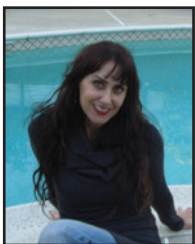


“I’M OVERWHELMED BY ALL OF THE INFORMATION ABOUT HOW TO CARE FOR MY SKIN - WHAT IS THE SINGLE MOST IMPORTANT THING I NEED TO DO FOR MY SKIN?”

- ALYSSA, THOUSAND OAKS

the experts weigh in



SELBY PEÑA

Owner
Skin Elixir

The single most important thing you need to do for your skin is to follow a simple skin care regime.

First, always cleanse your face when you wake up and before you go to sleep at night with quality skin care products that have the proper P.h. level for your skin. Apply a quality sun block before you go outside. Work with an esthetician to select the proper natural, penetrating products. A facial every 4 to 6 weeks for more results with exfoliation, cleansing and hydration is a good step. Working with you, an esthetician can help select the proper products that are natural and penetrating. Eating right, sleeping well and exercise is a huge asset to maintaining beautiful looking, healthy skin. I’ve been an epicuren expert and skin care specialist for close to a decade and find that ingredients that are natural and pure will produce excellent results.



RAYNA NOBLE

Licensed Esthetician
Nourishments

By far, the most important thing you can do for your skin is protect it using sunscreen. The majority of aging comes from exposure to ultra-violet light, so you won’t have to undergo laser rejuvenation or constantly be in search of the miracle product to reverse signs of aging, if all along you are protecting your skin. Sunscreen is key, and these days it can be found in not only sunblocks and sunscreens, but mineral make-up, cleansers, serums and moisturizers as well. Wearing sunscreen should not only be part of your daily skincare routine in the summer months, but all year round. It doesn’t matter if you’re 6 or 60 - exposure can do you harm. Along with protecting your skin, as well as being one of the most crucial things you can do, is to exfoliate. When you exfoliate on a regular basis, you’re keeping the build-up of dead skin cells to a minimum, which helps improve the texture of your skin and helps products such as serums, toners and moisturizers penetrate and work better. Exfoliants can come in the form of scrubs, fruit enzymes and acids. Start protecting and properly exfoliating for a healthier and younger looking complexion!



CARMEL STELLER

Licensed Esthetician
Inka’s Salon & Spa

The number one skin complaint I get from clients deals with premature aging. My single most important recommendation would be sunscreen. Exposure to the sun is considered the single biggest cause of visible aging.

As we age, the collagen and elastin fibers of the skin naturally weaken. This weakening happens at a much faster rate when the skin is frequently exposed to UV rays. The UV rays of the sun reach the skin in two forms, UVA (aging rays) and UVB (burning rays).

To keep your skin looking younger longer, daily sunscreen is imperative for healthy skin and should be a part of your every morning application. Daily sunscreen can be in moisturizer form and mineral foundation. Mineral foundation is also a natural sunblock because of its powerful reflective qualities that protect the skin from UVA and UVB rays.

It’s never too late to start protecting your skin, even if you haven’t been sun savvy in the past.