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## *Anti-Aging Expert Advice*

Aging, whether of the body or the skin can be thought of as ongoing damage to our DNA. The toxic environment we live in along with exposure to ultraviolet radiation puts stress on our cell metabolism and speeds up the aging process. Nicholas Christies Day Spa recommends the following regimen in order to prevent premature aging of the skin”

1. Reduce stress – Stress is directly involved in elevating cortisol and insulin, the two key age-accelerating hormones. Taking time to relax at a spa can play a big part in one’s anti-aging program.
2. Use Retinol regularly - Time-released Retinol, the purest form of anti-aging Vitamin A, gently smooths surface wrinkles, evens skin tone and restores skin’s youthful texture. We recommend Nicholas Christies Day Spa Retinol Resurfacing Complex which is Dermatologist-tested for irritancy and sensitivity.
3. Use topical antioxidants – Vitamin C, Alpha-lipoic acid and Vitamin E deflects environmental hazards that age the skin while increasing the skins moisture content. We recommend Nicholas Christies Day Spa Triple C&E Serum which uses a non-irritating blend of stabilized antioxidant vitamins.
4. Apply sunscreen every day – By now everyone knows the benefits of using a quality sunscreen. Products must include both UVA and UVB protection with a minimum SPF factor of 15. Nicholas Christies Day Spa recommends Bioelements Year Round Protector. Think of it as the first line of defense against the aging process but more importantly it is the best defense against skin cancer.

### **Did You Know.....?**

Sunscreens are considered a drug in this country and must be approved by the FDA. Like all drugs, sunscreens do have an expiration date. Nicholas Christies Day Spa along with most dermatologists recommends replacing products with sunscreen in them minimally once a year in order to receive maximum benefits.