

Taking Care of Your Skin

What steps are necessary to take care of your skin? It's easy. The skin needs 3 basic things to stay healthy:

- Maintenance
- Repair
- Prevention

Protecting

What Causes Skin Damage?

Basically, skin damage is caused by:

- irregular cell division caused by UV exposure or oxidation
- weakened support system (dermal matrix) causing the skin tissue to collapse and weaken – resulting in lack of firmness as well as lines and wrinkles
- Dehydrated skin caused by lack of skin hydration or moisture loss

So, you think that the sun is our enemy? No, actually the sun is our friend, providing many very beneficial and crucial nutrients. The sun, however, is not the same sun that was present when we were young. While the sun may not have changed, the protective layer around the Earth, called the ozone layer, has changed. The function of the ozone layer is very much like the function of the skin. It is there to protect the earth from too much UV radiation, maintain moisture and regulate temperature.

Over time, due to pollutants and toxins within our environment, the ozone layer has become increasingly thinner and thinner. This results in more UV radiation that enters the atmosphere, irregular weather patterns and increasing temperature averages. What does all of this mean? It means that our skin is forced to protect against more radiation than ever before; and, as a result, there are more and more cases of skin cancer being recorded.

While skin cancer is the extreme, UV radiation causes pre-mature aging on the skin. It is estimated that 80 – 85% of the signs of aging are caused by UV exposure.

The key factor that causes skin damage is a process called oxidation. Oxidation is not the same thing as oxygenation. Oxygenation, or the process of supplying oxygen to the skin, is a good thing. Oxidation is not a good thing. More recognizably, rust is a result of oxidation. A very visible representation of oxidation is when an apple turns brown after being cut. The skin of the apple is packed with compounds called antioxidants that protect from oxidation. As soon as the apple is cut, and the vulnerable fruit is exposed to the environment, the damage, or browning begins. Eventually, the white fruit of the apple turns dark brown and becomes dehydrated and damaged.

The same thing happens to your skin. For this reason, an antioxidant ingredient is a very important component of a good skin care regimen. Antioxidants help to neutralize the damage caused by oxidation.

How does Oxidation occur? Our body is comprised of millions and millions of cells. Within each cell, there are molecules that each have 2 halves – a positive and a negative. When molecules are exposed to UV radiation, half of the molecule is destroyed. The result is a molecule that only has half of what it needs to function normally. This is what is considered an “unstable molecule”. This unstable molecule then looks for a healthy molecule from which it can rob the half that it needs to be complete. When this occurs,

then the cell that was robbed of its half is forced to rob another healthy cell, and so on, and so on. Eventually, this chaotic process results in abnormal cell division which causes damage to the skin.

Putting this into perspective, think of Brad Pitt and Jennifer Aniston. For a very long time, they were a stable couple. Then, along comes Angelina Jolie. Think of Angelina as the unstable molecule. She is single and has one thing on her mind....splitting up the stable couple and taking Brad for herself.

While we do not have the solution for Brad and Jenn, we do have the solution for the skin. Antioxidants.

Some antioxidant ingredients would include:

- Superoxide Dismutase/Ubiquinone (Co-enzyme Q-10)
- Vitamin C
- Vitamin E
- Green Tea
- Licorice
- Beta-Carotene
- Grape Seeds
- Ferulic Acid
- Erythorbic Acid
- Lysine PCA
- Oat Extract
- Pentetic Acid
- Retinyl Palmitate Polypeptide
- Rosemary Extract
- Sage Extract
- Wild Marjoram extract
- Blue/Raspberry Extract
- Lipoic Acid
- Marine Pine Extract
- Yeast Extract
- Idebenone

Another way to prevent damage is by using a topical sunscreen. There are two categories of sunscreen:

Chemical Sunscreen – Octinoxate, Homosalate, Octisalate, Oxybenzone

- chemical compounds that offer sun protection from UVB (burning rays) exposure
 - Parsol 1789 – Listed as Avobenzone or Butyl Methoxydibenzoylmethane
 - A chemical sunscreen that offers both UVA (aging rays) and UVB (burning rays) protection. Parsol has a lower irritation rate compared to other chemical sunscreens.

Physical Sunscreen – zinc oxide and titanium dioxide

- physical compounds that provide a physical block on the skin to prevent UVA and UVB exposure.
- These ingredients are very whitening on the skin
- All foundations contain titanium dioxide for coverage

Another factor to consider as we age is the accumulation of damage that affects the health of the skin cells as they are produced. While all new skin cells that are produced are plump and hydrated, they are not all perfect. Exposure to UV radiation, combined with oxidation, will cause the skin cells to “fracture” or “crack”. When this happens, the skin cells become weak and damaged. With continued exposure to these elements, the skin loses the ability to produce strong, healthy cells. At this point, every new cell that is produced is damaged. The skin then becomes “programmed” to produce a damaged cell as the norm. In other words, a damaged cell produces a damaged cell. In time, the damage to the cells is increased.

Damaged, fractured cells lack the ability to perform as they should. In some cases, damaged cells result in lack of firmness, increased hyperpigmentation or lines and wrinkles. In extreme cases, these damaged cells begin to become abnormal and can result in a health concern, including irregular skin growths or abnormal skin cell division.

:: BeautiControl Prevention Products

Cell Block-C New Cell Protection SPF 20 has a new formula and a new look! It is a skin care prevention product that protects the skin’s new cells and helps reduce the appearance of lines and wrinkles. This contains a sunscreen that protects against UVA/UVB rays with SPF 20.

Key Ingredients:

- Vitamin C
- Matrixyl™ 3000 helps firm and tone the look of skin.
- Butyl methoxydibenzoylmethane, commonly known as Parsol 1789™, is a UVA sun filter that provides protection against skin damage that may lead to premature aging. UVA rays are present year-round and cause fine lines and wrinkles that result from sun damage.
- Emblica™ to help protect skin from environmental aggressors.
- Octyl methoxycinnamate is an active sunscreen ingredient that protects skin from UVB rays.
- Octyl salicylate is an active sunscreen ingredient that protects skin from UVB rays.

Cell Block-C® P.M. Cell Protection, formulated with vitamin C, is a luxurious, rich moisturizing night creme that locks in moisture while you sleep. Cell Block-C® P.M. Cell Protection helps:

- reduce puffiness and firm skin’s appearance;
- diminish the appearance of fine lines and wrinkles;
- promote a youthful radiance;
- protect new cell production; and
- re-hydrate skin while you sleep.



Cell Block-C Face and Neck Serum 20%. Every day, your skin is exposed to harmful elements like UV rays, smoke and air pollution which attack the skin's collagen layer and break it down, causing lines and wrinkles to appear.

This highly advanced serum contains 20% vitamin C and other advanced antioxidants that help protect your skin, giving skin a more youthful look.

Results you can "C!"

- Improved skin tone
- Improved elasticity
- Reduced appearance of fine lines and wrinkles

Key ingredients:

- 20% vitamin C (chitosan ascorbate)
- Powerful moisturizers: Oat extract (avena sativa), sodium hyaluronate and aloe vera
- Pro-vitamin B5 (Pathenol) is a humectant that locks in moisture
- Allantoin, an anti-inflammatory agent that helps relieve tenderness and itchiness that usually accompany dry skin
- Green tea extract, an antioxidant that helps improve the skin's energy and increase skin radiance
- Vitamin E