

01

How and why does our skin age?

Anne Willis: Skin is the only organ that is exposed to the outside world. Some aspects of aging are out of our control and we should learn to accept these changes with grace. However, exposure to irritants, chemicals and prolonged inflammation injure cells causing them to deteriorate and oxidize leaving skin less than vital.



02

Good nutrients, great complexion. What nutrients are good for the skin?

Anne Willis: Skin is the cream that rises to the top. What goes in, physical or emotional, will eventually make its way to the skin. Minerals play a key role in cell structure and protection. Copper regenerates collagen, Phosphorus is responsible for cell structure and repair and Zinc supports skin's immune response. Vitamin A protects against an enzyme that destroys collagen and Vitamin B prevents deterioration of collagen.

03

What and why are EFA's & Collagen important to our skin?

Anne Willis: EFAs are 'Essential Fatty Acids, which are lipids and proteins. These lipids are an integral part of the cells' protective covering. EFAs reduce inflammation and repair injured cells. Collagen is the foundation for our skin. It is what supports blood and lymph vessels. When collagen becomes injured, the matrix scars, leaving the skin with lines and wrinkles. Beyond the physical collapse, deteriorated collagen impairs capillaries inhibiting blood flow, leaving skin cells starved. The end result is skin that is devitalized and aged.



LONGEVITY

Compiled by Sharon Lai

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ESSENTIAL QUESTIONS TO ASK YOUR DERMATOLOGIST/AESTHETIC EXPERT

1. What is your 'philosophy' for healthy vital skin?
2. Do you have a working relationship with alternative practitioners?
3. Are you board certified in Dermatology?
4. How do you stay current with skin therapies and products?
5. What treatments and products do you offer and why?

Beautiful skin does not come in a jar. Outer beauty comes from inner health to begin with.

04

How do we maintain our skin's longevity for optimal health regardless of age?

Anne Willis: Don't look for the fountain of youth in skin acids and peels. This may provide short term results, however long term you are setting yourself up for real pathologies, such as skin cancer and telangectasia (broken blood vessels). Here is the best philosophy for vital skin, as we get older.

- > Sun protection
- > Use loads of antioxidants
- > Avoid chemical based skin care products
- > Avoid peeling skin if it is unnecessary
- > Use natural protection that are rich in Vitamins and Minerals and essential fatty acids
- > Find joy in your life. Release negative emotions
- > Do something silly at least once a day
- > Incorporate healthy eating habits and get adequate sleep and rest



05

What are skin's greatest enemies? What are main factors that damage our skin?

Anne Willis: Internally sugar is the greatest enemy. Sugar increases which directly influences the production of oil and growth of the fol canal whereby oil is transported to the surface of the skin. Sugar ca inflammation, which injures capillaries and causes cells to starve.

Externally chemical agents and peels weaken capillaries; increased inflammation deteriorates the skin's barriers making it more suscep damage leading to skin cancers. Any free radical agent such as sm exposure to sun, over use of alcohol and medications are detriment health including skin.

06

What are the latest skin care product innov

Anne Willis: What's new is actually being rescued from the past. Th century is a return to tradition. The expansion of science and techn done little for us emotionally. The healing therapies established thot years ago have been eclipsed by technicalities and machines and ha to insure our well- being.

Due to science we have moved beyond skin type and skin condition conditions that reflect these technologies are on the rise such as ros acne, and wounded and deficient skin. It has become necessary to n formulas that are organic and natural in order for our skins to cope onslaught of stress.

We can definitely extract much from what we have gained from scie true answer lies in nature and tradition.



07

What can we do to improve the appearance of our skin short of plastic surgery or exotic therapies?

Anne Willis: In your 20's skin cells regenerate every 28 days, however with every additional decade of life you must add 10 days to that cycle. So in your 30's it becomes 38 days, 40's, 48 and so on. There are three factors to keep skin vital and regenerating at a more youthful rate:

- > Step up exfoliation, which is a process that eliminates dead skin cells at the surface of the skin. This is not to be confused with skin peels.
- > Increase cell regeneration, which can be achieved by using things like roses, hawthorn and rosehips. These plants contain vitamin C, which stimulates cell regeneration. Vitamin C also increases collagen synthesis.
- > Use products that stimulate fibroblast. Fibroblast is a cell that produces collagen strands. There are several plants that increase fibroblast such as calendula, clary sage and gotu kola.

Sun protection, healthy diet, natural remedies versus medications and joy is a winning combination.



Anne Willis has been part of the aesthetic industry since 1976. In 1984 Anne used her training and personal experience to develop some of the first skin care programs designed specifically for pre- and postoperative cosmetic surgery. Anne established Therapeutic Aesthetics in 1986 treating plastic surgery patients, oncology patients as well as symptomatic skin conditions. Anne travels internationally as an Aesthetic Educator. She currently writes for Dermascope Magazine and continues to contribute to several industry publications and books.