

Understanding Skin Care Ingredients

Natural vs. Traditional, and What You Need

The use of chemicals in cosmetics and skin care products is something we hear about more and more. Some natural alternatives to chemicals exist, but many cosmetic companies won't use them because they are more costly and less readily available. While most products cannot be 100 percent natural (because of bacterial growth), many natural alternatives to harsh chemicals can be helpful and effective in skin care.

For example, cosmetics often need preservatives. Pre-bottled products must contain a good preservative to control the growth of bacteria, molds, and yeasts. Bacteria can grow in an unpreserved product in a matter of days.

years.

There is an emerging interest by manufacturers and consumers in natural preservatives. This is where your licensed esthetician can assist you in identifying the right professional product (as opposed to an over-the-counter product) that will be best for your skin. Manufacturers are now looking to the past and using exotic flowers, herbs, and oils that were used thousands of years ago. When present in sufficient percentages in products, many of these natural ingredients can be effective for cleansing, rebalancing, and reducing the signs of age.



Knowing the ingredients in your skin care products can help you achieve your skin care goals.

While some natural preservatives can help stabilize a product, a chemical preservative is probably needed for proper protection. Yet, many products on the market contain unnecessarily high percentages of preservatives to achieve longer shelf lives. Usually less than 1 percent of the cosmetic preservative is sufficient to stabilize a product for a shelf life of one to two

Some companies make claims their products are 100 percent natural. Often the chemicals, such as cosmetic preservatives, are hidden in the ingredient list. For example, a company can claim their product contains no preservatives and you may not recognize

Continued on page 2

*Those who
bring sunshine
into the lives of
others, cannot
keep it from
themselves.*

-James M. Barrie

Office Hours and Contact

SCSC

Sherri Clark LE, COE

(317) 362-1449

Tuesday, Wednesday, Thursday 10 - 8

Friday & Saturday 10 - 5

By appointment only

In this Issue

Understanding Skin Care Ingredients

Happiness is Contagious

Probiotics for Skin Health

Continued from page 1

one on the ingredient list. But some may contain alcohol (ethanol, ethyl, or isopropyl), which will dehydrate and irritate your skin. Keep in mind that alcohol is a naturally occurring chemical; some forms are beneficial and moisturizing to skin, such as cetyl and cetearyl.

Below are some natural ingredients that may be appropriate to replace chemical formulations that can be hard on the skin.

Natural Preservatives

These can be found in many forms, including grape seed extract, food-grade preservatives (such as citric acid, orris root powder, potassium sorbate, and sodium benzoate), pure essential oils, and vitamin E oil or extract. These can help control some bacterial growth and help maintain shelf life. Body and bath oils, bath salts, powdered clay or grain-based products, and salves are among the products that don't need cosmetic chemical preservatives.

Corn and Sugar

These two ingredients, along with others, can undergo a process that produces a mild lathering agent. Some products found in health food stores feature this natural lathering agent in shampoos.

Natural Carrier Oils

An alternative to mineral oil, natural carrier oils (like apricot kernel, almond, jojoba, vitamin E, and others) can help to nourish, moisturize, and soften skin. They are excellent for body massage and can be blended and used directly on skin.

Pure Essential Oils

High-grade essential oils are extracted from flowers, herbs, leaves, stems, and roots by a steam distillation process. Each essential oil has its own unique properties and can be helpful both externally (topically) and internally via aromatherapy. Avoid synthetic essential oils; it can be highly irritating just to smell them, let alone put them on your skin.

Natural Colors

Some alternatives to artificial colors that may be available are carrot oil, chlorophyll, and naturally colored clays.

You may pay more for them; many cosmetic companies avoid using these as they are difficult to find and are much more expensive than traditional options.

Herbal Extracts

Herbal extracts are more concentrated than other formulations and can be beneficial to skin. Some of the more popular extracts include aloe, chamomile, green tea, kelp/seaweed, and marigold. They do, however, often contain grain alcohol or synthetic glycerin. Vegetable glycerin is a natural alternative.

Oatmeal

This is an excellent skin cleaner. Oatmeal gently removes dead skin cells while cleaning and softening skin. It can be found in body masks, facial masks, and facial scrubs. While many facial scrubs contain ingredients like kernels and walnut shells, which can be too rough on the face, a gentle ingredient like oatmeal is a great alternative.

Fruit Acids

Fruit acids and alpha hydroxy acids can be helpful in removing dead skin cells,

enabling new cell growth. In general, these fruit acids can be too strong for those with sensitive skin. Your esthetician can help you discern which products contain these acids and in what percentages.

Natural Fruit Enzymes

Papaya and pineapple contain enzymes that can help to gently remove dead skin cells, renew the skin, and improve circulation.

There are times when returning to the simpler ways of the past reaps big benefits. There are many different ways to let natural ingredients help you look and feel your best. Your licensed esthetician can help you make good decisions about what products--natural or not--are best for your lifestyle, skin care needs, and preferences.



Herbals extracts, like aloe, can contribute to healthy skin, without the use of harsh chemicals.

Happiness is Contagious

Maybe mom was right. Research suggests that surrounding yourself with friends and family who are happy can actually increase your own happiness.

Scientists at Harvard University and the University of California, San Diego, found that emotions, particularly happiness, have a viral effect in how they spread from one person to another. For every happy person in your physical social network, you have a 9 percent chance of increasing your own happiness. The effect is more pronounced the closer someone is to you geographically, and it does not seem to include electronic communications. The study, "Dynamic Spread of Happiness in a Large Social Network," can be found online in the British Medical Journal (www.bmj.com).

This is especially good news considering the potential health benefits of happiness and positivity. A study published in *Stroke* magazine has

indicated a "significant association" between optimism and a reduced risk of stroke. This is in addition to studies that have linked optimism to a healthier immune system, faster wound healing, and a lower risk of heart disease. While the exact cause of the benefits is not clear, one theory is that optimistic people are more likely to take care of their health. In addition, there is hope that teaching optimism could become part of a preventative program for various conditions.

What's one way to get happy? Pamper yourself! Exposure to stress, a contributing factor to unhappiness, over a long period of time can increase the rate of neural degeneration and increase the risk for Alzheimer's disease. Luckily, a study from Umea University in Sweden has shown that just five minutes of massage has the potential to lower stress, and 80 minutes of massage has a tremendously positive effect on stress levels. Get pampered, get happy, and cheer up your friends and family!



Surrounding yourself with happy people is healthy!

Probiotics for Skin Health

Trust Your Gut on This One!

Shelley Burns, N.D.

Digestive health plays an important role in how skin appears on the surface. When digestion is not working optimally, it allows toxins to be reabsorbed in the body instead of being eliminated. The body then mounts a state of emergency as it's overwhelmed by toxins, some of them bad bacteria. These manifest directly on the surface for all the world to see, in the form of wrinkles, blotchiness, skin rashes, and acne.

This is where probiotics come into play. Probiotics contain potentially beneficial bacteria found in the digestive tract--what some call good gut bacteria. They help strengthen the digestive system but they also play an important role in skin health. Probiotics consist of *Lactobacillus acidophilus*, *Lactobacillus*

bulgaricus, and *Bifidobacterium bifidum*. They have anti-inflammatory, anti-pathogenic, and antiallergenic properties and can be used prophylactically and therapeutically.

There have been many studies showing benefits of probiotics to skin health. For example, there's a correlation between an imbalance of good and bad bacteria and the onset of acne. When bringing natural bacteria back into balance with a probiotic intervention, acne improves, in some studies, as much as 50 percent of the time.

There is no recommended daily intake for probiotics, but good food sources include buttermilk, kefir, miso, tempeh, yogurt, and other fermented

foods. Supplements are generally higher in potency and are used for therapeutic purposes in treating irritable bowel syndrome, Crohn's disease, colitis, and many other conditions.

While probiotics are essential for healthy skin and digestive health, there are many other appealing benefits to encourage their use, such as strengthening the immune system, replacing good bacteria after a course of antibiotics, and contributing to general health and well-being.

One note: Some probiotic supplements come from dairy sources and may not be suitable for individuals with dairy allergies or sensitivities.

Healthy Skin is Beautiful Skin!

Dermafililing Now Available! This amazing resurfacing gently and thoroughly files and polishes your skin with highly-crafted crushed diamond wands. The specialized technique gives your skin a renewed smooth, healthy glow. Additionally, it stimulates collagen production, begins smoothing uneven skin texture and encourages healing of sun-damaged skin. This treatment is perfect when microdermabrasion or chemical peels are contraindicated.

Dermafililing Specials Through April 30th:

Regular Demafile Facial - Your skin is thoroughly cleansed and prepped, polished with the dermafile and then special serums and protection finish your treatment. The result is a smoother, brighter complexion. \$85 Special \$65

Advanced Dermafile Facial - This treatment is excellent for clients seeking a deeper exfoliation or a replacement to chemical peels or microdermabrasion. A combination of enzymes and dermafililing clears away dead skin cells and debris leaving skin radiant and more receptive to other skin care products. Includes hydrating mask, and massage. \$120 Special \$95

SCSC

600 East Carmel Drive Suite 246
Carmel, IN 46032

MEMBER

