

ANTI-AGING AND REGIME OF AGING

Many things cause our skin to age. Some things we cannot do anything about; others we can influence. One thing that we cannot change is the natural aging process. It plays a key role. With time, we all get visible lines on our face. It is natural for our face to lose some of its youthful fullness. We notice our skin becoming thinner and drier. Our genes largely control when these changes occur. The medical term for this type of aging is “intrinsic aging.” We can influence another type of aging that affects our skin. Our environment and lifestyle choices can cause our skin to age prematurely. The medical term for this type of aging is “extrinsic aging.”

Precaution for premature aging of skin:

The sun plays a major role in prematurely aging our skin. Other things that we do also can age our skin more quickly than it naturally would. To help their patients prevent premature skin aging, dermatologists offer their patients the following tips.

1. **Protect your skin from the sun every day.** Whether spending a day at the beach or running errands, sun protection is essential. You can protect your skin by seeking shade, covering up with clothing, and using sunscreen that is broad-spectrum, SPF 30 (or higher), and water-resistant. You should apply sunscreen every day to all skin that is not covered by clothing.
2. **Apply self-tanner rather than get a tan.** Every time you get a tan, you prematurely age your skin. This holds true if you get a tan from the sun, a tanning bed, or other indoor tanning equipment. All emit harmful UV rays that accelerate how quickly your skin ages.
3. **If you smoke, stop.** Smoking greatly speeds up how quickly skin ages. It causes wrinkles and a dull, sallow complexion.
4. **Avoid repetitive facial expressions.** When you make a facial expression, you contract the underlying muscles. If you repeatedly contract the same muscles for many years, these lines become permanent. Wearing sunglasses can help reduce lines caused by squinting.
5. **Eat a healthy, well-balanced diet.** Findings from a few studies suggest that eating plenty of fresh fruits and vegetables may help prevent damage that leads to premature skin aging. Findings from research studies also suggest that a diet containing lots of sugar or other refined carbohydrates can accelerate aging.
6. **Drink less alcohol.** Alcohol is rough on the skin. It dehydrates the skin, and in time, damages the skin. This can make us look older.
7. **Exercise most days of the week.** Findings from a few studies suggest that moderate exercise can improve circulation and boost the immune system. This, in turn, may give the skin a more-youthful appearance.
8. **Cleanse your skin gently.** Scrubbing your skin clean can irritate your skin. Irritating your skin accelerates skin aging. Gentle washing helps to remove pollution, makeup, and other substances without irritating your skin.
9. **Wash your face twice a day and after sweating heavily.** Perspiration, especially when wearing a hat or helmet, irritates the skin, so you want to wash your skin as soon as possible after sweating.
10. **Apply a facial moisturizer every day.** Moisturizer traps water in our skin, giving it a more youthful appearance.
11. **Stop using skin care products that sting or burn.** When your skin burns or stings, it means your skin is irritated. Irritating your skin can make it look older.

PERFUMES / DEODORANTS

Perfumes have been used since ages in the form of aromas that have the power to add an edge to your persona. A fragrance makes you feel fresh, confident and even empowered. It helps to accentuate your looks, suits everybody irrespective of the body type or skin tone. It doesn't matter whether you are slim trim or curvy, the perfume will always add to your looks. The enhancing effect of perfume also doesn't get affected by the colour of the person's skin tone.

A deodorant is a substance applied to the body to prevent body odor caused by the bacterial breakdown of perspiration in armpits, feet, and other areas of the body. A subgroup of deodorants, antiperspirants, affect odor as well as prevent sweating by affecting sweat glands. Antiperspirants are typically applied to the underarms, while deodorants may also be used on feet and other areas in the form of body sprays.

Effects on Skin Health: After using a deodorant, the skin may develop an allergic, axillary granuloma response. Antiperspirants with propylene glycol, when applied to the axillae, can cause irritation and may promote sensitization to other ingredients in the antiperspirant. Deodorant crystals containing synthetically made potassium alum were found to be a weak irritant to the skin. Unscented deodorant is available for those with sensitive skin. Frequent use of deodorants was associated with blood concentrations of the synthetic musk galaxolide.

BLEACHING AND WAXING

Bleach is not a form of hair removal; it lightens the colour of facial hair to make it look golden or blond. It is a quick and painless procedure.

Waxing is hair removal from the root. New hair will not grow back in the previously waxed area for four to six weeks, although some people will start to see regrowth in only a week due to some of their hair being on a different human hair growth cycle. Almost any area of the body can be waxed, including eyebrows, face, pubic hair (called bikini waxing), legs, arms, back, abdomen, knuckles, and feet. There are many types of waxing suitable for removing unwanted hair.

Types: Soft waxing and hard waxing

1. Strip waxing (soft wax) is accomplished by spreading a wax thinly over the skin. A cloth or paper strip is applied and pressed firmly, adhering the strip to the wax and the wax to the skin.
2. Stripless wax (as opposed to strip wax), also referred to as hard wax,[2] is applied somewhat thickly and with no cloth or paper strips. The wax then hardens when it cools, thus allowing the easy removal by a therapist without the aid of cloths. This waxing method is very beneficial to people who have sensitive skin.

Contraindications:

The following factors are known to make those who are waxed more prone to "skin lifting," where the top layer of skin is torn away during waxing treatment:

- Taking blood-thinning medications;
- Taking drugs for autoimmune diseases, including lupus;
- Taking prednisone or steroids;
- Psoriasis, eczema, or other chronic skin diseases;

- Recent sunburn;
- Recent cosmetic or reconstructive surgery;
- Recent laser skin treatment;
- Severe varicose leg veins;
- Rosacea or very sensitive skin;
- History of fever blisters or cold sores (waxing can cause a flare-up);
- Using Trevino, Tazaronene, or any other peeling agent;
- Recent surgical peel, microdermabrasion or chemical peel using glycolic, alpha hydroxy, salicylic acid, or other acid-based products.

ILAJ BIL SHAMOOM (AROMATHERAPY)

Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Sometimes it's called essential oil therapy. Aromatherapy uses aromatic essential oils medicinally to improve the health of the body, mind, and spirit. It enhances both physical and emotional health.

Aromatherapy is thought of as both an art and a science. Recently, aromatherapy has gained more recognition in the fields of science and medicine.

Humans have used aromatherapy for thousands of years. Ancient cultures in China, India, Egypt, and elsewhere incorporated aromatic plant components in resins, balms, and oils. These natural substances were used for medical and religious purposes. They were known to have both physical and psychological benefits.

Essential oils distillation is attributed to the Persians in the 10th century, though the practice may have been in use for a long time prior to this. Information about essential oil distillation was published in the 16th century in Germany. French physicians in the 19th century recognized the potential of essential oils in treating disease.

Medical doctors became more established in the 19th century and focused on using chemical drugs. However, the French and German doctors still recognized the role of natural botanicals in treating illness.

The term “aromatherapy” was coined by a French perfumer and chemist René-Maurice Gattefossé in a book he wrote on the topic that was published in 1937. He had previously discovered the healing potential of lavender in treating burns. The book discusses the use of essential oils in treating medical conditions.

Aromatherapy works through the sense of smell and skin absorption using products such as these:

- Diffusers
- aromatic spritzers
- inhalers
- bathing salts
- body oils, creams, or lotions for massage or topical application
- facial steamers
- hot and cold compresses
- clay masks

(You can use these alone or in any combination). There are nearly one hundred types of essential oils available. Generally, people use the most popular oils. Essential oils are

available online, in health food stores, and in some regular supermarkets. It's important to buy from a reputable producer since the oils aren't regulated by the FDA. This ensures you're buying a quality product that is 100 percent natural. It shouldn't contain any additives or synthetic ingredients. Each essential oil has an array of unique healing properties, uses, and effects. Combining essential oils to create a synergistic blend creates even more benefits.

Aromatherapy benefits:

Aromatherapy has an array of benefits. It's said to:

1. manage pain
2. improve sleep quality
3. reduce stress, agitation, and anxiety
4. soothe sore joints
5. treat headaches and migraines
6. alleviate side effects of chemotherapy
7. ease discomforts of labor
8. fight bacteria, virus, or fungus
9. improve digestion
10. improve hospice and palliative care
11. boost immunity
12. Unproven claims: Scientific evidence for aromatherapy is considered to be limited in some areas. Research to support the use of aromatherapy in treating Alzheimer's disease, Parkinson's disease, and heart disease is lacking.

Advantages: Aromatherapy has the potential to treat many conditions, including:

- asthma
- insomnia
- fatigue
- depression
- Inflammation
- peripheral neuropathy
- menstrual issues
- alopecia
- cancer
- erectile dysfunction
- arthritis
- menopause

Most popular aromatherapy oils: According to the National Association for Holistic Aromatherapy, the most popular essential oils are: clary sage, cypress, eucalyptus, fennel, geranium, ginger, lavender, lemon, lemongrass, mandarin, patchouli, peppermint, Roman chamomile, rose, rosemary, tea tree etc.

You can use essential oils in any number of ways. For example, add them to body lotions or carrier oils, and then apply them topically. Try enhancing a facial toner, shampoo, or conditioner with essential oils. Or incorporate them into liquid soap, toothpaste, or mouthwash. You can also diffuse or spritz the oils throughout a room or pour them into a bath.

Since aromatherapy is a complementary therapy, you should talk to your doctor before starting your sessions. That way your essential oil therapy can be tailored to work together with

any medical care or treatment you're receiving.

Side effects:

1. Most essential oils are safe to use. But there are some precautions you should take when using them, as well as side effects.
2. One should be aware of, especially if you take any prescription medications.
3. Don't apply essential oils directly to your skin.
4. Always use a carrier oil to dilute the oils.
5. Remember to do a skin patch test before using essential oils. Since citrus essential oils may make your skin more sensitive to the sun, these oils should be avoided if you'll be exposed to sunlight.
6. Children and women who are pregnant or breastfeeding should use essential oils with caution and under the supervision of a doctor. You should avoid some oils and never swallow essential oils.

Side effects of using essential oils include: rashes, asthma attacks, headaches, allergic reactions, skin irritation, nausea.

Use essential oils with caution if you have: hay fever, asthma, epilepsy, high blood pressure, eczema, psoriasis

Riyazat e Wajha

Purpose:

Your face contains over 50 different muscles and unlike most of the rest of the body, a lot of these facial muscles are rarely used. By carrying out regular facial exercises, you can promote blood circulation to different areas of the face, thus replenishing the oxygen supply in the muscles and skin. This will result in a bright complexion and beauty healthy glow. Performing face thinning and toning exercises frequently will keep your face looking fit for longer time. Furthermore, regular facial exercises improve the blood flow and stimulation of skin cell regeneration and helps in prevention of wrinkles.

Benefits:

1. Strengthens the muscles in your face.
2. Reduces the appearance of wrinkles.
3. Increases blood circulation.
4. Releases tension in the face and neck.
5. Firms and tightens the facial skin.

FACIAL EXERCISE FOR ANTI AGEING

I. Anti-ageing facial exercises: The V

Good For: Drooping eyelids, crow's feet, eye bags and puffiness.

Alternative To: Botox and eye surgery.

Step 1: Press both middle fingers together at the inner corner of the eyebrows, then with the index fingers, apply pressure to the outer corners of the eyebrows.

Step 2: Look to the ceiling, and raise the lower eyelids upwards to make a strong squint, and then relax.

Step 3: Repeat six more times and finish by squeezing eyes shut tightly for 10 seconds.

II. Anti-ageing facial exercises: The Smile Smoother

Good For: Cheek lines and sagging skin.

Alternative To: Lower face lift and fillers.

Step 1: Hide the teeth with the lips to make an 'O' shape with the mouth.

Step 2: Smile widely while keeping the teeth hidden and repeat six times.

Step 3: Next, hold the smile shape while placing one index finger on the chin. Then start to move the jaw up and down as the head tilts gently back. Relax and repeat twice more.

III. Anti-ageing facial exercises: Smooth the brow

Good For: Horizontal forehead lines.

Alternative To: Botox.

Step 1: Place both hands on the forehead facing inwards and spread all of the fingers out between the eyebrows and hairline.

Step 2: Gently sweep the fingers outwards across the forehead, applying light pressure to tighten the skin.

Step 3: Relax and repeat 10 times.

IV. Anti-ageing facial exercises: The flirty eyes

Good For: Deep eye hollows and drooping eye brows.

Alternative To: Eyebrow lift.

Step 1: Place an index finger under each eye, pointing towards the nose.

Step 2: Hide the teeth and tease the top lip and bottom lip away from each other at the mouth.

Step 3: Flutter the upper eyelids while gazing at the ceiling for 30 seconds.

V. Anti-ageing facial exercises: The giraffe

Good For: Lines and loose skin on the neck.

Alternative To: Neck lift and jowl lift.

Step 1: Looking straight ahead, place the finger tips at the bottom of the neck and lightly stroke the skin downwards with the head tilted back.

Step 2: Bring the head back down to the chest and repeat twice more.

Step 3: Finally, jut the lower lip out as far as possible to pull the corners of the mouth down and place finger tips on the collarbone with the chin pointed upwards. Hold for four deep breaths.

TAGHREEL (SPA THERAPY)

"Spa Therapy" phrase presently signifies wide range of treatment, which may or may not be associated with aqua (water) therapy. Spa word was used in the past in reference to water treatment. The "Spa" word was originated from Latin word "Spargere" means sprinkle or moisten. Spa word was also linked to Latin expression Salus Per Aquam means "health through water". Spa word is also believed to be originating from a "Spa" name of the town in Belgium. During primeval period most of the provinces and faith believed bathing in spring water or Holy River results in physical and spiritual purification. Asian and Roman kings and rulers were treated with hot tub, mud bath and sauna after war or combat exercises. Water treatment was branded as "Spa therapy" and "Spa Aqua Therapies" were accessible exclusively to royal families. Presently the term "Spa" defines a place for massage as well as nail, facial and water treatments. Some spa facilities may offer either nail or facial treatment only. Therapy places for body massage, nail treatment, facial therapy and foot massage may use word "Spa" without

involvement of any type of aqua therapy.

Spa therapy became very popular after Second World War in Europe and United States as a therapy for pain and injuries during recovery period. Later International Spa Association was created to protect interest and trademark of "Spa Treatments." The International Spa Association defines spas as the "Place dedicated to enhance overall well-being through a variety of professional services that encourage the renewal of mind, body and spirit." Word Spa is not regulated just for water treatment. Now days the word "Spa" is often used to describe a facility involved in treating illnesses causing abnormalities of mind, body and spirit. Spa word is also regularly used for treatment of nails, facials and aromatherapy.

Massage therapy provided in Spa are mostly for relaxation and also for musculoskeletal pain. Massage therapist carefully plans treatment for musculoskeletal pain after detailed discussion with their clients. Massage therapy is frequently combined with steam sauna before and after massage. Cosmetic treatment such as facial and skin therapy is preceded by treatment with steam sauna. Steam sauna helps to hydrate and soften skin. Most spa therapists specialize in massage therapy, but it is possible to work as a spa therapist without performing any type of massage. Few spa therapists may specialize in only beauty treatments and skin care.

Classifications of Spa:

1.Urban Spa:

Also known as a Day spa and commonly located in a city center, shopping center, health club, hotel, airport or department store and only provides day treatments. It is one of the least expensive methods to enjoy a spa experience.

2.Destination Spa:

This comprises of a short stay at the spa. It is meant to improve your health and usually located at the site of mineral waters or hot springs. It is also found in exotic locations worldwide. It also includes healthy diet, physical activities and education in all aspects of health. This type of spa is more suitable for a single spa goer.

3.Medical Spa:

This spa provides all the regular spa treatments along with focusing on some specialized treatments which are administered by a medical practitioner only. These treatments include: Botox, medical peels, laser, dermal fillers and microdermabrasion.

4.Hotel/Resort Spa:

This type of spa is increasing in popularity day by day where the hotel has a spa within it. These days, a traveler wants more than a room and boarding. The hotel spa differs in sizes from a small country house to big hotels offering different spa facilities such as wet rooms, sauna, swimming pools etc.

5.Cruise Ship Spa:

This spa is situated aboard a luxury cruise liner and offers the same facilities as the regular spas including; spa float, thalassotherapy, mud wraps, seaweed, thermal treatments and hydrotherapy.

6.Thermal or Mineral Spa:

These spas are built around naturally appearing mineral waters and are usually present in mountainous locations. They are famous for 'taking' the water for improving health along with giving many beneficial spa treatments.

7.Eco Spa:

This type of spa offers organic treatments and is environmentally friendly due to the materials used for building the spa and its energy saving techniques in the daily running of the spa.

8. Ayurveda Spa:

This specializes in ayurvedic treatments and is useful in preventing and healing diseases and their symptoms along with boosting the immune system. The Ayurveda spa treatments are customized according to individual client's needs following a consultation with the physician. The treatment program also comprises of yoga and meditation.

9. Thalassotherapy Spa:

Warm sea water is used in this type of spa as it has curative benefits. It also helps in relaxation, detoxification, de-stressing, and calms aches and pains for treating insomnia. The sea water and its derivatives also help in restoring the body's natural chemical balance.

SHAQQ UL SHA'AR (SPILLING OF HAIR)

Causes:

1. Thermal, chemical or mechanical stress can cause split ends. For example, the use of curling irons and other heat treatments may cause split ends.
2. Excessive application of hair products such as perms and hair coloring may strip protective layering off the outside of the hair's shaft and weaken the hair, making the hair prone to split ends.
3. Mechanical stresses include pulling a comb forcefully through tangled hair and repeated combing. Split ends can be seen as a symptom of copper transport disorders such as Menkes disease and occipital horn syndrome. Rubbing the hair up towards the scalp does not cause split ends.

Treatment:

1. There is no remedy for split ends beyond trimming the affected hair.
2. Some products claim to heal split ends by sealing the ends back together.

Prevention:

1. Reducing or eliminating the causes will usually prevent split ends.
2. Trimming the ends of the hair at least every 6–10 weeks may prevent split ends.
3. Also, hair at the highest risk for splitting can be removed.

ANTI -WRINKLES PROCEDURES

There are two basic approaches to the amelioration of these signs of aging: prevention and treatment. Topical wrinkle treatments are, in general, much more effective for fine lines. Deeper creases may require more invasive techniques, such injection of fillers, local muscle paralysis, or plastic surgery. There is a special form of wrinkling called "cellulite" that produces a "cottage cheese-like" appearance to the skin. Cellulite most commonly appears in the hips and buttocks of women and is due to fat deposition in certain anatomical areas in the dermis. Treatments available for skin wrinkles include topical medical treatments (such as vitamin A acid, alpha hydroxy acids, antioxidants, and moisturizer) and more invasive procedures (such as glycolic acids peels, deep peels, dermabrasion, laser resurfacing, surgical procedures, injection of fillers, and Botox).

There are several medical (topical medicines and creams) and many invasive techniques

available for ameliorating wrinkled skin. They are all effective to the degree that (1) they change the nature of aging collagen, (2) they stretch the skin, (3) fill in the depressions in the skin, or (4) they paralyze muscles that cause the skin to crease. They include both medical and surgical methods:

Medical treatments for fine wrinkling

- **Vitamin A acid (tretinoin [Retin A, Renova]):** This ingredient, available by prescription, has the longest track record of success in treating aging skin and fine lines. People must use creams containing tretinoin on an ongoing basis. They may produce redness and peeling at first, but people usually can minimize discomfort by lowering the retinoid cream's concentration or applying it less often until the skin gets used to it.
- **Alpha-hydroxy acids:** These so-called "fruit acids" include glycolic and lactic acid. Preparations containing these fruit acids are quite safe and cause no more than mild and temporary irritation. They produce only subtle improvement though.
- **Antioxidants:** These include preparations that contain vitamin A, vitamin C, and vitamin E, as well as beta-carotene. There is very little compelling evidence that these sorts of creams produce a significant cosmetic improvement.
- **Ordinary moisturizers:** Creams that don't contain any of the above substances can only moisturize the skin, making wrinkles look temporarily less prominent ("reduce the appearance of fine lines").

Procedural options

- **Glycolic acid peels:** These superficial peels can make a very slight difference in the intensity of fine wrinkles.
- **Deeper peels:** These peels use ingredients like salicylic acid and trichloroacetic acid and penetrate somewhat deeper into the skin. Deeper peels do a better job of smoothing fine lines. The deeper the peel, however, the greater the risk of side effects such as longlasting pigment changes (changes in the color of the skin) and scarring. Such peels may require anesthesia. Mild sedation helps ease short-term but intense discomfort.
- **Microdermabrasion:** This refers to "sanding the skin" with a machine containing silica or aluminum crystals; many estheticians offer this service, usually in "packages" of six or seven sessions. Microdermabrasion does not change skin anatomy, though it may make the face feel smoother. Cosmetic products marketed as "home microdermabrasion" are just mild exfoliants -- harmless but not likely to produce any meaningful change in wrinkles.
- **Dermabrasion:** This is a true surgical procedure, often performed under general anesthesia. The treating physician uses a rotating instrument to sand the skin down. Depending a great deal on the skill and experience of the operator, dermabrasion can result in excellent improvement but can also produce significant side effects, including scarring and permanent changes in skin color.
- **Laser resurfacing:** Using instruments such as the carbon dioxide and erbium lasers, physicians can achieve results similar to those of dermabrasion with greater reliability and precision. A medical professional passes the laser several times over the area to be treated until the damage reaches the middle of the dermis, the skin's second layer. This helps stimulate the body's natural collagen synthesis (production), which plumps up sagging skin and wrinkles. Doctors combine this sedation with the application of topical

anesthetic creams such as EMLA, as well as injections of local anesthetics like lidocaine. Patients may need to repeat procedures to maximize improvement. Skin takes a long time to heal (weeks to months) after resurfacing. In addition, this procedure, like dermabrasion, can cause permanent pigment changes and scarring.

- **Fractional resurfacing:** Newer lasers work through a modification of traditional laser resurfacing. Treatments affect not the whole skin but instead only evenly spaced spots surrounded by undamaged skin. Healing is much faster than traditional resurfacing, with less "downtime" afterward. Patients may need several treatments to achieve full benefit.
- **Non-ablative laser resurfacing:** Newer lasers attempt to stimulate collagen synthesis under the skin without damaging the epidermis. Studies and clinical experience suggest that such procedures can improve fine wrinkles, though not as much as laser resurfacing. Several treatments may be necessary. These procedures are almost painless and there is little or no redness, peeling, or downtime afterward.
- **Heat and radiofrequency:** Another variation of noninvasive facial rejuvenation is to heat tissue using radiofrequency devices and infrared light sources. Techniques are still in development, but results to date suggest that such treatments are safe and can produce visible and lasting improvement, though not as much as surgical techniques like facelifts (rhytidectomy).
- **Cosmetic surgery:** Surgical facelifts, brow lifts, and similar operations can be very helpful for selected patients.
- **Thread lift:** In this procedure, a barbed, medical professionals insert a stiff thread into facial skin in the appropriate direction and the tissue is pulled to catch on the barbs, producing a lifted appearance. Whether or not the effect is sustained is controversial, but there is no doubt that in the short term there can be a modest cosmetic benefit using only a local anesthetic associated with minimal downtime.
- **Botox:** Injection of botulinum toxin, the muscle poison, can paralyze facial muscles that produce the "frown lines" on the forehead, fine lines around the eyes, and other wrinkles. Improvement lasts several months, and patients must have repeated injections to sustain improvement.
- **Fillers:** Medical professionals inject fillers into the skin to increase volume and flatten wrinkles and folds. In the past, the most popular filler was collagen. More recently, health care professionals use new filler substances such as hyaluronic acid (Restylane, Juvederm) and calcium hydroxylapatite (Radiesse), lactic acid (Sculptra), and autologous fat transplants because their effects can last six to nine months or even longer.

HALQ UL WAJHA (FACIAL EPILATION)

Female facial hair is something that all women have. Many different methods of facial hair removal for women are available for the upper lip, chin hair or jawline and there are many factors to consider when deciding which facial epilator.

An epilator is a small hand-held machine that holds a bunch of tweezers (some epilators have 70+ tweezers). It removes the hair by grasping them all at the same time and then pulling them out. Sounds like a horror movie, I know, but really it's a fun process (for me anyway) and not as bad as it sounds.

The epilator has a rotating head with tiny half-discs. As the head moves in a circle, the

discs come together and apart to work like tweezers. They grab the hair as they close in, and pull it out as they rotate. This whole process happens very quickly.

Epilating basically works like really fast tweezing or waxing. Depending on how fine your hair is, some hair that is tweezed may get cut off instead of tweezed out. However, if you already use tweezers, you can most likely benefit from using an epilator.

There are a number of things to look out for in an epilator if you want to be able to use it as a face epilator:

1. Head Surface Area – When selecting an epilator for face use, you want to look for a model that has a smaller head. This will allow you to move across your skin far easier, and will make the likelihood of pinching your skin much much lower. These problems are often solved through the use of a ‘facial cap’.
2. Tweezers Inside the Head – Another important aspect of your epilator should be that the tweezers are located inside the head, as opposed to on the outside. Again, if they are on the outside it is much easier for you to pinch the skin.
3. Wet & Dry Models – Most people feel that epilating your face can be a daunting task. If the pain is what scares you, it might be a good idea to get a wet epilator. This means it can be used when wet as well as dry. Water on the skin or on the epilator aids in helping reduce pain.
4. 2-Speeds – Another pain reducing feature is the ability to reduce the speed of the epilator. A lot of modern epilators have this function allowing for both efficient epilation and more gentle epilation.

Tips for Using an Epilator on Your Face

- **EXFOLIATE!** Get a luffa and exfoliate both before and after using an epilator. This step will make epilating easier and prevent ingrown hairs.
- For the love of God, TUG. Tug the skin tight, tight as you epilate. This is very, very important. Taunt skin allows an easier time for the hair to be pulled, **significantly lowering the chances of broken hair!**
- Do not apply lotion or oil before epilating. Clean and dry skin is what you need.
- Some epilators are water-proof, but most are not. Make sure you read the manual. The two epilators I recommend later, for example, are not water-proof.
- Hold the epilator perpendicular to your body, not parallel. Make sure the skin is pulled tight.
- Take a pain medication such as Advil or Tylenol about 30 minutes before you start. This will help with the pain that can come with epilating. The more you epilate, the less you will need to take pain medication.
- Don't rush. You have to take your time with epilating.

NUTRITION AND MAINTENANCE OF SKIN HEALTH

Healthy skin is considered a good indicator of inside health. Putting expensive creams, lotions and treatments on the outside of your body can't really provide solutions to problems emanating from nutritional deficiencies inside your body. Consuming the right foods and avoiding the wrong ones can reveal beautiful, youthful-looking skin without incurring the large costs of expensive cosmetics.

Some healthy foods that can boost your nutritional status and consequently give you a healthy glowing skin include:

- Foods rich in vitamin A: Low fat dairy products are rich in vitamins A and D. Animal products (e.g. liver) and plants (e.g. yellow/orange fruits and vegetables such as carrot

and cantaloupe) have a precursor of vitamin A called beta carotene. Watermelon and tomatoes are good sources of lycopene (a type of beta carotene). Therefore, diets that include plenty of dark orange (e.g. carrots, sweet potatoes, winter squash) and dark green (e.g. broccoli, spinach, kale) vegetables will provide a high amount of vitamin A.

- Fruits containing antioxidants: E.g. strawberries, blueberries and plums.
- Olive oil: Rich in omega 3 fatty acids.
- Green iced tea: Contains valuable antioxidants.

Foods to avoid for healthy skin

Some foods trigger certain reactive products that tend to impair healthy skin. Of all known foods, white sugar and white flour have the greatest potential to cause ageing skin. White sugar is very inflammatory to the body and creates a high number of free radicals. Components of flour products such as bakery goods will stick in your skin and prevent nutrients from nourishing the cells. This leads to poor skin quality and a weakened immune defense against free radicals. Saturated fats may also result in clogged and infected pores.

EFFECT OF SUN EXPOSURE ON SKIN

The Sun's UVA rays damage the skin deep down, causing wrinkles. Even though persons might not have had sunburns, his skin still shows the damage from years of exposure to these damaging UVA rays. Sunlight injures the skin, particularly the epidermis. The cumulative effects of sun exposure are wrinkling, blotchy pigmentation and roughness. Sun damaged skin also becomes less flexible and is more easily bruised. Sun damage is the major cause of skin cancer. Sunshine should be enjoyed in moderation to avoid painful sunburn, heat rash, wrinkles and skin cancer.

I. Positive Effects of the Sun

1. **Enhances Your Mood:** there are many benefits from sunlight, including that it is a free mood enhancer. Days full of sunlight make people feel better and have more energy, but it also increases the levels of serotonin in the brain, which is associated with improved mood. Not surprisingly, serotonin levels are highest in the summer.
2. **Treats Seasonal Depression** (commonly referred to as Seasonal Affective Disorder) :In certain people, the lack of sunlight in the winter seems to trigger depression. Symptoms include bad moods, difficulty making and keeping friends, overeating, tiredness and sleeping too much. Seasonal depression, formerly known as Seasonal Affective Disorder, is rare in the warmer months.
3. **Relieves Stress:** Everyone experiences stress for various factors, such as family, work and health issues. Stress can be relieved in a variety of ways, including exercise, having relaxing hobbies, walking the dog or by getting out in the fresh air for a little sun exposure.
4. **Improves Sleep:** Sunlight exposure impacts how much melatonin your brain produces and melatonin is what tells your brain when it is time to sleep. When it gets dark, you start producing melatonin so you are ready to sleep in about two hours. With more sunlight in the summer, you are likely to feel more awake. Modern technology has allowed us to change our light exposure artificially with lights, TV screens and computer screens (including tablets and cell phones). Consequently, the incidence of insomnia is much higher now than it was before these devices were invented.
5. **Vitamin D:** Vitamin D is a vitamin involved in maintaining healthy bone strength. One

way you can get this sun vitamin is exposure to the ultraviolet light in sunlight. However, you don't need much time in the sun to reap the benefits. It is recommended only 15 minutes of sun exposure to provide all the Vitamin D you need.

II. The Harmful Effects of the Sun

1. **Sun Damage to the Eyes:** Long-term, unprotected exposure to ultraviolet light from the sun can damage the retina, which is the back of the eye where the rods and cones make visual images, which are then sent to the visual centers in the brain. Damage from exposure to sunlight can also cause the development of cloudy bumps along the edge of the cornea, which can then grow over the cornea and prevent clear vision. UV light is also a factor in the development of cataracts.
2. **Heat Exhaustion:** According to the Centers for Disease Control and Prevention (CDC), heat exhaustion is the body's response to excessive loss of water and salt, usually through excessive sweating. People working in a hot environment are at risk of heat exhaustion. Symptoms of heat exhaustion include: Headache, Nausea, Dizziness, Weakness, Irritability, Thirst, Heavy sweating, Elevated body temperature, Decreased urine output
3. **Heat Stroke:** If heat exhaustion is left untreated, it can lead to heat stroke. Heat stroke is the most serious heat-related illness and can be life-threatening. According to the CDC, heat stroke causes the body's temperature to rise quickly and can reach up to 106 degree Fahrenheit within 10 to 15 minutes. Heat stroke requires immediate medical attention because if it is left untreated, it can cause death or permanent disability. Symptoms of heat stroke include: Confusion, altered mental status, slurred speech, Loss of consciousness (coma), Hot, dry skin or profuse sweating, Seizures.
4. **Sunburn:** Sunburn is widely recognized as one of the most common negative effects of too much sun exposure. The maximum symptoms of sunburn do not usually appear until about four or five hours after the sun exposure occurs. Ultraviolet light is the cause of sunburn, which may come from the sun or tanning beds. General symptoms of sunburn include: Redness, Pain/tenderness, Swelling, Blisters, Flu-like symptoms, such as nausea, fever, chills or headache. If you notice a sunburn fever, it's times to seek attention from a medical professional. Besides a fever, severe burns also involve significant pain and extensive fluid-filled blisters.
5. **Heat Rash:** A heat rash is a skin rash that occurs when sweat ducts trap perspiration under the skin. Heat rash often takes place during hot, humid weather and, according to the CDC, often looks like red clusters of pimples or small blisters. Heat rash develops in skin folds, elbow creases, the groin or on the neck and upper chest. Heat rash can be treated by staying in a cool environment to prevent sweating and by keeping the affected area of skin dry. To help relieve the symptoms of heat rash, the CDC suggests using powder to increase comfort. However, it is not advised to use ointment or creams.
6. **Skin Cancer:** The worst consequence of long-term exposure to the sun is the development of skin cancer. Because the sun damage to the skin develops over years, the older you are, the greater the risk of developing skin cancer. After years of exposure to the sunlight, providers look for three common types of skin cancer (in order of how often they occur): basal cell carcinoma, squamous cell carcinoma and malignant melanoma.
7. **Basal Cell Carcinoma (BCC):** This type of skin cancer almost always occurs on undamaged skin and is

usually pink, shiny and raised. Because the skin becomes very soft, it may be easily injured and so may appear as a scab that keeps returning in the same spot. Basal cell carcinoma is especially common in the beard area of men where they use a razor and take the top off the cancer. Although BCC doesn't generally spread, it does get bigger and deeper over time and can become a problem if ignored.

8. Squamous Cell Carcinoma (SCC): This skin cancer is also caused by exposure to the sun, but can also occur in burn scars (from either heat or radiation treatment) or from chronic ulcers of the skin. In a small number of cases, SCC can spread to the lymph nodes and (rarely) to other organs. These can vary in severity and may require special surgical treatments, such as Mohs Surgery, for removal, if they are large or in difficult-to-treat areas.

9. Malignant Melanoma: Melanoma is the least common of these skin cancers, but it is increasing every year, especially in young women between the ages of 18 and 29 because of the high rate of tanning bed use in this population. Melanoma is very dangerous and can occur any place where there are pigment-producing cells, include the entire skin (it does not have to be in direct sun-exposed areas, but sun exposure increases the risk), moles, birthmarks and the eye. It can spread to lymph nodes and beyond to other organs, including the brain, lungs and liver. Melanoma is much more common in families with a history of abnormal moles or malignant melanoma. Those who have had melanoma have a significant risk of developing other melanomas, so it is recommends to do regular skin checks. It is very important that malignant melanoma be diagnosed early, as the thinner the tumor is, the less likely it is to spread. Although there is a lot of research into treatment of melanoma, the best treatment is surgical removal of the tumor and any involved lymph nodes before it has spread.

10. Wrinkles/Aging: We associate wrinkles with aging, but sun exposure is a significant factor in their development and how early they appear. UV light damages collagen and elastic tissue in the skin, so it becomes fragile and does not spring back into shape, causing sagging. The only factor worse than UV light exposure for aging and wrinkling is cigarette smoking, which causes the skin to become yellowish and thick with deep wrinkles. Some people will also get white cysts and blackheads on the cheekbones from sun exposure and smoking. UV light exposure also causes white and dark spots on the skin, as it damages the surface cells.

11. Tanning Beds Are NOT Better: A common misconception, promoted by the tanning bed industry, is that tanning beds are safer to use for tanning than direct sun exposure. Many teens will tan before prom to look good in their dress clothes, but they aren't doing themselves any favors. Tanning beds put out UVA light that is much more intense than what you receive outdoors because it does not work as efficiently as UVB light. UVA goes significantly deeper in the skin than UVB and not only causes skin cancer, but it causes more leathery, wrinkled skin. In the United States, research shows more than 400,000 cases of skin cancer each year are attributed to indoor tanning. Studies have shown the risk of malignant melanoma is much higher in people who use tanning beds.

Protection from the Sun

Much of the damage to our skin caused by sun exposure can be prevented. Sunscreen must be applied 20 minutes before going out in the sun and should be reapplied after two hours in the sun and after swimming or heavy sweating. You can also protect yourself with UV filtering sunglasses. It's also best to cover your skin with clothing and wear a hat with a 4-inch

brim all around. If you are going to be outside for long periods, sit under a cover of a building, an umbrella or a tree that has dense shade underneath.

