

TrueBeauty

Advice you can trust in today's world of beauty

Q I'm going to have a facelift in about two months. Should I be doing anything to prepare my skin for surgery?

Presurgical Skin Care

Starting a good skin care program at least four weeks before surgery is ideal.

ABSOLUTELY! I've been helping clients prep for surgery for over 10 years and have seen a difference in the surgical outcome when their skin is healthy. Going under anesthesia and the trauma of the surgery can take a toll on your skin. You want to optimize the canvas for the best results.

The pre-surgical program I recommend includes an anti-bacterial cleanser, daily sunscreen, alpha-hydroxy-acids or vitamin A derivatives to encourage cell turnover, and antioxidants for cellular repair and proper hydration. Starting a good skin care program at least four weeks before your surgery is ideal.

A facelift can dramatically change your look, but it doesn't change the texture,

tone or overall health of your skin. An appropriate skin care program will complement the work of your surgeon and protect your investment.

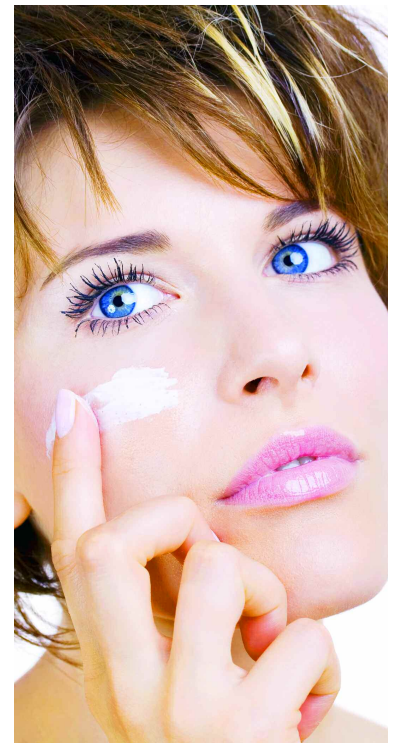
Q What type of moisturizer should a 74-year-old with dry skin use? Nothing seems to do the trick.

AS WE GET OLDER, not only does our skin produce less oil, but our skin cells also turn over more slowly.

Dead skin accumulates on the surface and creates a barrier that even the heaviest creams can't penetrate. So you need to slough off those dead skin cells for moisturizers to work.

I suggest using a gentle exfoliating scrub 2-3 days a week and incorporating a daily treatment product that contains retinoids to optimize cell turnover. After a few weeks, you may discover that moisturizers absorb

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TRUEBEAUTY TIP:

Products that encourage cell turnover can pull out impurities from underneath the surface. If a few break-outs appear after trying something new, don't assume that it isn't working for you.



For more beauty advice from Gina Thompson, visit www.DiscoverYourTrueBeauty.com

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Q Do I need to spend a lot of money on expensive makeup or are drugstore brands just as good?

MY NEARLY ENDLESS collection of cosmetics includes a black eyeliner from the dollar store, \$3 lip glosses and a gorgeous eye shadow palette that costs as much as a bottle of Dom Perignon.

You don't need a champagne budget, though, to get fine cosmetics. Some inexpensive products can provide benefits similar to high-end brands, but it's sometimes worth it to spend a bit more for elegant packaging, higher quality and professional advice. I prefer to buy my foundation and color cosmetics at a department store or salon because I have the chance to try them on first.

Think about the unused lipsticks and blushers you've bought that looked perfect in the package but not on you. Trial and error may be the biggest downside to inexpensive cosmetics, but if something makes you look and feel beautiful, does the brand really matter? Shop for what you love instead of focusing on price or brand prestige.

The Right Moisturizer, continued from p 1

more effectively and don't need to be as thick as you once thought.

Pay attention to how your skin feels after you moisturize: It should feel moist and hydrated, but not greasy or tight. Many moisturizers can multi-task, so choose a product with an SPF of 15 or higher for daily protection and a night cream with antioxidants to boost collagen production.

There are many moisturizers to choose from, but none will be perfect without a balanced skin care program that includes exfoliation.



CUSTOMIZE THIS AREA WITH YOUR OWN SPECIAL PROMOTION

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