

Preventative Skin Care with Gayle @ Body Resultz



It's never too early to start taking care of your skin. In fact, the sooner you start the better off you'll be down the line.

It's much easier to prevent skin issues like sun damage, fine lines, and wrinkles than it is to correct them. There's no way to truly stop the clock on aging but putting a little effort into protecting your skin can slow it down dramatically.

Collagen and elastin production naturally declines with age, so your skin will eventually lose some of its firmness and you may notice changes in the tone and texture of your skin as well. If you don't take care of your skin now, the visible signs of aging will become more noticeable earlier and, once they develop, you'll have a hard time going back. The same is true for hyperpigmentation – sun damage is easy to acquire and difficult to resolve. Daily skincare is absolutely essential for healthy skin, but you don't have to follow some intensely complicated routine to prevent aged skin in the future. A few simple steps can help you counter both current skin issues *and* protect your skin for the future.

What Does Preventive Skincare Look Like?

Even if your skin looks perfectly fine today, there's no guarantee that it will look that way tomorrow. While skin concerns like fine lines and sun damage don't develop overnight, keeping your skin healthy requires ongoing effort. But what does preventive skincare really look like?

Here are a few steps to include in a preventive skincare routine:

- 1 **Cleanse twice a day.** Washing your face with a cleanser isn't just about removing makeup – it's about keeping your pores from clogging and clearing the way for protective skincare products to absorb into the skin.
- 2 **Exfoliate regularly.** Your skin cells are constantly regenerating which leaves dead cells to accumulate on the surface of the skin. Using an exfoliator to slough away these dead cells helps with discoloration and sun damage. It also helps brighten the skin and allows other skincare products to penetrate more deeply. It's helpful to exfoliate 2-3 times a week depending on your skin type and skin condition.
- 3 **Moisturize with hyaluronic acid.** Moisturization is essential in any skincare routine, but if you're trying to protect your skin for the long term, be sure to include products with hyaluronic acid to lock moisture into the skin. Use a moisturizer in the morning and in the evening. Remember, not all moisturizers have hyaluronic acid in them. Read "Gayle's Explains" article "Hydration vs Moisturization" for more details.
- 4 **Include vitamins A and C.** Both vitamin A and vitamin C are important anti-oxidants to include in a preventive skincare routine. These ingredients help brighten the complexion, protect against free radical damage, and boost collagen formation.
- 5 **Use eye cream daily.** The eyes are one of the first places that start to show your age, so a little bit of eye cream goes a long way.
- 6 **Don't forget about acne.** When it comes to preventive skincare, the focus often falls on anti-aging, but acne is another issue to keep in mind. Regular exfoliation helps keep the pores clear but if you have blemish-prone skin, you should also use an effective spot treatment when needed.
- 7 **Always wear sunscreen.** The sun poses one of the most significant risks to your skin's health and appearance. Always wear at least SPF 30 daily to protect against damage caused by the sun's UV rays.

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In addition to following this anti-aging, preventative skincare routine it's wise to clean up your lifestyle habits where necessary. Smoking, significant alcohol consumption, and an unhealthy diet have been proven to age your skin faster and even professional-strength skincare products might not be able to mitigate all of the damage over time.

Start Your Preventative Skincare with GAYLE !! 831.320.6663

A great cleanser is the foundation for any strong skincare routine but once you've removed makeup, surface oil, and impurities from the skin it's time to layer on the protection.

The right moisturizer hydrates the skin and locks in moisture while bolstering the strength of the skin's natural protective barrier. Masks are a more intensive treatment than everyday moisturizers, and they can be infused with powerhouse ingredients like vitamin C for extra anti-aging benefits. Serums and facial oils are a simple way to upgrade your daily routine to target specific skin concerns.

At-home skincare is a must if you want to keep your skin looking fresh and youthful for as long as possible but it's only one piece of the puzzle. Gayle's facials can help you target concerns like fine lines or sun damage and professional-strength products can give your skin a healthy boost that you can maintain at home with your regular routine.

To schedule a professional facial call GAYLE as soon as possible. Not only will you enjoy her targeted treatments, but she can help you modify your skincare routine (on an ongoing basis) to make sure you're protecting your skin to the fullest. **831.320.6663**