



GLOW younger

Skin's natural defenses against aging have help! LiveWell's Yuna Cho goes in search of the new fountains of youth.

We all wish we knew the secret of how to make skin look younger. We want a glowing, and radiant complexion. But we tend to take good skin for granted until one day we notice the change! Gasp! What are those lines on my face?!

By then, eating healthily, exercising, adequate sleep, drinking lots of water and keeping your face clean may just be able to prevent further aging, but what about the damage already done?

Get under the skin

According to Dr Patrina Wong, Medical Aesthetic Director at the Linc Aesthetic Clinic, there are many factors that make skin look young.

Genetics, diet, lifestyle, and exercise account for the majority

of these factors. While some of the factors are amendable to improvement, some are not.

Dr Wong adds that in general, a picture of young looking skin boasts both 2-Dimensional and 3-Dimensional components.

A clear complexion, smooth and radiant gives a 2-D texture effect to the skin. More commonly, this is known as having tight pores, even skin tone, and blemish-less, glowing skin.

The voluminisation of skin next provides good tightening and a lifted feel to add a 3-D component to the youthful look. This is why beauty experts say that the more collagen skin has, the younger it looks.

This however not the complete picture. Skin also contains stores of adipose tissues, elastin, and

hyaluronic acid, besides collagen. These in totality help to make skin look fuller and younger; however, these stores will in the course of time, diminish.

Age is really just skin deep

Ageing occurs when there is a loss of the 2-D and 3-D components.

Radiance gives way to age spots, enlarged pores, and uneven skin tone colour. Fat resorption happens, causing a "deflated" look at the mid-face area, and lax skin over the jowls.

This is because as your skin ages, it becomes thinner and more easily damaged. Making this effect worse is the decreasing ability of the skin to heal itself as you age.

Cortisol, more commonly referred to as the stress hormone, also causes degradation of skin collagen, accelerating skin ageing.

What are some ways to keep skin young?

1) NATURALLY

What you can do is eat healthy, exercise regularly, sleep early and sufficiently, do not smoke and keep alcohol to a minimum.

2) MEDICAL TREATMENTS

According to Dr Wong, medical treatments for slowing the loss of the multidimensional components have advanced a great deal.

Dermabrasion, laser resurfacing, chemical peeling, microdermabrasion, and some topical treatments can restore skin's lustre, giving it a smoother and refreshed appearance.

For instance, medical aesthetic laser treatment can help to reduce pore size, even out skin colour tone, remove blemishes like age spots and stimulate collagen production.

Some available treatments include the IPL Photorejuvenation, Aramis Collagen Laser, the Spectra-Peel, and the Mosaic Resurfacing Laser.

There are also other treatments that offer an alternative to the traditional facelift. For example, radio frequency energy is used to heat up tissues under the skin. The heated tissues contract, which induces the response that causes the skin to tighten.

When more volume is desired, fillers with hyaluronic acid and collagen also come in handy.

Creams are important to complete the regimen of skin care. It helps to have a follow through with the

treatments done in a clinic.

This can rejuvenate the skin by lightening uneven skin tone, casting a glow on skin and making it smoother and clearer.

3) OVER-THE-COUNTER TREATMENTS

There are also many over-the-counter solutions. These anti-ageing creams purport to reduce visible wrinkles, expression lines, blemishes, pigmentation changes, discolourations and other environmentally related conditions of the skin.

Generally, these creams contain some form of retinol which have been shown to stimulate the renewal of skin cells and reduce dark spots.

Alpha hydroxy acids and beta hydroxy acids that can be found in anti-ageing creams also have a peeling effect when used as chemical peels.

Some other common ingredients are Boslowox, Peptides, Q-10, antioxidants, and sunscreens.

However, successfully achieving youthful looking skin through the use of such products found in shops depends on the formulation concentration and mode of application.

Still not the real fountain of youth?

Regrettably, there is none. However, prevention is better than cure according to Dr Wong. Start early. Work out a regimen with your medical doctor.

Upgrade your treatment and creams every six to twelve months with regular consultations with a doctor who specialises in aesthetics. This way you will stay on top of your skin fitness regime. **LW**



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New: Sato HAKUBI MEMOTO Care

A gel that gives you firm lustrous skin, MEMOTO Care helps seal in the moisture in your skin with moisture retention elements such as hyaluronic acid, ceramide, and marine collagen to give your skin a firm and tight feeling. Apply to the skin areas around the eyes and mouth 10 to 25 minutes throughout the week to prevent frown lines, laugh lines and crows' feet from taking hold.

