

UNDERSTANDING SKIN CONDITIONS

Ageing & Skin Health

SIGNS OF AGEING AND PHOTODAMAGE

Skin ageing is a result of biological changes in the epidermis, dermis and hypodermis, extending right down to muscular and skeletal components as natural degradation occurs. In the epidermis, barrier function is reduced causing an increase in transepidermal water loss (TEWL). TEWL is the diffusion of water from the dermis and epidermis which eventually evaporates from the skin, causing dehydration and sensitivities. Skin cell turnover slows, causing rough, uneven texture and pigment production changes, exacerbated by the sun's harmful UV rays.



Collagen Depletion

Thinning of the dermis leads to more pronounced wrinkles and loss of firmness.



Free Radical Damage

Pollutants and ultraviolet radiation produce free radicals which cause our skin to weaken and become dull.



Slow cellular turnover

Leading to dull, rough, thinning skin.

In the dermis, collagen, elastin, and hyaluronic acid levels decrease leading to reduced firmness, elasticity and hydration. This results in fine lines, wrinkles, dullness and uneven skin tone.

Hypodermis ageing is marked by the loss of fat in the face, which leads to decreased fullness, as well as more prominent wrinkles and jowling.

Ageing of the skin can be classified into two categories: intrinsic and extrinsic.

Intrinsic ageing, known as natural or chronological ageing, normally begins in our mid-20s and is determined by genetics and certain internal factors that are uncontrollable.

Extrinsic ageing accounts for up to 90% of skin ageing and is largely controllable. The most common causes are:

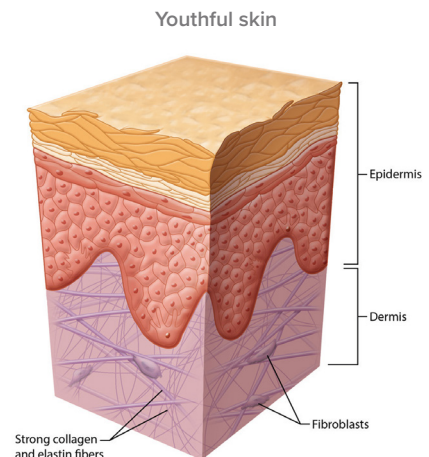
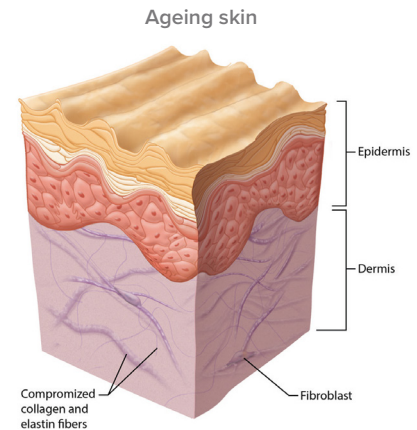
- Sun exposure - the major cause, often referred to as PHOTOAGEING
- Pollution and environmental stressors
- Lifestyle choices, such as insufficient sleep patterns, smoking and alcohol consumption
- Stress

The good news is that you can reverse some of this damage and prevent future negative effects on the skin.

WHAT DOES AGEING SKIN LOOK LIKE?

While the visible ageing process varies from person to person, some common skin changes include:

- Dehydration
- Dull appearance
- Rough texture
- Fine lines and wrinkles
- Loss of elasticity or a slower "snapback" when skin is pulled
- Discolouration and/or uneven skin tone
- Lack suppleness and fullness (more sallow appearance)



TREATMENT PATHWAY

Follow these four steps using the associated ingredients to target ageing & skin health:

1

Antioxidant protection

L-ASCORBIC ACID

2

Strengthen structure, reduce appearance of wrinkles

MATRIXYL® SYNTHÉ 6®

3

Enhance cell turnover

RETINOL

4

Protect against UVB & UVA

ZINC OXIDE

Alumier^{MD}