

DAYS SPA®

dayspamagazine.com

gentle options

An increasing number of skincare clients are seeking alternatives to medical-level anti-aging treatments. Are you prepared for them?

Skin Slackening

"There are a number of biologic processes that contribute to aging, and *free-radical damage and inflammation* are probably the two most important," says Dr. Charlene DeHaven, clinical director for **INNOVATIVE SKINCARE®**. "Unfortunately, they potentiate each other, and vital structures like genetic DNA, which causes the skin cells to reproduce and instructs them in carrying out their function, are also damaged by free-radical causes of aging. For skin, which is the organ containing the most collagen support protein, *glycation* [bonding of a protein or lipid with a sugar molecule, impairing a biomolecule's function] can destroy collagen and is another part of the aging process."

Medical-level treatments for treating fine lines and wrinkles include:

- **Fractional lasers** By far the most popular form of laser treatment for wrinkles, says DeHaven, "fractional lasers are designed to induce collagen formation by a controlled wounding. The healing process results in more collagen formation in a short time."

Alternative spa treatments for treating fine lines and wrinkles include:

- **Topicals** Injectable fillers are designed to address deeper areas of loss of resilience and elasticity, but as DeHaven points out, they don't do much for the health of the skin. "That isn't to say that they aren't good or helpful—they're simply purely mechanical, while esthetic treatments deal with skin health, and will not only improve fine lines and wrinkles, but will also improve the texture, general appearance and glow, vitality and metabolism of the skin," she explains. "Spas have something to offer with topical treatments that fillers just can't." DeHaven references topical actives that have been proven by independent studies to increase skin's collagen production, including vitamin C, copper peptides and amino acids like L-arginine. "Some clients in the middle-aged group get very good results through a number of topical treatments done over time," she says. "If you really want skin to look beautiful—meaning healthy—esthetics treatments that use excellent topical ingredients are a must."

Charlene DeHaven, M.D.
Clinical Director,
INNOVATIVE SKINCARE®
www.innovativeskincare.com

