



SKIN SCIENCES

SPRING NEWSLETTER | 2010



SKIN CARE AT ANY AGE: TREATMENTS AND DAILY CARE FOR EVERY GENERATION

While skin care is best customized to suit your individual needs, there are some tips for each age group that can help you make the most of your time and money. Below Dr. Jennifer Linder of PCA SKIN discusses what to expect and what treatments to use at any age.

In your 20s

Prevention is key for age control in your 20s.

Common Skin Concerns: maintaining healthy youthful skin; post-adolescent acne.

For Healthy Skin: A basic regimen of facial wash, nutrient toner, C-Strength 15% with 5% vitamin E and a daytime and evening hydrator is enough for maintaining a youthful appearance.

For Post-Adolescent Acne: Use a regimen of facial wash, acne gel, A&C synergy serum and a nightly application of clearskin.

Skin Care Essentials: Broad spectrum sunscreen to reduce the need for more invasive procedures later in life.

In your 30s

The 30s are when the first signs of visible aging begin to appear.

Common Skin Concerns: muddled complexion; uneven texture; fine lines (especially around the eyes).

To Reverse Signs of Aging: Focus on ingredients that prevent and correct by using retinol renewal for drier skin types, and A&C synergy serum for oilier skin.

Skin Care Essentials: Prevent future damage by applying a broad spectrum sunscreen every morning and reapplying every 2 hours during the day.



20
PCA SKIN
A&C SYNERGY
SERUM



Skin Tip: If you have breakouts, do not skip moisturizer (no matter how oily you feel). Acne can be caused by dehydration, and will only increase if you skip the hydrating step of your skin care routine.

30
PCA SKIN
EXLINEA



Skin Tip: Pump fine lines with Exlinea peptide smoothing serum, which contains Argireline and also provides intense water hydration from glycerin, hyaluronic acid and honey.

In your 40s

The 40s are when prior skin damage becomes increasingly apparent.

Common Skin Concerns: discoloration; fine lines; coarse surface texture.

To Reduce Wrinkling: Utilize collagen building peptides such as palmitoyl pentapeptide-7 and palmitoyl oligopeptide.

To Brighten Skin Tone: Apply brightening therapy with TrueTone twice daily.

Skin Care Essentials: Apply broad spectrum sunscreen each morning and reapply every 2 hours during the day.

Skin Tip: For faster results, reverse sun damage directly caused by over-exposure with C-Strength in the morning and retinol renewal in the evening.



40
PCA SKIN
BRIGHTENING
THERAPY

50



PCA SKIN
EYEXCELLENCE

In your 50s

The 50s are when the lack of moisture in conjunction with the over-use of aggressive products throughout one's life leads to increasing skin sensitivity and dryness.

Common Skin Concerns: skin sensitivities; dehydration; wrinkling

Skin Care Essentials: Stop using any overly-abrasive products including alkaline cleansers and nut-based scrubs. Find a quality moisturizer to use daily.

To Increase Hydration: Use ReBalance for normal to oily skin, après peel hydrating balm for normal to dry skin, and collagen hydrator or silkcoat balm for dry skin types.

To Reduce Wrinkling: Utilize products such as retinol renewal, eyeXcellence and Exlinea. For a dramatic effect seek out a PCA SKIN clinician for a chemical peel. Use Sensi Peel for sensitive skin types, Ultra Peel I for normal skin with mild to moderate signs of aging and Ultra Peel Forte for resilient skin with moderate to severe visible aging.

Skin Tip: Hydrating serum offers amazing amounts of moisture without the heavy feel of a cream.

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SKIN CARE AT ANY AGE: TREATMENTS & DAILY CARE FOR EVERY GENERATION (CONT')

In your 60s

The 60s are when collagen and elastin production slows down, the skin's support structure weakens and the skin begins to thin.

Common Skin Concerns: slower cell turnover; dull complexion; wrinkling

For Overall Skin Improvement: Apply a daily regimen of retinol, ascorbic acid, antioxidants

and broad spectrum sunscreen.

To Smooth Skin Texture: Seek out a PCA SKIN clinician for a professional peel treatment like **Ultra Peel I** or **Ultra Peel II** on a monthly basis.

Skin Tip: Hyaluronic acid fillers help to build volume in the face and smooth the skin at the same time.



PCA SKIN
RETINOL
RENEWAL



Optimizing Your Skin Care Regime:

HOW MUCH PRODUCT DO YOU REALLY NEED TO USE?

Only a small amount of product is typically necessary when using quality products.

Serums: one to two pumps.

Spot Treatment: one pump.

Specialty Products (PCA SKIN eyeXcellence, brightening therapy with TrueTone and C-Strength): a pea-sized amount is enough for full-face application.

Sunscreen for Body: one ounce, or a shot glass full.

Facial SPF/Moisturizer: a nickel- to a quarter-sized amount should be applied.

Cleanser: a dime-sized amount is plenty for adequate cleansing.

Toner: a quarter-sized amount should be applied with a cotton pad.

Many patients over-use products. Dr. Jennifer Linder of PCA SKIN recommends dispensing the corresponding amount of product into the fingertips and then pressing the product on the forehead, cheeks, chin and nose. By applying the product everywhere it needs to go prior to rubbing it in, you will be able to use less product without sacrificing results.

SUNSCREENS FOR EVERY SKIN TYPE

Utilizing sunscreen everyday is an important way to maintain healthy, youthful skin. However, when it comes to formulation and skin types, one size does not fit all. Below we match common skin types with the appropriate EltaMD sunscreen.



CHEMOTHERAPY CARE

Chemotherapy is a necessary treatment to eradicate various types of cancers, but it undeniably wreaks havoc on the skin. In addition to simply trying to process the onslaught of drugs that are introduced into the body during these treatments, the skin also is reacting to the unavoidable increase in emotional stress that a cancer diagnosis will cause.

Some dermatological effects of chemotherapy and radiation therapy:

- Sensitivity or allergic reactions
- Severe dryness
- Flushing
- Hyperpigmentation
- Photosensitivity
- Rashes and acne/folliculitis

As a health care company whose vision is improving people's lives, PCA SKIN has acted on this vision by creating the **solution for chemotherapy and radiation therapy support**. This strategic combination of products works to prevent the onset of some of the skin concerns brought on by these cancer treatments and to calm, soothe and hydrate the skin. For more information, please speak to your Skin Care Professional.

BEST INVESTMENTS

"My best product investment is the C-Quench Antioxidant Serum for how it brightens my skin, giving a glowing result. As an added benefit it helps to reduce fine lines and wrinkles giving my skin a beautiful smooth texture."

Tracey, Ottawa



This cosmetically elegant 15 percent L-ascorbic acid serum is suitable for all skin types.

- The product is especially effective for normal to dry and mature skin types, as it contains ingredients that help the skin attract and hold moisture.
- It provides a supportive feel to lax skin, smoothes fine lines, minimizes pores and plumps and strengthens the skin.

Key Ingredients

Ascorbic Acid (Vitamin C)
Sodium PCA
Squalane
Hyaluronic Acid
Glutathione
Resveratrol

**FOR MORE INFORMATION
PLEASE CONTACT YOUR
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