



Skin Aging is a complex and varied process. Many factors influence how each individual's face will age. The following are the interacting factors that play a role in the overall aging scenario:

- Lines that appear due to ongoing positional habits such as small sleep lines
- Expression lines that appear as a result of consistent facial movements
- Changes in soft tissue and muscles occurring from the effects of gravity
- Intrinsic/ biological aging
- Extrinsic aging or photo damage

It is estimated that as much as 96% of the visible signs of aging are the result of cumulative sun damage. These include fine lines, wrinkles, textural changes, brown spots, elastosis (lost of elasticity), and coarse dryness.

The effects of photo damage (sun damage), tobacco smoke, and improper diet and exercise affects the skin functioning on a deeper level and may take many years to become apparent. We at Dermagenix Medical Spa strongly advocate sun protection, smoking cessation, regular exercise and a diet rich in antioxidants as an integral part of your Anti-Aging Skin Care routine.

The ideal skin characteristics are:

- Even skin coloration
- Soft and supple skin
- Refined texture and small pore size
- Well defined contours and elasticity
- Absence of fine lines and wrinkles
- Overall healthy and vibrant appearance

1. Cleanse

We recommend quality cleansers that contain the anti-oxidant vitamin C to help with skin thickening, or Glycolic acid to help with skin exfoliation

- *JM C-esta Cleansing Gel*
- *JM-Bioglycolic Cleansing Gel*
- *Ultra-Gentle Cleansing Lotion (for sensitive*

2. Treat

While no amount of over-the counter skin care will get rid of wrinkles, Dermagenix Medical Spa offer wrinkle solutions such as *Botox* and *Juvederm* injections. We also dispense stronger prescription-strength creams such as Retin-A (0.5% and 1%). Retinoids, such as Retin-A, are the only effective cream to treat wrinkles that have already developed. Other creams recommended here can help *prevent* wrinkles.

Retin-A (prescription strength)

- Retin-A is a prescription strength derivative of Vitamin A. It works by increasing cell turnover, which helps with discoloration, wrinkles, and acne. The effect of increased cell turnover can be irritation and flaking.
- It takes at least 6 months to see a noticeable difference in wrinkles, and 6-9 weeks to realize effectiveness for whiteheads and blackheads.
- Apply a thin layer nightly.
- In the morning, wash your face with Dermagenix Foaming Facial Refiner or use your cleanser with a rough cloth to reduce noticeable flaking.
- When you first start using Retin-A, apply it every other night or every 3rd night. The flaking and irritation side effects are usually worst in the first 2 weeks of application. As your skin adjusts to the medicine, you can apply it more frequently.
- If you notice irritation or flaking, it's ok to take a break for a couple of days and resume once the irritation subsides.

Anti-oxidant serums

It is an established fact that Vitamin C plays an essential role in every aspect of the skin's functioning including growth, maintenance and repair of connective tissue, protection from free radical oxidation damage, wound healing, collagen synthesis, and prevention of premature aging. These concentrated serums are thick in texture, and a little goes a long way. Spread only a few drops over the entire face.

- *Obagi Professional C serum (10%, 15%, 20%)*
- *JM C-esta Serum*
- *Dermagenix Triple C & E Complex*

Glycolic Acid

Glycolic acid helps with skin resurfacing to diminish the appearance of fine lines and wrinkles

- *JM bioclear cream/ lotion (also helps with adult acne)*
- *Dermagenix Age-Limit serum*

JM Age Intervention Face

Targets two critical factors in aging skin: decreasing female hormones and inflammation associated with cumulative sun exposure. Contains Coenzyme Q10 among other advanced anti-inflammatory ingredients.

- *JM Age Intervention face cream*
- *JM Age Intervention face serum*
- *JM Age Intervention eye cream (for upper and lower eyelids)*

