

## HOW TO AGE LESS & AGE WELL

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Now you can have fun in the sun while reducing your potential for skin cancers & increasing your skins' integrity. As Baby Boomers, the sun we are exposed to today is not the same sun many of us grew up with. With the large hole in the ozone layer that exists over North America, those of us who enjoy "sun sports" have to be extra vigilant to avoid burning.

Over exposure to the sun causes a breakdown in the collagen fibres that make up the fabric of our skin, & increases the production of melanin, creating visible sun damage to exposed areas such as: pigmentary changes (brown spots), enlarged pores, broken capillaries (small, red blood vessels), actinic keratosis (hardened, rough, mole like growths), loss of elasticity (bagging & sagging), & last but not least wrinkles of various depths & sizes. Aren't we lucky?

All is not lost, there is hope! After all 50 is the new 30. So remember that taking care of your skin is not just about 'vanity', but also about skin health, because not only is your skin irreplaceable, but it isn't like anyone else's. With today's sophisticated, high-tech devices, results focused therapies, & custom blended nourishing & protective skin care, we can offer you many impressive & affordable options to reduce &/or eliminate most of your significant signs of aging - all without pain or a scalpel & with little or no down time.

***So until next month I wish you 'safe fun' golfing in the sun!***

Give yourself  
or someone  
you love the gift  
of timeless  
beauty