

New Year's Resolutions – Time to Put Some Skin in the Game

By Lori Greenwald, M.D.

When it comes to New Year's resolutions waistlines seem to get all the attention. But what about a few new habits to pamper your face in 2011? I asked Anita Wolf, our skin specialist at Vivesse and a veteran aesthetic nurse, for her suggestions on resolutions to preserve and enhance the skin.

Here are some of her ideas:

- Resolve to finish each day with a proper cleaning of your face – Anita told me she's surprised on a regular basis at how many people don't take this most basic step for healthy, vibrant skin. Choose a cleanser that's right for your skin. If your skin is dry, make sure it's a creamy cleanser. If your face tends to be oily, choose a cleanser with glycolic acid and if you have acne, look for a product that contains salicylic acid.
- Resolve to protect skin better – Many people think that because they aren't outdoors as much, that they don't have to worry about protecting their skin in the winter. Wrong. Winter skin's is battered by the environment including cold temperatures and overheated and over-dry indoor air as well as sun and pollutants. We suggest fighting these with skin creams that contain vitamins C and E. Right now, our patients are particularly fond of a product line called Ferulic for its vitamin C and E content. You're also going to want to protect your skin with antioxidants and peptides. We like a product line called TNS essentials. It helps prevent future wrinkles' and minimizes the ones you have. Products like these promote healthy looking skin. And don't forget to use a hydrating moisturizer morning and night. You can't get enough moisture in the winter regardless of your skin type.
- Resolve to take extra care of your skin when you go out in the cold - Not only can cold weather dry out and chap the skin, it can also cause flare ups of skin conditions like Rosacea. To prevent these, use a healing ointment if you expect to be outside for any period of time. In addition, make sure you cover up your face for even brief exposures to the cold like when you're going shopping. You protect your hands with gloves in the winter, why not your face?
- Resolve NOT to eliminate SPF products in the winter – So many of our patients think it's okay to skip the SPF products in the winter because they aren't outside for long periods in the sun. The sun's still out. Continue with an SPF that's at least 20 all year round.
- Resolve to keep drinking that water – Winter is the time when you actually need to consume more water. Heated rooms, especially if they are forced hot air, dry out the skin severely. The "8X8" rule - drinking eight 8-ounce glasses of water a day - is an easy-to-remember guideline, but, in fact, the

Mayo Clinic actually recommends that women drink about nine cups of fluid a day.

- Resolve to add a humidifier to your life – Adding moisture to the air is also good for your skin. Humidifiers are an inexpensive way to do that. Put one in your bedroom to hydrate your skin while you sleep.
- Resolve to regularly set the stage for new cell growth – We recommend getting a microdermabrasion treatment once a month. This mild exfoliation promotes cell turnover, rejuvenating the skin.
- Resolve to have at least one chemical peel per season – Winter can be particularly hard on the skin and a chemical peel is a good way to freshen the skin and promote new skin turnover. If you do a chemical peel at the beginning of each season, it helps deal with the changes each brings.

Follow these suggestions and you'll put your best face forward in 2011 and beyond.