

The keys to healthy skin

Marcela Tobar



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As a human race we have created some pretty incredible technology and made seemingly impossible discoveries. Out of all those amazing achievements, no one has discovered a true fountain of youth. Luckily, having a professional like myself suggest the right treatment can be the next best thing.

I get asked all the time what the most important things are we can be doing for our skin as we get older. The most important

things are to protect, nourish, and increase cell turnover when possible. Maybe we will never look 21 again, but we can achieve a more radiant appearance. The best part is, caring for the health of our skin doesn't always mean the most invasive treatment.

First, we must protect what we have. I can't stress enough how important sunscreen is to the health of our skin. Sun damage can age so rapidly. An uneven, patchy skin tone is not only undesirable but can also have numerous health risks such as skin cancer. Sunscreen has come a long way from the tacky, stark white cream that some of us have come to dread. Think about all the places that wrinkle the most as we age. Those areas such as the face, arms, hands, and neck, are the areas that are typically most exposed to the sun. There are amazing tinted sunscreens that can even the appearance of our skin while adding protection.

In addition to wearing sunscreen, a yearly full body skin check can address anything that might be concerning. Skin concerns that age us can stem beyond the face such as unsightly veins, moles, dry patches, and scarring. All are completely treatable, and possibly avoidable in the future with the correct course of treatment.

Equally important is how we nourish our skin. I would like to shout from every rooftop, that a healthy glow does not equate to oiliness! This is something that I hear every day from patients that are afraid of moisturizers, and oil-based products. It is a common misconception. Moisturizing is something everyone should be doing. Youthful looking skin typically has a sheen that does not look like sweat or oil. It looks like you are well nourished inside and out. Dry skin can shrivel plump skin cells, which can lead to fine lines and wrinkles. Moisturizing seals water in your skin, which helps decrease the appearance of wrinkles by plumping your skin. If you have naturally oily skin, yes, I am speaking to you too. Think of it like this, oil and water do not mix, however oil attracts oil. We need to use moisturizer strategically. For instance, during a consultation, I would analyze your skin and come up with a treatment plan including how and when to use products.

It is helpful to remember skincare is not one size fits all. We have all been there, our good friend calling us on the phone and raving about a new product they bought. Admittedly, someone telling you a product was transformative for their skin is contagious. However, when you buy the obnoxiously expensive moisturizer it



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may not live up to the hype. That is simply because it is not the one for you. Having a professional involved will take out the guessing involved in this decision-making process.

I suggest medical grade skincare. Medical grade skin care has molecules small enough to penetrate the barrier of your skin. Moreover, they have clinical studies behind them and photographic evidence proving that they work. My advice would be to seek out a clinician who can assess your needs and provide you with the best possible options. In my office in Syracuse, we offer several medical grade skincare brands and act as a guide for our clients. Another benefit of this specific skincare is that a lot of it increases cell turnover.

Last but not least, is the increase of cell turnover through regular exfoliation. Cell turnover is the process of young cells pushing dead

cells out of the way. As we age, the rate at which our cells turnover becomes much slower. A slower cell turnover rate leads to buildup of dead skin. A buildup of dead skin leads to wrinkles, breakouts, and pores appearing larger. We can exfoliate in many different ways. Using a medical grade retinol in our routine is a great start. As a skincare professional I preform many different exfoliating facials as well. These facials and peels go beyond what you can do at home and remove so much more of those dead cells that collect on our skin's surface.

Remember, you will only get out of your skin the time that you put into taking care of it. *SWM*

Marcela Tobar is a New York State board certified esthetician. She can be found on Instagram at @skinandwellnessbymarcela.