

Why Anti-oxidants Are So Important as Part of Your Everyday Skin Care Regimen

by Dr. Karina Bibicheff

Harsh environment (pollution), ultraviolet radiation (sunlight), cigarette smoking and stress in today's world make professional skin care a necessity for maintaining a healthy complexion and an attractive appearance. The skin is the largest organ in the body and acts as a barrier against environmental damage and therefore has the most exposure to free radicals, a substance which latches onto healthy skin cells and promotes aging by destroying normal cell function. It is therefore crucial to protect your skin with antioxidant therapy and is the first step to anti-aging.

There are several types of antioxidants on the market such as Vitamin C, E, A, alpha lipoic acid and Green tea which can be taken orally or be applied as a topical application. Your topical skin care may be able to do far more than you think to undo the appearance of skin damage and prevent sun related changes.

Vitamin C is one of the most widely used skin care ingredient. It is a powerful antioxidant that is clinically proven to reduce skin damage. It plays an important role in collagen formation (a key structural protein of the skin),

improve acne and acne scarring, diminish redness and lighten hyperpigmentation (brown spots). Vitamin E another important antioxidant can repair irritated and damaged skin and has been found to diminish adverse side effects of sun exposure such as swelling and redness.

Vitamin C enhances the antioxidant effect of Vitamin E. Recently, Green tea has been studied and it has shown to work on the surface of the skin by preventing aging caused by UV exposure.

The most important advice I can give my patients is to emphasize the importance of sun protection and to use a sunscreen with an SPF of 30 everyday. What everyone should know is that ultraviolet rays can penetrate through glass. Whether it is cloudy or sunny these rays can produce negative effects on the skin and produce enzymes to accelerate the aging process.

Through proper skin analysis, I can recommend which antioxidant therapy would be most beneficial. If you have any questions regarding any other cosmetic services, please feel free to call or visit VITA for your complimentary skin analysis.

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