



Skin Care Basics

BY AMANDA WILLIAMS TRAGESER

Drink That Water!

I tell every client how important it is to drink water and why. Our bodies are comprised of 80% water. In order to function well, we need to keep our bodies well hydrated. When we let ourselves get even a little dehydrated, our skin begins to suffer. The appearance of our skin becomes more aged, drier looking, and less elastic. Mild dehydration even affects our brain function and metabolism, resulting in low energy levels. So, drinking at least 8 glasses of water per day, in addition to other beverages we may consume, keeps our bodies functioning at high levels and our skin looking and feeling healthier and more youthful.

Use Sunscreen Daily!

A sunscreen of SPF 15 or higher will protect your skin from harmful UVA and UVB rays, and prevent skin damage. It is important to apply sunscreen to your face and neck every day, and the best time to do this is after your morning cleanse. You can apply it over your moisturizer, or even mix a little of each together and apply. It is always a good idea to apply sunscreen to other parts of our bodies that will be exposed to the sun on a daily basis as well. SPF in makeup is a good thing to have, but usually only has a protective value of between an 8 and 10.

Don't Forget to Wash!

Cleansing our skin is a critical part of daily skin care. Don't ever skip a day of removing make-up, dirt, and oils. When we don't cleanse our skin properly, we leave it vulnerable to environmental pollutants along with pore clogging dirt, oil, dead skin cells, and make-up. All of these can leave our skin looking and feeling more aged than it really is. To keep your skin

soft, clear, and healthy, be sure to wash your face using a gentle cleanser formulated for your skin type with just your fingers moving in a circular motion. Be sure to rinse well with water that is not too hot, and pat dry gently.

Moisturize, Moisturize, Moisturize!

Aside from cleansing, the most important step in daily skin care is moisturizing. When we use a good moisturizer formulated for our specific skin type, we help to replenish the NMF (Natural Moisture Factor). NMF is the protective moisture barrier our skin naturally produces. Every day, the NMF becomes compromised with environmental pollutants, cosmetics, and certain modes of cleansing. To be sure we replace what has been lost throughout the day, it is vitally important to use our moisturizer. Even oily complexions need sheer moisture. So, don't forget to moisturize. It will keep you looking young, longer.

Get A Facial!

Why? You may ask. Aside from being a service that relieves stress and gives you a little pampering; when done properly, a facial can really help to correct and even prevent many common skin problems. They can also be the perfect accompaniment to dermatological care, as well as beneficial for both pre and post operative cosmetic procedures as they aid in the healing process and success of the procedure.

Amanda Williams Trageser is the owner/esthetician of ASpa Aesthetics & Wellness. To learn more, visit us at ASpa Aesthetics & Wellness. ASpa is located within the family practice of Dr. Katherine Ke in Sewickley.

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