

# A Brighter Younger Fresher face for 2011

The start of a new year can inspire us to set about improving our image, health and general well-being. When you look in the mirror would you like to see a brighter, healthier more vibrant skin complexion?



The key is choosing skin products that contain the specific active ingredients that assist in naturally exfoliating the dead skin cells and nourishing the new. When used in combination with other skin treatments it is more than possible to develop a brighter, healthier and more radiant skin complexion.

During our 30's our skin becomes thinner and loses elasticity. Lines start to appear and the outer layer starts to show signs of damage. Cumulative UV damage scrambles the genetic code leading to cells behaving abnormally and accentuating the ageing process. Once into our 40's and 50's the aging process is well underway. This is when our skin needs more of an intense and stimulating regime of products and treatments.



A good skincare regime should consist of a ph balanced mild cleansing cream, one that doesn't strip the natural oils from the skin and cause it to dry out. A mild toner (such as a mild glycolic acid for all skin types or salicylic acid for more congested skin) should be used to assist in removing the dead skin cells from the surface. A vitamin A enriched moisturiser which contains high amounts of active anti-oxidants should then be applied.

Vitamin A (beta-carotene, retinol acetate, retinol palmitate or the purer retinol) is a key skin cell DNA normaliser. The higher the concentration of vitamin A applied the more efficient it is at stimulating collagen synthesis and evening out skin tone and texture.



Vitamin C (Ascorbic acid) is another really important active ingredient to apply topically, being such a strong anti-oxidant it assists in preventing further environmental damage. It is also responsible for stimulating the fibroblast cells and improving skin tone, skin health and generally brightening the skin.

Restoring a youthful and radiant skin whilst fighting the signs of aging and reversing any damaged skin seems a tall ask from any skin regime. However with the right guidance, support and the correct cosmeceutical skin products and home care regime you really can make a difference to how your skin glows with health and vitality.

**For further advice please call Lincoln Laser Skincare on 01522 575756 or visit [www.lincolnlaserskincare.co.uk](http://www.lincolnlaserskincare.co.uk)**

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