



The Federmal™ Skin Care for Your Age Group

As we age, our bodies, organs, and skin (our largest organ), undergo many changes. Knowing that our skin will undergo many changes, we should arm ourselves with the knowledge of how to properly care for it. We can even help delay the effects of aging by using certain ingredients, adopting good eating habits and lifestyles and adhering to appropriate skin care routines. To slow the aging process of the skin it helps to understand what the skin needs. In this section you will learn what the skin needs as it ages, so to prevent damage and premature aging.

Adjusting Your Skin Care To Fit Your Age

Much goes into good skin care for any and all ages:

- Protection from sun exposure, the UVA and UVB rays.
- Maintain a diet that enriches the skin and taking necessary supplements if necessary, along with drinking 8 glasses of water each day.
- Keep weight down and exercise 30 minutes each day: walking, lifting weights, strengthening the core, the upper and lower body muscles, increasing our aerobics to strengthen our heart muscle and arteries. Exercise increases the oxygen to all our organs, and the skin is our largest organ.
- Maintain daily relaxation (at least 15 minutes a day), for stress control and rejuvenation.
- Get adequate sleep each night, this helps to alleviate stress, bags under our eyes. Our skin cells and our organs rejuvenate and heal while we sleep, so we must give this process the time it needs.
- Avoid toxic and unhealthy practices: avoid drinking too much alcohol at one time as it is dehydrating, avoid smoking and drugs that limit the oxygen to our organs, avoid using cosmetics that plug our pores, avoid spending time in polluted areas, avoid using soap that alters our natural pH.
- Become familiar with the ingredients that are necessary for proper skin care for you personally and for your age group.
- Seek out a good esthetician to help with proper skin care, and get facial treatments to improve the condition of our skin.

Skin Care | In Your Twenties

The sooner you start with preventative skin care practices the better. This is a great time to employ good skin anti aging practices. It is much easier to prevent damage and help skin to age gracefully and slowly, than to play 'catch up' with skin that is already damaged and aged. This is a time to learn good skin care routines and regimens, and to establish good lifestyles and habits and proper nutrition. Begin to learn and practice stress control, exercise regimens, good nutrition and good preventative skin care treatments.

- Limit sun exposure. Use sun block to prevent damage that will show up when you're in your 40's.
- Cleanse skin gently morning and evening with an enzyme cleanser to 'eat' the dead skin cells to help our pores remain open.
- Use of Beta Hydroxy Acids or Glycolic Acids, Retinoids, Benzoyl Peroxide, to aid with breakouts. Consult with a good esthetician to find the right ingredients for breakouts and the right diet as well.
- Start using a moisturizer that contains anti oxidants to prevent skin cell damage, oil control ingredients and proper hydrating ingredients.
- Once a week exfoliation, by using a mask or a gentle scrub.
- Facials every month or every other month to ensure you're practicing good skin care and maintain proper up keep and care.

Skincare | In Your Thirties

This is the time that early aging in the skin starts to surface. We start to notice the damage from sun exposure and pollutants, use of toxic substances, and an unhealthy lifestyle. Fine lines, uneven skin tone, hormonal changes start to appear. This is the time to implement skin care age prevention routines as many of our natural skin processes start to slow down and diminish. Our natural exfoliation process starts to slow down, our natural moisturizing factors diminish, with production of new skin cells and collagen skin cells slowing down. Using the right products now will help encourage and stimulate hydration, exfoliation, new skin cells and collagen cells and to slow the aging of the skin.

- Use of an Enzyme cleanser and scrub to stimulate our natural exfoliation process. Use of a scrub or mask every other night.
- Use of Glycolic Acids and Retinols to aid in tissue regeneration, hormonal problems, and in preventing damage from previous sun exposure.
- Anti oxidants such as Vitamin C to encourage new skin cell development at a quicker rate.
- Using a moisturizer (such as R three lotion) with good concentrations of anti oxidants to prevent damage from our development of free radicals, hydrators to provide the necessary moisture that we lose, proteins or peptides to encourage collagen cell development.
- Regular facials to improve skin tone, texture and hydration, to stimulate muscles that start to atrophy and to help deal with any hormonal problems that may arise.

Skin Care | In Your Forties, Fifties And Beyond

As we age several natural skin processes slow down dramatically or even stop. These processes are vital to keeping our skin healthy, youthful, plump, elastic, clear and moist. We need to encourage and stimulate the following natural processes: exfoliation, hydration, tone, new skin cell and collagen cell development, oxygenation and natural protection from damage incurred.

- Use of an Enzyme cleanser morning and evening to stimulate our natural exfoliation process. Use of a gentle Enzyme scrub ever other night.
- Use of Glycolic Acids and Retinols to encourage cell and tissue regeneration, exfoliation and hydration and help even out skin tone and pigmentation.
- Use of Vitamin C to help protect and nourish our cells from damage and our capillaries from damage, to help with new skin cell generation, to aid in hydration.
- Use of a moisturizer such as R three lotion to provide high concentrations of hydrating ingredients, peptides to stimulate collagen cell development and elasticity, anti oxidants to protect against further damage, essential oils to protect skin from damage and to aid in regeneration of tissue.
- Using a mask that helps to exfoliate and hydrate, twice a week.
- Regular facials every month or two to provide glycolic treatments with a higher percent than used at home and micro dermabrasion and micro current treatments. These treatments help to even out skin tone and pigmentation, stimulate new cell development, exfoliate and hydrate. The regular facials can also provide stress reduction and help with evaluating our current living habits.

Skin Care | For the Eye Area | Home

Aging and sun damage usually appear around the eyes first as this area is so much thinner and delicate than the rest of our skin. We have to be alert to our habits (such as always touching the eyes), prevention of sun damage, and rejuvenation. This section will explain different conditions we encounter and how to help treat those conditions, as well as how to avoid further damage and to slow the aging of the area.

Why Eye Area Skin Care Is Important

We've all heard that the eye area is extremely delicate, and this is so true as it is the thinnest and finest area on our face. Because it is so fragile, we must always remember to treat it delicately. When applying product to this area we use the 4th or pinky fingers with a 'apping' motion, as we don't have as much strength in these fingers and so our touch is lighter. We never pull or tug at the skin, as it will reduce the elasticity of the area. In fact I tell my clients to ignore any itching around the eye and try not to even touch the eye area.

It's important to keep the eye area moisturized with light not heavy products, as we have little or no oil glands here to help keep the area hydrated. As we age the skin begins to lose its underlying fat, elasticity and moisture.

Specific Skin Problems Around The Eye

Because the skin is so delicate and thin, we tend to have some issues with the area. These can include dryness, sensitivity, darkness, puffiness and fine lines. Let's take each of these issues and explain treatments as well for each issue.

Dryness: The area under the eye contains little or no oil glands to help keep the area hydrated. We therefore look for light lotions that contain ingredients that provide and hold moisture to the skin.

Puffiness: The area contains a vast network of capillaries. Many times through aging, free radicals, sun damage etc. the capillaries dilate or even leak. Allergies, not getting enough sleep, poor lymph drainage and diet can promote fluid retention. Because we have little fat here and have sustained sun damage to our collagen and elastin, it is difficult for the eye area to 'bounce back' from all the above. Treatment would include: If possible you should avoid touching the area (rubbing the eyes only makes them more swollen by increasing blood flow and rupturing capillaries), foods that retain fluid, sun exposure, heavy creams. We can try sleeping on two pillows to minimize fluid retention, using light oil free lotions with good hydrating ingredients and tightening peptides, such as R three lotion, get enough sleep.

Darkness: Darkness is caused by several contributing factors such as: heredity, allergies, thinness of the skin bringing the capillaries more visible, sun damage, lack of sleep. Treatment would include: Avoid sun exposure as the UV rays encourage development of melanin and weakness of our capillaries, get sufficient rest as the skin cells regenerate when we are sleeping and this will help to keep the area healthier and more plump as well as keep our capillaries strong so that they don't leak and break. Refrain from touching the area as persistent rubbing and touching can actually darken the area and break capillaries. Use a lotion such as Vitamin C and R three with high concentrations of antioxidants to reduce free radical damage and damage to the skin cells, and peptides to stimulate fresh cell development and collagen. Increase your intake of antioxidants (such as Vitamin C) and anti-inflammatories (such as Omega 3)

Sensitivity and Fine Lines: We lose elasticity and collagen due to sun damage and due to aging, the result is the development of sensitive skin and fine lines. In addition this delicate skin gets repeated creasing from our squinting and smiling. Treatment would include: Wearing sun glasses and using Vitamin C to strengthen the capillaries and help retain our moisture, light lotion such as R three to increase the collagen to firm and tighten the area and antioxidants to decrease cell damage, and nutrients to feed the cells and skin to keep it healthy.

Basic Care For Sensitive Skin

Sensitive skin is characterized by thin delicate skin, blotchy areas, may have broken capillaries, itching or flakiness. Skin can be easily irritated by touch, heat or products and fragrances. The goal is to maintain good hydration calm, reduce inflammation and nourish with nutrients.

- Cleanse and exfoliate with enzyme cleanser. Refrain from massaging in the cleanser as it may be too stimulating for thin skin.
- Tone is optional with toner for sensitive skin.
- Mask 2-3 times a week with hydrating mask for sensitive skin.
- Use of Vitamin C serum for hydrating and treating sensitive areas and strengthening capillaries.
- Moisturize with water based lotion with hydrators, antioxidants, minerals and vitamins.
- Sun block.