

BEAUTY DIGEST

THE LIFE OF YOUR SKIN

“Things are always at their best in their beginning,” said Blaise Pascal, the 17th century French philosopher. He wasn’t talking about skin, but he might have been. Let’s face it, a baby’s skin, that’s a seemingly poreless, nearly perfect substance, begins aging from its very first exposure to the world. ‘The aging process starts from birth.’ ‘And how we age depends on our genes, as well as how much sun we get.’ The wrinkles that we have and those that await us are the result of internal and external factors. Some, like our genes, we have no control over. Others, like sun exposure, cigarette smoking, alcohol consumption and faulty diet, we may not pay attention to until the damage has been done. And that can be sooner than we think. ‘By the age of 20, people have two-thirds of all the sun damage they will ever get.’

How does your skin age from birth onward? More importantly, can you slow that process.

If you are unhappy about your looks, dermatological and surgical procedures can help. N.Y. plastic surgeon Michael Sachs performs a threading technique in which a protein-based surgical thread is sewn under a wrinkle, encouraging the body to deposit collagen in the area under treatment as the thread disappears. The technique is quite effective in removing frown lines between the eyes, Sachs reports, but can also be used on nasal-labial (nose to mouth) lines. It is usually done twice over the course of a year and effects can last five years. For sun damage, fine wrinkling and pigment problems you should discuss the capabilities of chemical peeling and dermabrasion. And for a complete recontour, there is a face lift.