

# NUTRACEUTICALS AND SKIN HEALTH

With Frances Furlong



**O**ver the years vitamins A, C & E have all demonstrated the ability to improve both the health and overall appearance of the skin.

However nutrients which have anti-inflammatory and antioxidant properties provide protection from damage caused by the sun, supporting skin health, collagen synthesis and cell renewal.

Vitamin A - promotes dermal growth, regulates sebaceous gland activity. Both these actions are essential for skin cell turnover and prevention of acne symptoms.

TRY RETINOL PEELS or Inspira Med lift serum or Neostret retinol plus NAG, both are high grade and results are amazing.

Vitamin C - is a multi tasking Skin healer. Antioxidant, anti- ageing, natural skin brighter and melanin suppressant to prevent hyperpigmentation.

Try daily vitamin C orally, also topical solutions like Inspira Med radiance serum, Excuviance skin capsules, Obagi Brightalivs or Flavo C Forte.

Vitamin E - highly effective antioxidant, studies show vitamin E orally can help protect the skin from harmful oxidants.

Examples of Dietary antioxidants to protect the skin - green tea, dark berries, citrus fruits, tomatoes, red wine and soy all have an effect on helping to protect the skin.

Examples of dietary anti-inflammatories to protect the skin, curcumin and ginger can be added to food or drinks.

Treatments that can promote better skin health and appearance-

## Treatment 1

- Derma roller – micro needling is a natural skin rejuvenation method that is able to soften wrinkles and scars. The process creates hundreds of microscopic ‘pinpricks’ to activate your body’s wound healing process. As your skin heals it uses your own collagen to fill the valleys of wrinkles and scars, great for open pores, sun damage and uneven skin tone.

## Treatment 2

- Restylane Vital a stabilised hyaluronic acid gel will bind with water to bring lasting hydration to improve your skin elasticity and smoothness. This skin booster is a new approach to nourishing your skin, suitable for the following,

- great for men and women of all skin types
- for young to more mature skins
- for the face, neck, hands and décolletage
- for people who want to improve skin structure, acne scarred or photo damaged skin

## Treatment 3

- Glycolic peel mixed with a bespoke cocktail of anti ageing, antioxidant, nourishing and boosting power serums to suit your specific skin needs.

Skin peeling has been around for a long time even the Egyptians knew about skin exfoliation and its many benefits. It helps to remove dead skin, close pores and reduce fine lines and pigmentation.

In the case of those not suitable to have the glycolic peel an alternative Retinol peel can be used

### - MESO GLOW PEEL

Medical grade peeling agent to smooth and soften the skin, refine the pores, combined with vitamins, anti-ageing and antioxidant serums using a Mesotherapy technique to

place products directly into the skin tissue. ■

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 This month I will be focusing on how to look radiant not just with amazing skin boosting medical facials, but how the connection between nutrition, skin conditions and ageing has been at the forefront of research more recently. After all, don't they say true beauty comes from within?  
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## THE DETAILS

Please call Michelle on 07508 404862 for further information. info@perfect-skin.co.uk www.perfect-skin.co.uk

