

The Best Age Erasers

By Lindsey Holder

Turning back Father Time? Not an easy feat. However, a few daily additions to your skin care regime can help bring vitality back to your skin! Aid your skin in looking FRESH, full of life and youthful again with a proper skin care protocol. Skipping out on your monthly facials can also take a toll on your skin. Your esthetician can help revitalize your skin texture and can see a myriad of things you never would under their magnified lamp! Take charge of looking fabulous with a few best tips.

Sunscreen: This is at the top of my list as a lot of my clients are still too lenient about using their daily sunscreen. Don't be fooled-just because your tinted moisturizer or make-up contains SPF does not mean a.) it's enough SPF or b.) it will last you all day. Sun exposure will increase photo-aging of your skin and hyperpigmentation will start to take in effect. Brown spots on your face are definitely a telltale sign of aging! Add either a booster into your daily moisturizer or an extra layer of sunscreen before hitting the outdoors. Remember to apply often (at least one teaspoon for the face & neck), even on cloudy days! For sensitive areas around the eye, use an SPF 15 eye cream.

Skip the Mineral Oil & Petrolatum: This is a hot debate topic. The premise alone on where these ingredients originate from is enough to stop me from using them. These ingredients are in a large amount of products, as they are inexpensive fillers and readily available. Earlier signs of aging can be created when using these products, as they slow cellular development. Coating my skin with a heavy ingredient, clogging my pores and creating a build-up of toxins are something I think I'll pass on. Hello, organic skin care! Spend the extra money on light, breathable products for your skin. My skin care line of choice? It's called "ilike"...a Hungarian based organic skin care line.

Eye Cream: I found out through clients they had been using their daily moisturizer in replace of a specific eye cream (until they speak to me of course). This is a no-no. The area around your eyes is the thinnest part of your face. You need a thicker and power enriched eye cream specifically formulated to help that area combat wrinkles, puffiness and potentially dark circles. Eye creams with Vitamin C & K are great to look for when searching for a top product.

Wash your face before bed time: Take the time to cleanse your face of the day's pollution, dust and make-up that attached itself to the surface of your skin. This can make your skin look dull and sluggish. Your skin repairs itself the most at nighttime, so let it be rid of thick make-up and impurities. Results will be bright, shiny and youthful!

Mask it up! Hydrating your skin is the easiest way to look younger in an instant! Wrinkled, pulled, flaky skin is a sure sign of improper skin care, aging you in a milla second. Pick one day a week to put on your weekly mask to infuse rich nutrients into your skin and hydrate your dermis! Don't forget to exfoliate before you apply your mask, ridding your top layer of dead skin cells.

Start with these steps in your daily skin care regime & help with slowing down the aging process!

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Interested in getting a facial with Lindsey? Call Greenville Natural Health Center at 864.370.1140 and mention this Belle article when reserving your appointment to receive \$15 off your next facial!