

Rosy Cheeks and Winter Skin

When we are asleep, one of the many wonderful things our body does is allow our skin cells to get to work as they attempt to repair damage caused by stress, pollution, the sun's UVA and UVB rays, as well as blue light damage caused by the light emitted by computer screens, tablets, phones, and the other modern-day devices that we regularly use.

Imbalances within the body created by caffeine, sugar, hormonal changes, alcohol and irregular sleep patterns, can disturb this process. On top of this, 'transepidermal water loss' can make the skin look dehydrated, the eye area appears puffy, and so when we wake up our complexion is really not at its best. Transdermal water loss is the amount of water that passively evaporates through the skin – this loss is a good indicator of the integrity of the skin's barrier function. This refers to the skin's ability to retain moisture, because impeded skin barrier function has been shown to increase skin aging, irritation, and the sensitivity of the skin.

Over the years I have seen many clients whose skin has presented with impaired barrier function, shown by what I refer to as 'flare reaction' or 'touch sensitivity'. The skin may show this by turning pink, becoming warmer, and tingling or stinging may occur. Clients often tell me that their skin is "very sensitive" and they say that "anything I use makes it sting".

If you imagine our skin as a piece of cling film with millions of tiny invisible holes in it, this cling film (our skin) is so amazing that it has a jolly good idea of what to allow to penetrate it and what not to. It alerts us to anything that may not be ideal by tingling or stinging and we know that we should wash or rinse off our skin or, in extreme cases, seek medical attention. However, as we are talking about skin care here, when the lipid mantle of the skin or barrier function is damaged or impeded it goes into overprotective mode and sending signals so that almost anything, even water, will make it tingle.

This can be brought about by hormonal changes, medication or by the use of products that have stripped the skin's PH balance. Harsh treatments on unprepared skin, such as chemical peeling, heat treatments, laser, burns, harsh environmental factors, and many more will do this.

Most minor skin sensitivities to skin care products can be alleviated by using suitable products specifically for you as an individual. This might not necessarily be from the same range of products – because your skin is as unique as you are, we must treat it that way.

Clinic or salon treatments such as Omnilux or Dermalux (a firm favourite of mine which I have used successfully for over 15 years), use the power of light to rejuvenate, repair and revitalise skin. This natural photobiological reaction is clinically proven to reverse the visible signs of aging, and will hydrate and plump. Redness and irritation is calmed, making it ideal for rosacea, capillary damage, flushing, and hypersensitive skin.

The following have been used or developed to aid sensitive skin.



Barrier Repair, a product developed by Dr Joe Lewis, is designed to enhance skin moisture by producing essential skin nutrients to support skins natural barrier, "the lipid mantle". It contains antioxidants; vitamins A, C, E & pro A; ceramides; and essential fatty acids; and is excellent for sensitive, dry skin.

Abeetoxin silver formula bee venom is recommended for the natural healing effects, calming conditions such as eczema and irritation – it helps to heal skin and quickly reduce discomfort. For all skin types: mature, rosacea, dry and sun damaged, as recommended by Deborah Mitchell CEO of Heaven Skincare



Aloe Vera is naturally cooling and soothing on the skin. This has been used for hundreds of years, and is available in natural plant form from the leaves, or in a handy, pop-in-your-bag tube form.



Prism technology not only protects skin in contact with harmful light, but helps it recover. It harnesses the power of the skin's natural polypeptides, specifically L-Carnosine, to stimulate collagen. High in hyaluronic acid, B5, organic coconut absolute, it keeps water within your skin.

Hydrogels – self-healing hydrogels consist of crosslink network of organic polymer-style molecules, these 'net-like' structures calm, sooth and firm skin tissue and deliver vital nutrients and hydration to the skin.

This article is not a medical tool, or to be used for diagnostic purposes, it is for information purposes only and medical concerns should be dealt with by your GP.

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