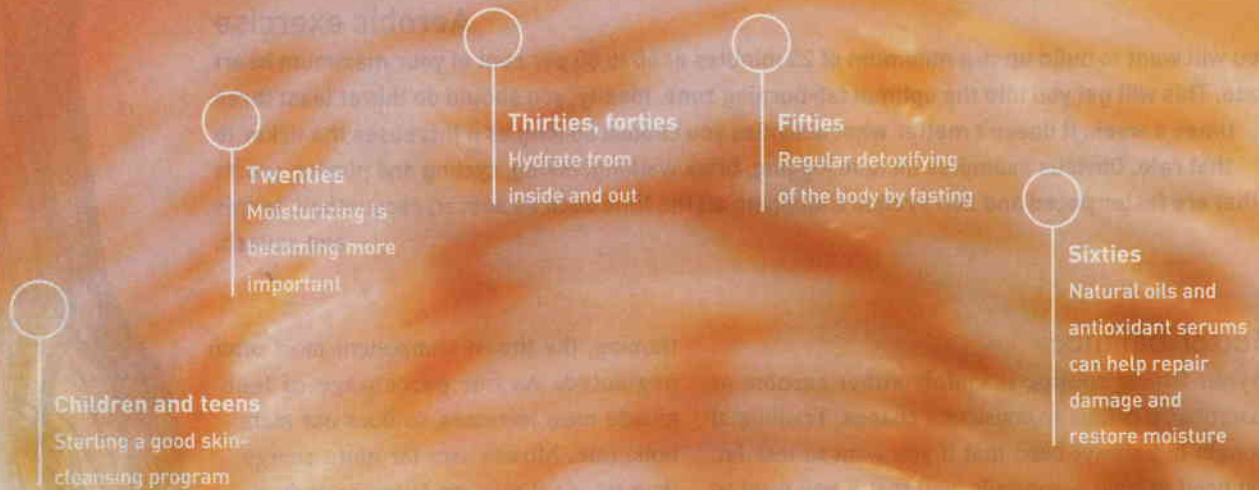


# Skin Care Through the Ages

## Fighting the effects of time

Joseph Borkovic



What is one of the very first things you notice about a person? Skin. Smooth, glowing cheeks and ageless eyes garner envious looks like nothing else. Don't believe me? Pick up a magazine sometime. You're not likely to find a blemished chin or spotty forehead unless it's the "before" picture for the latest acne or wrinkle treatment.

In young or old, male or female, we see skin for what it is—an extension of inner health that can be enhanced with a proper beauty routine. Functionally, skin is protective; it's a barrier between us and our environment. As we age, it changes along with the rest of our

organs, causing our skin-care needs to change as well.

### Makeup of skin

Our largest organ is made up of two basic layers: the underlying dermis and the outer epidermis. Within these layers are four more: germinative layer, stratum spinosum, stratum granulosum and stratum corneum. New, plump and round skin cells form at the germinative layer and then travel through the other three levels to reach the surface.

In the aging process, this journey slows down. The longer cells take to make this journey, the more stress they endure, becoming older and flatter. Add years of sun damage, dryness and thinning, both increased by age, and factors that contribute to premature aging, such as vitamin and mineral deficiencies, toxic buildup, inadequate clean

water, lack of sleep or exercise, and the skin starts to lose its elasticity—allowing us to succumb to gravity...sooner.

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### Children and teens

Babies and children have great hydration and skin elasticity, and what they need the most are good nutrition, lots of sleep and hugs. By the time they hit their teens, they may experience some breaking out from hormonal changes. Starting a good skin-cleansing program



is most important. Use a pure, organic cleanser and pat dry. Do not pull the skin with a towel. Regular use of a toner (especially if your skin is prone to acne) and moisturizer is important, too. An organic or homemade clay mask twice a month can help pull toxins from the skin.

### Twenties

In your 20s, your skin has an abundance of collagen and elastin, both of which impart a firm, plump, healthy glow to the face. Although most people do not have wrinkles at this age, signs of premature aging can be present and should serve

as a warning. Expose yourself accordingly—to the sun that is.

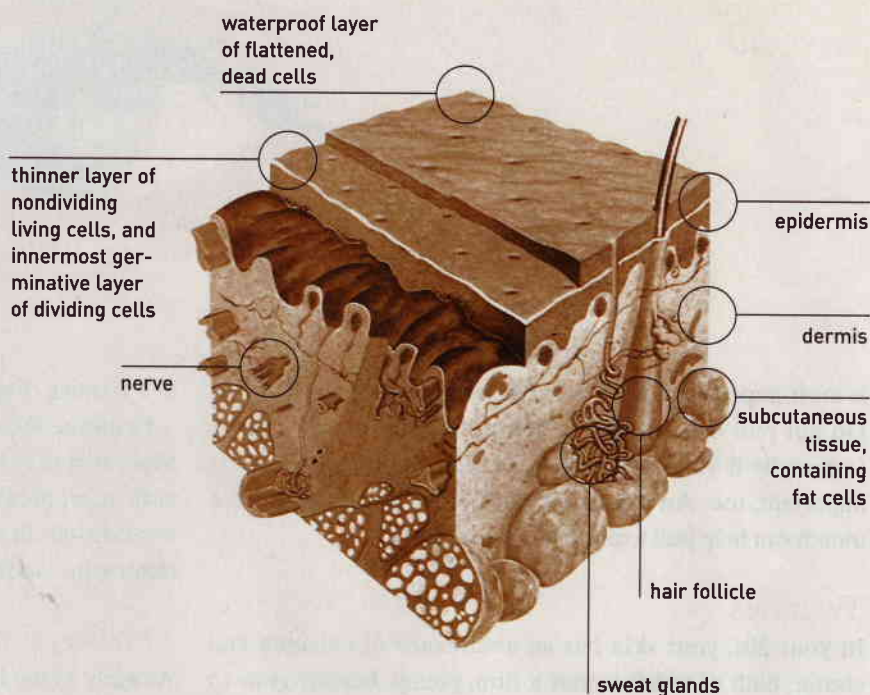
Continue the skin-care routine established in your teens. Moisturizing is becoming more important. Choose products with ingredients such as organic macadamia oil and/or avocado oil. In addition, it is crucial to keep hydrated with clean water and to stay off junk and processed food.

### Thirties, forties

As early as the late 20s and the early 30s, skin begins to lose moisture. Always hydrate from inside and out. Drink plenty of quality spring water and always use a good moisturizer



## beauty



The dermal and epidermal layers of skin.

with natural-base antioxidants and nutrients. They are helpful to fight off lipid peroxidation, also known as free radical damage. Recent Japanese research shows that as we enter our 30s, we start to lose palmitoleic acid, a crucial nutrient for the skin. It is most effectively replaced with topical macadamia oil.

Some superficial wrinkles may also appear, so the correct use of natural skin-care products can do wonders to minimize lines and creases. Exfoliation with gentle products can also reduce fine lines and pigment irregularities.

Acne rosacea, a disease that typically affects fair-skinned men and women over age 40 can occur. The most common type of skin cancer, basal cell carcinoma, can also appear. If either is a concern, consult a health-care professional.

### Fifties

With the onset of menopause in women, skin texture can thicken.

Declining levels of estrogen affect skin elasticity, pigment, firmness and tone. Estrogen contributes to oil (sebum) production. As sebum production decreases, skin may become drier.

Estrogen also stimulates fat deposits. Menopause can lead to the diminution of fat. As estrogen decreases, a lack of elasticity takes place. Pigment-producing cells, controlled by estrogen, slow down. Irregular dark patches can appear. Exfoliation with a gentle scrub or mask will help improve skin tone.

For men in their 50s, your skin will really reflect your past and ongoing lifestyle choices, and your level of personal care will be easily seen—or not so easily seen—at this time, depending on whether you have been naughty or nice.

A good regimen for both sexes includes regular detoxifying of the body by fasting, nutritional supplements, regular saunas and diligent hydration with clean water, and regular



## Supplements for Beautiful Skin



Beta-carotene - 25,000 IU daily

Vitamin B complex -  
50 milligrams three times daily

Vitamin C, with bioflavonoids -  
1,000 mg daily

Vitamin E, with mixed  
tocopherols - 400 IU daily

Lipotropic factors - as directed

*Lactobacillus acidophilus* -  
as directed

Bee pollen - as directed

*Encyclopedia of Natural Healing*,  
alive Books, 2002

use of products that contain beneficial moisturizing and/or essential oils.

### Sixties

In the 60s and beyond, heavier lining of the skin occurs and oil production is very low, so focus on products that hydrate. Natural oils and antioxidant serums can help repair damage and restore moisture. Cleanse skin gently and moisturize with top-quality products that allow you to continue to bring nourishment to your skin.

For all age groups, you can't look great when your body is filled with rubbish and toxins. Help your body detoxify by drinking plenty of uncontaminated water and loading up on organic, fresh juices and raw or steamed vegetables for fibre. Exercising and saunas will also assist the release of toxins through the skin through sweat. Remember, just as lifestyles, wardrobes and knowledge are always changing, skin-care needs require updating as time passes. **F**

#### Recommended Resources:

*Beauty to Die For* by Judy Vance, Pro-Motion Publishing, 1998.

*A Consumer's Dictionary of Cosmetic Ingredients* by Ruth Winter, Crown Publishers, 1984.

*Is This Your Child's World?* by Doris J. Rapp, MD, Bantam Books, 1996.

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