

Skin Smarts

Myths, Tips and Facts about Facial Care

Remember that the health of your skin is largely dependent on nutrition, followed by a great skin care routine.

Bad things happen to good skin, but not always for the reasons you suspect. In addition to battling a myriad of skin conditions, your body's largest organ has to cope with a host of skin-care fables and misperceptions. To help you achieve a clearer, healthier epidermis, *Central Oregon Magazine* went face-to-face with skin-deep myths and got the advice of local skin care professionals to set us straight.

Myths

Northwest Cosmetic Surgery, Jill Marrone, Aesthetician

Myth: Oily skin doesn't need hydration.

Reality: The key to treating oily skin is to find the balance between excess sebum (oil) production and not enough sebum. This is best achieved with non-comedogenic, lightweight moisturizers. A favorite ingredient to look for is jojoba seed oil, which acts as both a hydrator and an oil regulator.

*The Leffel Center, Dr. Linda Leffel,
Board Certified Facial Plastic Surgeon*

Myth: Doing facial exercises will decrease wrinkles by tightening facial muscles.

Reality: Facial exercises do not have the effect of decreasing wrinkles.

Myth: Laser treatments can tighten skin significantly.

Reality: Most lasers do not have the ability to significantly tighten or shrink the skin. Yet some lasers, such as the CO₂, can decrease wrinkles significantly.

Tips

*From The Leffel Center, Dr. Linda Leffel,
Board Certified Facial Plastic Surgeon*

- Before beginning your skin care regime, consider your skin type to ensure the proper selection of products.
- To maximize loss of moisture in the skin, always apply face moisturizer right after showering. This keeps moisture in and helps keep skin hydrated and healthy.
- Always wear sunscreen to protect skin from harmful UVA and UVB rays. Make sure to use at least a SPF 15 or higher sunscreen that provides both UVA and UVB protection. If you use a sunscreen with SPF 15, you can be in the sun 15 times longer than you can without sunscreen before burning. Although a higher level of protection may allow you a bit longer before reapplication is necessary, there is little difference between 50 and 15 sunscreen. An SPF of 15 absorbs 93 percent and an SPF of 34 absorbs 97 percent.

From Dr. Michael Villano, Board Certified Facial Plastic Surgeon

- Sunscreen is the single most important practice for beautiful, healthy skin, and should be used even in cloudy and wintery weather.

From Dr. Adam Angeles and The Bend Plastic Surgery Staff

- You are active in the winter time and perspiration along with bacteria can build up on the skin, so a gentle cleanser that your skin can tolerate is an absolute must. Be careful with exfoliants during the winter months as they can lead to excessive drying and irritation of your sensitive skin.
- Protect your lips and eyes as these are extra sensitive areas. Use a lubricating lip balm with a high quality sunblock and reapply throughout the day.
- If you are considering facial rejuvenation, the winter months are a good time to do this. It will be important that you abstain from sun exposure if at all possible. These procedures include light mid dermal TCA peels and laser treatments.

Facts

Dr. Michael Villano, MD, FACS, Board Certified Facial Plastic Surgeon

- While there is no product that will deliver miracles, the most effective anti-aging skin product is a retinoid. Retinoids, or Retin A, are physician prescribed skin treatments that present amazing results with regular use.

The Leffel Center, Dr. Linda Leffel, Board Certified Facial Plastic Surgeon

- Everyone should take advantage of the great topical anti-oxidant treatments that are available now. The use of anti-oxidant treatments such as SkinCeuticals Phloretin CF can result in a more youthful, firm, radiant appearance of the skin. Think of it as vitamins for the skin.

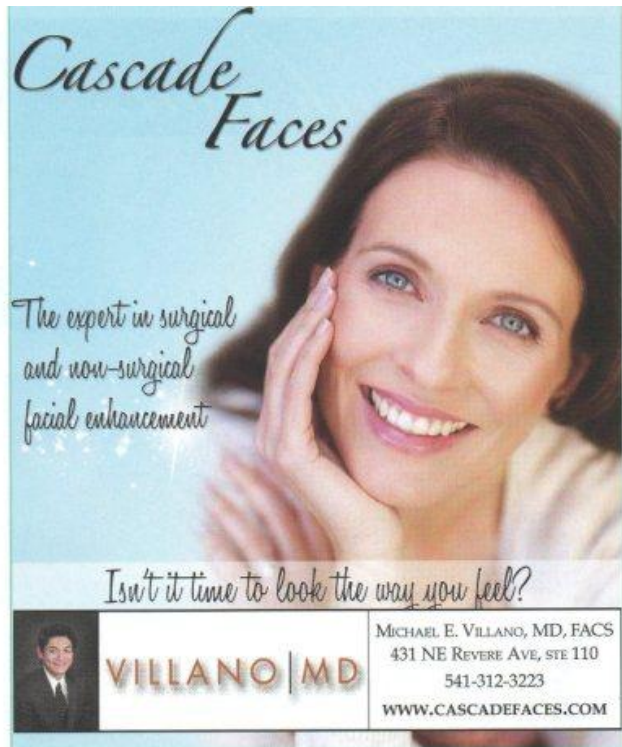
Remember that the health of your skin is largely dependent on nutrition, followed by a great skin care routine. Healthy skin can be easily achieved with a proper daily facial routine and a healthy low stress lifestyle. Following these easy tips can bring the luster back to your skin and put a smile on your face—even more important than ever during our harsh Central Oregon winters! ❄️

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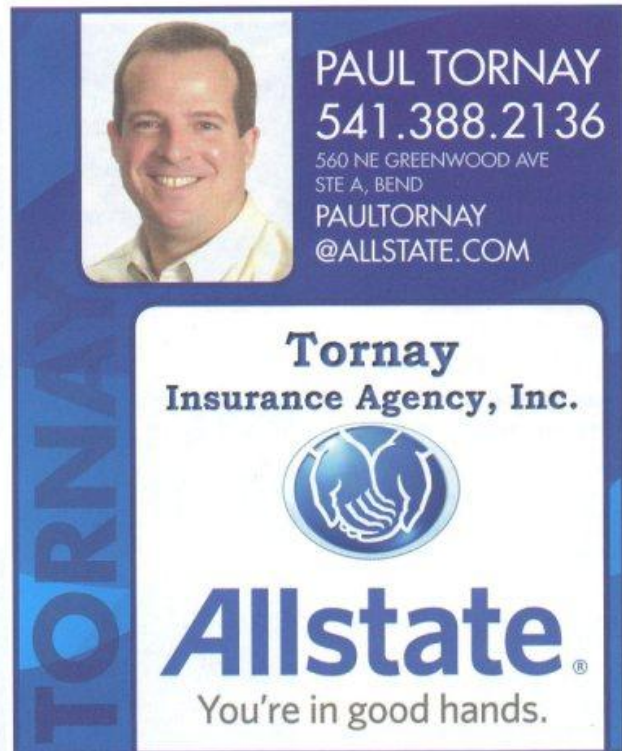
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