

*Four things that age your skin...
and what you can do about it*



Radiance Medical Aesthetics and Wellness Spa

The aging process is not just about looks. Aging damages the different layers of our skin, which exposes us to infection and malignancy. There are steps we can take that can not only help our skin look its very best but also make it healthier.

ULTRAVIOLET DAMAGE

The light from the sun is responsible for warming the earth and helping plants grow, not to mention raising our spirits. But while certain ultraviolet (UV) rays help our skin develop vitamin D, those UV rays are also responsible for causing sunburn, wrinkles, cancer, and damage to our DNA.

What can you do? Physicians are constantly recommending sunscreen.

Listen to them! A good quality physical screen for the face is critical and should be used daily, rain or shine, regardless of the season. A physical sunscreen is one made with zinc or titanium. Unlike chemical sunscreens, zinc and titanium do not encourage additional pigmentation changes or irritation in the skin, and they block the two types of UV radiation that cause damage (UVA and UVB).

ENVIRONMENTAL DAMAGE

We wear gloves for our hands and we protect and cover our bodies, but we often neglect our faces. Our faces are exposed not only to UV rays but also to environmental factors like pollution and harsh conditions such as cold and wind in our northern climate.

What can you do? In addition to a physical sunscreen, using an emollient (moisturizing) cream protects and nourishes the skin when hiking, skiing, snowshoeing, boating, or enjoying any of the wonderful recreational opportunities that Vermont offers.

SKIN IMMUNITY DAMAGE

With exposure to UV light, environmental factors, infection, and chemicals, our skin is under constant attack. These factors destroy the building blocks that make up the structure of our skin, leaving us vulnerable to viruses and bacteria and causing us to look older than we feel.

What can you do? To combat fine lines, laxity, redness, and sunspots, medical advancements have been developed to stimulate collagen and elastin production and get rid of unnatural pigmentation. Laser technology, microneedling, prescription medications, and microdermabrasion are the tools a qualified medical aesthetician has at her disposal to improve the quality and radiance of your skin.

MUSCLE AND BONE LOSS

As we age, our bone and muscle mass decrease, not just in our bodies but in our faces as well. We can try to prevent this aging process for our bodies by lifting weights, building muscle, and eating healthy, but how can we do the same thing for our face? Unfortunately, we cannot replace the bone and muscle mass in our face.

What can you do? We can, however, replace lost volume with filler made of hyaluronic acid, which is also made naturally in our bodies. This filler can provide a youthful and refreshed appearance to the skin. Injecting hyaluronic acid also has the benefit of stimulating collagen production in your own cells, improving the overall health and longevity of your skin. When done safely by



a physician, a little can go a long way with natural looking results.

Radiance Spa is a luxury medical spa committed to providing the best procedures, technology, and care to their patients. They want their patients to be informed and to have the confidence that comes from not only looking great but also from feeling amazing.

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