

Skin Care

Author: Julia Tatum Hunter, M.D. Last Updated: Oct 29, 2008 - 9:17:23 AM

Words of Winter Wisdom

By Julia Tatum Hunter, M.D.

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HealthNewsDigest.com: (HealthNewsDigest.com) - Winter is the perfect time for peels and laser treatments to hydrate and remove any sun damage from the past summer season. A recommended peel treatment perfect for all skin types, and a restorative solution to sun damage by invigorating and exfoliating the skin using a gentle acid and active blueberry extracts. The result is a youthful glow without visible irritation.

What are the best procedures (invasive or non-invasive) to undergo during winter? Why?



As most of the body is covered and the sun is somewhat less intense in winter, it provides an ideal time to remove those unwanted spider veins with sclerotherapy on the face and legs, and brown spots on all areas of the body. By beginning and laser procedures in the winter to lift and tighten all parts of the face and body, patients will see optimal results in time for spring and summer.

HND: How important is hydration during the winter?

Hydration is essential all year round, as the atmosphere and environment can be drying to the skin dependent on the location. In winter, cold temperatures provide little moisture for the skin's pores, therefore a hydrating therapy is needed daily.

HND: What are the biggest myths about winter skin care? Hyperpigmentation can occur often in wintertime. How do you reverse the signs of hyperpigmentation?

Because there is less sunlight and the sun does not feel as strong on the skin as in other times of the year, most people forgo the use of sunblock using only sunscreen, which is commonly integrated within makeup and skin lotions. In actuality, the sun's rays are powerful during each season due to global warming and the thinning of the ozone layer. Therefore a sunblock (not sunscreen) is necessary at all times. A full spectrum, highest quality sunblock is essential for all skin types. This non-irritating, water-resistant formula protects against all the sun's harmful rays, UV A/UVB/UVE and can be used on the face or body.

Hyperpigmentation is a common, usually harmless condition in which patches of skin become darker in color than the normal surrounding skin. This darkening occurs when an excess of melanin, the brown pigment that produces normal skin color, forms deposits in the skin. Hyperpigmentation can affect the skin color of people of

any race. Age or "liver" spots are a common form of hyperpigmentation. These small, darkened patches occur due to sun damage, and are usually found on the hands and face or other areas frequently exposed to the sun.

Hyperpigmentation can definitely be reversed though treatments such as peels and specific laser procedures. Peels are especially effective in treating hyperpigmentation. In addition to hyperpigmentation, it reverses conditions such as melasma, acne, acne scarring, and signs of aging. Those containing chirally corrected L-Retinol A that regenerates immense skin composition, production and elasticity. The result reverses discoloration and creates smooth, hydrated and more youthful skin.

Julia Hunter, M.D.
Skin Fitness Plus

9730 Wilshire Blve. Ste. 201
Beverly Hills CA 90212
310-247-8744

www.skinfitnessplus.com

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