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juve facial rejuvenation salon Newsletter

May 2007

In This Issue: Sun Damaged Skin

**Derma MD Antioxidant
Moisturizing Protectant
with SPF 30, blocks a
broad spectrum of UVA
and UVB rays. Designed
for all skin types.**

**Derma MD Pigmentation
Lightener is ideal to
help treat uneven
discoloration of the skin
due to sun damage.**

Save 10%

Summer Special:

**Take advantage of
summer savings for your
maintenance package.**

Greetings,

With the summer months approaching and our pre-summer sampler of triple digits we are all probably thinking about avoiding the heat in our pool side recliners while working on a golden tan. However we need to remember one of the most important rules for living in Arizona, wear sunscreen! Sunlight has a profound effect on the skin and accounts for 90% of the symptoms associated with premature aging.

→ Understanding how the sun's rays effect our skin:



The sun emits ultraviolet radiation which is divided into three categories, UVC,UVB and UVA. We will disregard UVC as it is almost completely absorbed by the ozone layer, and turn our attention to UVA and UVB aggravators.

UVB rays are strongest during the summer months when the earth rotates closest to the sun. They penetrate only the epidermis, the top layer of skin, which is comprised of skin cells. UVB rays stimulate the melanocyte cell which produces more melanin (color) and results in a sunburn or suntan depending on pigmentation. When the melanin does not spread out evenly across the skin this creates sun spots and pronounces existing freckles.

UVA rays are much more intense; penetrating into the dermis which is comprised of blood vessels, nerve endings, elastin

and collagen. UVA rays are compared to a light x-ray wavelength that can transmit through windows and light clothing. Prolonged exposure to UVA shrinks collagen and elastin thus weakening the structure of the epidermis causing droopiness and wrinkling. Melanocyte cells are supposed to remodel sun-damaged skin by producing and reforming collagen, however continuous exposure prevents the enzymes from functioning correctly. UVA breaks down the melanocyte cells preventing the skin from healing and protecting itself. This is why we tan less evenly and see dark spots as we age. UVA also triggers dilation of blood vessels creating red, flushed skin. Another damaging factor is the formation of free-radicals which inhibit cellular turn-over and DNA repair.

Protect your skin!

Sun damage is a cumulative process throughout the course of our life; getting the mail, walking the dog, even while driving our hands absorb UVA and UVB, and preventative measures need to be as much a part of our daily routine as brushing our teeth. Here are some simple suggestions to help minimize sun damage due over exposure.

1. Always wear a full spectrum (blocks UVA and UVB) sunscreen with a minimum of SPF 30. Apply 15 minutes prior to going outside, even on over-cast days. Remember to use sunscreen on the forearms, hands and chest. Although inconvenient, it is recommended to repeat application at least once a day. Also, try using cosmetics with sunscreen in them.
2. Avoid spending a lot of time outside between 10:00 and 3:00, these are the hours the sun's rays are most intense.
3. When tolerable wear hats and long sleeves, even in the summer months. Light linen or silk can be another barrier of protection, particularly on days you spend a lot of time outside. For those of you who participate in regular outdoor activity consider investing in clothing with SPF.
4. Remember, ELR can help reverse sun damage and prevent ongoing cellular deterioration.

Call to schedule your next ELR treatment or to reserve your Derma MD products. We look forward to seeing you.

All the happiness you'll ever need can be found within you. Have a wonderful day!

Sincerely,
your friends at juve

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