



Aging Gracefully

How to maintain the most youthful version of you

With so many options available today in the antiaging marketplace, how do you decide what skincare products are right for you? Here are a few simple pointers as you are seeking to maintain the best version of yourself while time marches on.

PROTECT WHAT YOU'VE GOT Let's talk about your skin. The largest organ of your body is also your greatest protector. Keeping it healthy offers better protection to what lies beneath. While there is no one product that can magically make wrinkles disappear, there are important things to consider when choosing what you put on your skin. Wear SPF every day—rain or shine—since 90% of skin aging is caused by the environment. Your daily sun protection should contain either zinc or titanium and be an SPF of 30 or higher. Though many over-the-counter varieties offer adequate protection, you may find them sticky or greasy.

More elegant options are available through medical aesthetic offices and spas.

NUTRITION IS KEY Don't underestimate the effect that dehydration, alcohol, sugar, gluten and other inflammatory foods have on your skin. These inflammatory agents can cause acne, eczema, psoriasis and a host of other skin conditions. If you have ongoing concerns about skin health, you may need to pursue food/environmental sensitivity testing and eliminate items that you are sensitive to from your diet.

KEY INGREDIENTS IN PRODUCTS Medical-grade skincare products offer a higher concentration and quality of ingredients, making for more effective penetration and better outcomes. Look for antioxidant blends, like vitamins C and E, that will elevate the level of protection your SPF offers, while also working

to reduce pigment and correct sun damage. Add to it other active ingredients like hyaluronic acid to hydrate skin, peptides to fertilize skin, and growth factors to promote healthy skin growth.

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