• BY LISA STEUER

BEAUTY QUESTION OF THE MONTH

with Dr. Jennifer Haley

Why is it important to exfoliate?

■ Exfoliating properly is one of the secrets to achieving soft, glowing skin. Exfoliating will remove dead skin cells, dry patches, uneven discoloration and make pores appear smaller. There are two types of exfoliation: physical and chemical. Physical exfoliation is the mechanical process of removing surface skin using abrasive forces to make the cells to break free. Use a scrub with small beads rather than seeds, nuts, husks or pits and don't scrub too vigorously, as this may damage skin and cause broken blood vessels. Chemical exfoliation can be achieved with fruit enzymes or acids. They are effective for separating the "cement" holding old skin cells in place on the surface of the skin. Natural enzymes may be derived from various fruits. Alpha hydroxy acids, such as glycolic acid, lactic acid, malic acid, mandelic acid and citric acid, may also be found naturally and have anti-aging benefits to help moisturize, reduce fine lines and wrinkles, and even out skin tone. Beta hydroxy acids such as salicylic acid are best suited for oily, inflamed or acne-prone skin.

How often you should exfoliate is determined by which products you choose and your skin type. If your skin is very oily and you live in a warmer climate, you can exfoliate more. Exfoliating properly will actually allow dry skin to hold onto more moisture. I prefer exfoliating in the evening followed by application of a serum and moisturizer. Active products will penetrate better and provide greater benefits after exfoliating. Basically, if your skin is lackluster and feels dry, then it is time to slough off those adherent dead skin cells (which can prevent skin from actually absorbing any products or even moisturizer). Exfoliating should leave your skin feeling healthy and refreshed, not sensitive, burning or red. This would indicate that you are over-exfoliating.

WIN A $100 GIFT CERTIFICATE TOWARD SKIN CARE PRODUCTS!

Submit a question for Dr. Haley to answer in the next issue– if your question is chosen, you'll win a $100 gift certificate toward her skin care line, Derivations! Email your question to editor@fitnessrxwomen.com and be sure to include your contact info. A new winner will be chosen each month!

Dr. Jennifer Haley is a board-certified dermatologist with a degree in Nutrition Science from Cornell University. She has been an NPC bikini competitor, consultant to the US Capitol, and is the co-founder of the skin care line, Derivations– which offers complementary skin consultations. She enjoys an active lifestyle in Scottsdale, AZ and Montrose, CO with her husband and three boys.

DIY HOME SPA Treatment

■ Scott-Vincent Borba is a Hollywood beauty and nutraceutical expert, and the author of three best-sellers *Makeup for Dummies, Skintervention* and *Cooking Your Way to Gorgeous.* Lucky for us, he shared with us a spa treatment you can do right at home– with ingredients you most likely already have in your pantry!

First transform your showerhead into an aromatherapy sauna. Close your bathroom door and window, then fill the tub about halfway with very hot water. Sit next to the shower/tub to enjoy the steam that has filled the room. If you'd like, light candles and use aromatherapy oils to relax.

Treatment to firm and tighten sagging facial skin– Ingredients: Hot towel, half a cup of Greek yogurt, half a cup of buttermilk, teaspoon of freshly brewed coffee grounds, five vitamin E tocotrienol capsules, one tablespoon of aloe vera gel. Blend all of the ingredients together and slather on your face. Cover with a moist, hot towel until it cools. Then rinse. Be sure to take the tocotrienol capsules by mouth daily too. They contain powerful antioxidants sourced from Malaysian palm fruit oil, (www.PalmOilHealth.org), which have a reported number of health benefits, including potentially delaying the aging of skin cells.

BAKING SODA Face wash

■ Here is a very simple, money-saving and effective face wash: Take about a tablespoon of baking soda and a tablespoon of coconut oil and rub together in your hands. Rub the mixture around on your face for about a minute and wash off. You will feel the difference of this all-natural exfoliating treatment after just one day. »

AROUND the WORLD

■ *Forbes* recently released a list of top beauty secrets around the world. Here are a few:

• **Australia:** Due to the harsh climate, gentle yet effective products are popular. Try Rose Moisture Plus Daily Moisture Balancing Serum with Antioxidant Complex from Jurlique. It hydrates skin while increasing essential fatty acids, oils and powerful botanicals.

• **Japan:** It's all about the holistic approach– avoiding the sun and having a healthy lifestyle and diet. Try Brightening Serum + Spot Corrector from Equitance. The line is full of natural ingredients.

• **Italy:** Try Dermal Repair Cream from Sente Labs. This science-based formula is meant to activate cell renewal in even the skin's deepest layers.

• **France:** Try Anthelios 60 Ultra-Light Sunscreen Fluid from La Roche-Posay. Developed by dermatologists, this is a best-selling product around the world because it absorbs into the skin seamlessly. ("6 Beauty Secrets From Around the Globe," www.forbes.com; accessed July 2014).

Perceptions of BEAUTY VARY

■ A study in the *Journal of Craniofacial Study* led by Yale researchers found that opinions on what is beautiful are not universal. Researchers found that preferences concerning what is beautiful were influenced by demographic, geographic and ethnic factors. The study involved a digital image of a face, which participants made adjustments to by augmenting or reducing the participants of the lip and chin– the same adjustments plastic surgeons perform during facial reconstructive surgery. The study attracted 1,226 participants from more than 50 countries. It was found that preferences among plastic surgeons around the world differed from that of the general population. The study shows the importance of doctors listening to patients preferences during facial reconstruction, concluded researchers. ("Perceptions of beauty vary widely," www.yalenews.com; accessed July 2014).

Indoor Tanning is BAD FOR YOUTH

■ It's no secret that indoor tanning is linked to cancer, but now a study confirms that those exposed to ultraviolet radiation at a young age have an increased risk of developing basal cell carcinoma, the most common form of skin cancer. For the study, Dartmouth researchers collected data on 657 participants, all under 50, who had newly diagnosed cases of BCC, and 452 controls. Researchers collected data on the indoor tanning method that was used (sunlamps, tanning bed or booths), skin sensitivity to the sun and proportion of time spent outdoors in childhood. More patients with early-onset BCC reported indoor tanning as compared to controls. In addition, the researchers found that those study participants with early-onset BCC were more likely to burn in the first hour of sun exposure in the summer than the controls. ("Young indoor tanning increases early risk of skin cancer," www.sciencedaily.com; accessed July 2014)

ON-THE-GO BEAUTY

■ We've reported on the trend of "traveling salons" in New York City before, but now even more of these businesses seem to be popping up– with most companies sending their nail, hair and makeup professionals to busy working women at their offices in New York. A service called cityMANI sends nail technicians to offices all over Manhattan, and then there's Glamsquad, a mobile hair styling service. Vensette is a company that provides makeup applications for women between early evening meetings and happy hour, and often the clients will have their makeup done while still working at the computer. There's even a service called Gotham Glow that brings mobile spray tanning tents to offices and homes. ("Busy New York women can now get beauty treatments right at the office," www.nydailynews.com; accessed July 2014) ■

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