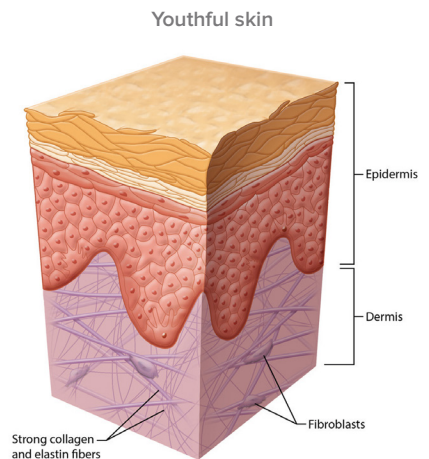
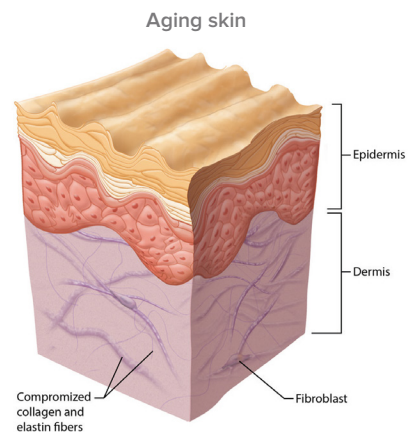
- Sun exposure - the major cause, often referred to as PHOTOAGING
- Pollution and environmental stressors
- Lifestyle choices, such as smoking and alcohol consumption
- Stress

The good news is that you can reverse some of this damage and prevent future negative effects on the skin.

What does aging skin look like?

While the visible aging process varies from person to person, some common skin changes include:

- Dehydration
- Dull appearance
- Rough texture
- Fine lines and wrinkles
- Loss of elasticity or a slower “snapback” when skin is pulled
- Hyperpigmentation
- Lack of firmness
- Loss of fat and fullness



TREATMENT PATHWAY FOR SKIN HEALTH / AGING

Follow these four steps using the associated ingredients to target skin health and aging:

