

It's a First

MEMBER



Eliminating Brown Spots

Even Out Your Skin Tone with Good Care

Many people develop brown spots on their skin over time, especially if they've had a trauma to their skin or spent much time in the sun. The term for these spots is hyperpigmentation, which describes an excess of pigment in the skin. Often an early sign of aging, they may first appear on the backs of hands. These spots can be faded, but patience for the process is required because repeated treatments will be necessary. It takes regular use of sunscreen to keep hyperpigmentation from returning. (Note that hyperpigmentation is different from hypopigmentation, which appears as lighter spots on the skin).

Hyperpigmentation arises when melanin in the epidermis becomes irritated, so to

FRECKLES/LENTIGENES.

These are the result of an inherited tendency; exposure to the sun will darken their color.

SOLAR LENTIGENES.

These darkened spots on the skin that some call age spots indicate overexposure to the sun that has resulted in ultraviolet light damage.

MELASMA.

Melasma is a response to hormone changes, such as those caused by birth control pills, pregnancy, and menopause, resulting in facial spots.

POSTINFLAMMATORY HYPERPIGMENTATION.

This is the direct result of an injury to

Happy girls are the prettiest.

-Audrey Hepburn



Also known as hyperpigmentation, brown spots can be an early sign of aging or skin trauma.

speaking, and increases production, darkening the outer skin and becoming visible at the skin's surface. Regularly scheduled professional treatments, combined with a proper home care regimen, can calm the production of melanin and lighten the skin.

Hyperpigmentation takes different forms. These include:

the skin. The body's response to injury is inflammation. Some think this inflammation reprograms melanocytes to be hyperactive and to produce more melanin. It affects men and women equally. Some common pigmentation-causing injuries include: abrasions, cuts, and wounds; acne lesions and cysts,

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excoriations (picking pimples); aggressive chemical exfoliation (peels); aggressive extraction; ingrown hairs; insect bites; scratching; sunburn; and waxing.

There is another type of hyperpigmentation that is more diffused and appears as an overall darkening of the skin, rather than in patches and spots. This condition should be cared for by a dermatologist, as it may reflect a disease or systemic problem, like Addison's disease or scleroderma.)

Causes

Hyperpigmentation can be caused by certain prescription drugs, like antibiotics, antidepressants, barbiturates (depressants), and chemotherapy drugs. Some over-the-counter laxatives with phenolphthalein and nonsteroidal anti-inflammatory drugs (NSAIDs), like ibuprofen, can cause hyperpigmentation. Be sure to record your use of these drugs on the intake form (or on an updated health history) when you arrive and verbally mention them to your esthetician before beginning a treatment.

Occasionally, people mistake darkness under the eyes for hyperpigmentation, but this condition is a reflection of the blood vessels through the surface of the skin. These circles have a variety of causes and can sometimes be treated with peptides.

While hyperpigmentation generally affects all races, some forms of it appear more often with certain skin colors and tones. For example, melasma and postinflammatory hyperpigmentation are more prevalent in darker skin. Solar lentigenes are more prevalent in lighter skin (ninety percent of white adults older than 60 have age spots); they also are more common in women than men.

Prevention

It's very important that you follow the instructions of your skin care professional in preparing for any skin treatments. Your skin care professional will take steps to avoid inducing pigmentation when he or she performs chemical exfoliation, extractions, or waxing. For example, you may be advised to undergo preliminary treatments or to use skin care products, or both, for

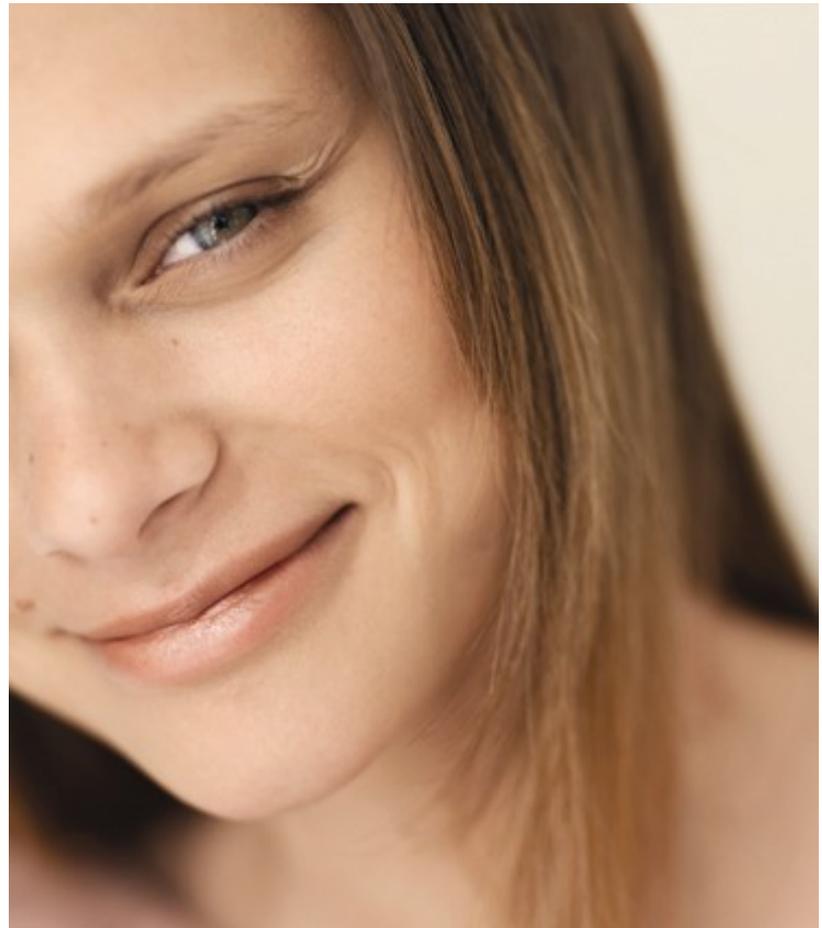
several weeks before chemical exfoliation (peels) or microdermabrasion. This preparation will reduce the odds of postinflammatory hyperpigmentation and give you better treatment results when you do receive peels or microdermabrasion.

To prevent sun-induced hyperpigmentation and other skin damage, sunscreen is the most important product to use. Diligent use of sunscreen can prevent further sun damage, but it cannot repair damage already done. Experts strongly recommend using generous amounts of SPF 15 (or higher) sunscreen at all times, reapplying it every few hours. Sunscreens with avobenzene, titanium dioxide, or zinc oxide provide the most complete coverage. Even more importantly, sunscreen reduces ultraviolet light exposure, which reduces the risk of skin cancer.

Treatment

As a member of Associated Skin Care Professionals (ASCP), your esthetician is prepared to help address questions you have about your skin and to work with you to determine the most useful

care that meets your needs. The treatment of brown spots can be highly effective, but it takes a bit of time. Professional treatments for hyperpigmentation may include chemical exfoliation or microdermabrasion in combination with topical products. Or, topical treatments may be used alone. Your esthetician can best determine what will bring you the greatest results. Again, following the directions for home care after professional treatments is very important to your success. Make the most of the time and money you've invested in your treatments by following up on your esthetician's instructions.



Your esthetician can provide options for evening out skin tone and eliminating brown spots.

A Peek Into Peels

Chemical peels have become increasingly popular over the past few years. Once a strictly medical procedure, peels entered the beauty industry in the 1980s as a way to rejuvenate aging skin, smooth lines, even out skin tone, fade dark spots, minimize enlarged pores, improve acne, and generally promote healthier skin.

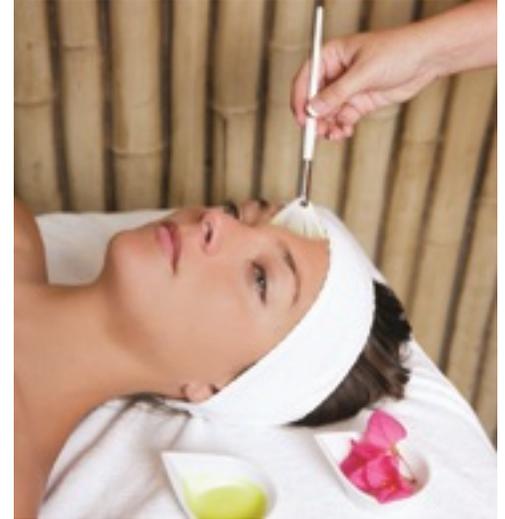
Technically speaking, the peels offered in spas and salons across the country aren't really peels, but are a kind of resurfacing that many refer to as chemical exfoliation. Deeper peels are considered medical procedures because of how deeply they penetrate skin and are done by medical care providers. These peels use much more potent chemicals and are substantially more expensive, costing several hundred dollars.

Chemical exfoliation, a treatment you can receive from your esthetician, involves applying one or more acids to facial skin to remove the outermost layer. In general, chemical exfoliation

involves the use of alpha hydroxy acids, which are naturally found in foods. The most common are glycolic acid that is derived from sugar cane, and lactic acid from sour milk. These acids have a long track record of treating dry skin and hyperpigmentation, and of reversing the effects of aging. Another frequently used substance is salicylic acid. Derived from the bark of the willow tree, it is an oil-grabber that helps unclog pores.

After a chemical exfoliation, you must take good care of your skin or risk developing dark patches. Skin will be especially sensitive to sunburn for about a week after the peel, so sunscreen is a must, even on cloudy days. Other potential side effects include flaking or scabbing.

Not everyone is a good candidate for chemical exfoliation. Dark-skinned and olive-toned individuals are at greater risk for scarring. Some medications and medical conditions, like pregnancy or autoimmune disorders, may preclude you from this treatment.



Chemical peels help to promote healthier skin.

The Sunshine Vitamin

Shelley Burns

In the world of skin health, we focus on ways to improve skin quality. We work to prevent acne, cellular damage, dryness, and wrinkles. It is less common to discuss how a skin-care strategy may increase risk of developing other health conditions.

Skin cancer is one example. To prevent skin cancer, we protect ourselves with sunscreen--especially during the summer months. But by using sunscreen we are blocking the absorption of vitamin D, the "sunshine" vitamin.

Vitamin D is fat soluble and contains powerful antioxidant and anticarcinogenic properties that can prevent premature aging and cellular damage. Solid research indicates that vitamin D plays a role in reducing the risk of cancer, specifically breast, colon, and prostate cancers. Vitamin D has been associated with preventing diabetes by reducing insulin sensitivity. It also improves heart health, reduces the risk of multiple sclerosis, strengthens bones, and decreases the effects of seasonal affective disorder.

Vitamin D can help resolve skin

conditions like psoriasis, as it plays a role in skin cell regulation, including cell turnover and growth. Vitamin D can be effective in reducing the itching and flaking associated with this disorder. Ultraviolet B (UVB) treatments have long been used successfully in treating psoriasis because UVB produces vitamin D in the body.

Getting between 5-10 minutes of direct sun exposure daily on the arms, face, hands, and back (without sunscreen) can provide enough vitamin D to meet your daily requirements, though sun exposure does present a risk. Because it is difficult to obtain enough vitamin D through food, many prefer to use supplements. Research on the health benefits of ingesting vitamin D led experts to advise an intake of 25-50 micrograms daily.

Shelley Burns is a doctor of naturopathic medicine and completed studies at the Canadian College of Naturopathic Medicine. She has certification in complementary and integrative medicine from Harvard University.

Hello and welcome to "Bloom" Skin Care Studio.

It's been a labor of love to create a safe and calming sacred space for my clients to take a moment to feel nurtured and even pampered. It's in those quiet moments that we reconnect with our souls. We feel grounded and lightened at the same time. Ready to go back out and face the world.

I hope you will join me in the studio. Complimentary Aromatherapy Scalp Massage with Every Facial For All New Clients.

Let's get in touch.

Warm regards,

Lyna Mancuso

Esthetician and Owner

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