

Tips to Turn Back the Aging Clock

With the right mix of products and treatments and a commitment to a healthier lifestyle, you can slow and, in some cases, reverse some of the most dreaded signs of aging. Try these tips from the experts at Mario Tricoci Hair Salons & Day Spas to turn back your aging clock:

- **Tap into the Power of Antioxidants** – Using an anti-oxidant serum like *SkinCeuticals C & E Ferulic* or *SkinCeuticals Phloretin CF* every morning will help prevent oxidative damage to your skin and reduce the appearance of wrinkles, age spots and fine lines - and stop new ones from appearing.
- **Hydrate Yourself** – Water helps you eliminate toxins and rejuvenate the skin. A good rule of thumb is to divide your weight by two to get an estimate of how many ounces of water you should be drinking daily.
- **Rejuvenate with Retinols** – Every woman over the age of 30 should use a retinol product like *GlyMed Retinol Rejuvenation*, which comes in both a cream and a serum. Retinols unclog pores, combat acne, prevent the build-up of dead skin cells, lighten dark spots, and make the skin glow.
- **Stimulate Cells** – Cell turnover slows dramatically as we mature but the right professional treatment can re-stimulate the process. For example, Mario Tricoci's *High Performance Diamond Peel with Stem Cell Collagen* blends the benefits of an organic microdermabrasion and peel with a medical grade collagen mask to transform skin.
- **Eat Right** – To keep skin happy, eat more fatty fish (such as salmon), dark green vegetables (like broccoli and spinach), almonds, and walnuts. Avoid sweets and alcohol as these will lead to inflammation in the skin.
- **Shield your Skin** – Regardless of cloud coverage, wear a sunscreen every day like *GlyMed PhotoAge Protect* that has at least an SPF 15 and offers both UVB and UVA protection.

“All women can benefit from these tips, but for the most impact consult with a skin care coach who can design a regimen exclusively for you,” said Debi Collins, esthetics trainer for Mario Tricoci. “No one product has all of the answers and every woman has her own unique challenges. A skin care coach can evaluate your skin and determine the right combination of products and professional treatments to give your skin a more youthful look.”

Mario Tricoci sources:

- Debi Collins, esthetics trainer

For more information on this topic or to get in touch with a Mario Tricoci expert, contact Christie Zielinski at czielinski@cushmanamberg.com or 312-263-2500.