

# Repairing skin damage is possible

By Mandy Kendall

A little while ago I wrote about the harmful effects of the sun on our skin and how to help prevent damage. Unfortunately, as hard as we try to protect our skin during those summer months, prevention is not always 100 percent effective. So, now that summer has come to a close, here are some *Qwik-e* tips on ways of helping to repair the skin damage that might have been inflicted.

**Exfoliating** – Performs a number of functions. It removes layers of dead skin cells (which can make your skin look dull and old), it can help speed up cellular turnover, increase cell renewal and help your skin creams work more effectively by allowing them to penetrate new skin cells. There are various ways of exfoliating, from scrubbing with granulated creams, scrubs, peels, masks, and home micro-dermabrasion systems or using a chemical to dissolve the skin cells. Whichever you choose, follow the instructions carefully and don't expose your skin to the sun for a few hours afterward. Just before bed (2-3 times a week) is always a good time to exfoliate.



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**Supplements for your skin** – Any kind of anti-oxidant creams will help to rejuvenate your skin. Lotions containing vitamins

A and C contain strong anti-aging properties. Vitamin C, topically applied in a cream, contains powerful antioxidants that help fight off the free radicals that cause damage in the first place. Vitamin A helps promote the generation of new skin cells as well as drawing water up to the surface of the skin. Be aware that vitamin A can increase your skin's sensitivity to the sun, so creams with vitamin A should be applied at night.

**LED light therapy** – Originally discovered by NASA for wound healing, LED light promotes cellular activity and renewal. A study by Advanced Laser and Dermatologic Surgery Clinics showed significant improvement in skin condition following a series of LED light therapy treatments. Treatments are generally experienced in clinics and spas, but equipment is now available to use in your own home.

**Continue protection** – Even during the winter our skin is exposed to the UVA/UVB rays that can cause long-term damage, so try to use a daily skin cream that has an SPF of at least 15. Be sure that the sunscreen that you are using is a “broad spectrum” lotion that will help block out UVA and UVB rays.

**From the inside out** – Much of our skin's condition is dictated by our lifestyle. Plenty of sleep, plenty of water, unprocessed healthy foods and limiting the smoking and drinking vices will all go toward vibrant, healthy skin.

Until next time.

*Mandy Kendall operates Health Connective in South Lake Tahoe, which aligns wellness seekers with their ideal wellness provider. If you have questions, would like some advice, or would like to request some Qwik-e tips on any health and well-being topic, drop her an email at [connect@healthconnective.com](mailto:connect@healthconnective.com) or keep an eye out on Lake Tahoe News for regular Qwik-e tips on how to make healthy changes one Quick and Easy step at a time.*