

How To

design your ultimate skin care plan



It is a great idea when you can start with a skin analysis to establish what your skin concerns are, how they came to be, and how much your lifestyle, health and genetics contribute to these concerns. In a consultation it should also be established if you have any contraindications to various treatments, and from there your skin care professional can design a tailor made program personalized for you that will give effective results.

The best of all is if you can have baseline photo's taken to measure results over a period of time.

Our approach to help clients design their skin care program is to do an advanced skin analysis in which we gather information about your diet, health, genetic history, sunburn history, medications, and products used in the past and currently. From that we establish what may contribute to your concerns and minimize or eliminate them. Measurements of your skin are taken to establish pigment and vascular damage as well as water and oil levels of your skin.

We then take baseline photo's with the Visia and after analyzing the "evidence" from all the above, design a complete program for you including sug-

gestions for skincare and treatments aimed to help overcome the concerns you have about your skin.

The Visia is an imaging system that is a computer-controlled device to reproduce your facial photography between time points with built-in positioning aids and standardized lighting. Visia allows us to record standard, cross polarized and UV photography and measure surface and subsurface skin conditions. When needed, Visia even has a tool that lets us zoom and magnify image areas for closer examination and review with each client in an easy to read format.

HOW DOES IT WORK? The Visia Scans your skin and captures key visual information, using multi-spectral imaging and analysis, of eight areas that affect your skin's health and appearance. We use the Visia to measure your skin pigmentation, pore size, porphyrins (evidence of bacteria), UV spots, photo damage (typically from sun damage), texture and wrinkles. With this quantitative assessment of your skin, we compare your skin's features to other individuals of the same gender, age and skin type and provide you with your relative skin condition within your peer group. We then prepare your personal skin care regime and rejuvenation program.

As your treatments progress, we track the changes in your skin and therefore the effectiveness of your program. The skin analysis with photography with the Visia takes one and a half hours.

Things you

NEED to know

- 1 Always wear sunscreen.
- 2 Get a good skin analysis from a professional.
- 3 Follow home-care protocols.
- 4 Support home-care with great and safe treatments.
- 5 Follow your skin's progress.

Anti-ageing with Dermal Rolling

Many of you may not care about the "how and why" of skin tightening and wrinkle improvement, just as long as it can be done. If that is the case, then all you need is a roller and a good skin care treatment program to achieve healthier skin that has not been possible before now.

"Fibroblasts", (cells that play the biggest role in keeping skin young), require Vitamins A and C to make collagen and elastin. Modern skin care is not just about the right ingredients, but about delivering those ingredients to the depth of the fibroblasts, where they do the most good.

A new option for awakening fibroblasts is "Dermal Rolling" (skin needling). This simple treatment also allows topically applied nutrients through the skin in large quantities and is safe for all skin types. It will even out skin tone, decrease scarring, improve wrinkles and tighten skin.

A healthy skin at best allows a meager 7% penetration of your topical creams, serums and "boosters". Using a "Cosmetic Roller" allows up to 87%. The "Medical Roller" has the advantage of allowing in more nutrients as well as causing microscopic injuries to the blood vessels just below the surface. This results in a release of

chemicals from platelets to begin the healing process with new collagen and elastin, the two things needed for healthier, tighter, smoother skin.

What is so special about this procedure? Most treatments rely on chemicals, light or radio frequency to burn the skin, which leads to release of TGF-B1 and TGF-B2 (transforming growth factor) and production of scar collagen (thick, parallel orientated bundles). Medical rolling, on the other hand, releases TGF-B3 which promotes natural collagen, with scarless wound healing.

Another exciting advantage of medical needling is that pigment cells are not negatively impacted, minimizing risk of post inflammatory hypo or hyperpigmentation, even with post treatment sun exposure. Unlike laser, it is safe for all skin colors.

In a recent German study, patient satisfaction was scored on a scale of 1-10. Those with wrinkles averaged 4.5 before needling and 8.5 after treatment. (Scarring 3.0 before and 7.5 after; Stretch marks/lax skin 3.5 before and 8.0 after.)

Best of all, medical and cosmetic needling is a safer, more natural way of looking healthier at a fraction of the cost compared to many technologies. So simple, yet revolutionary!

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