

Insider secrets for natural beauty



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Q | Do I need to change my skin care routine with the seasons? What matters when?

- Alex, Halifax, Nova Scotia

A | Dear Alex,

As the seasons change, our skin tends to have different needs just as our skin care needs change as we age. Each season is the ideal time to have your skin care program updated. Younger skin tends to tolerate temperature changes easily, older skin does not, especially warm to cold.

In fall and winter it is time to repair the damage from summer months and prepare the skin for winter. Proper skin care with gentle exfoliation will remove dead skin cells, enhancing the skin's ability to absorb a repair concentrate and moisturizer. Give your skin a boost with a richer moisturizer to hold in the moisture content and an essential oil or protective cream before heading outdoors. In cold climates, use a humidifier to increase moisture in the air.

Spring and summer once again you will want to address your skin for dehydration as winter is usually harder on the skin than other seasons. If facials are not a part of your skin care maintenance I would recommend at least having a facial seasonally. No matter what season it is best to maintain a proper diet, drink lots of water and use sun protectant as needed. Check out page 28 for winter rescue tips.

Q | What can I do to minimize the appearance of pores? Is that just an urban beauty myth: are we left to deal with the pores we're born with?

- Joanna, Quebec City, Quebec

A | Dear Joanna,

One could only wish that we had the skin we were born with. It's not what we were born with, it is what we have done along the way that we have to deal with. Our skin starts out perfect with the right amount of oil and pores barely visible to the eye. If you have an oilier skin the pore size becomes much more visible over time. Proper cleansing will help the pores to stay clean and not accumulate oil which then oxidizes often forming blackheads. If debris sits in the pores for an extended period of time it makes a little home and stretches the pore.

As we age our skin loses its elasticity therefore when the pores are cleansed of impurities they don't always shrink back to their original size. There are products that can help to minimize pore size to a certain degree. Regular cleansing and the use of an alcohol-free toner will minimize clogging. Exfoliating and using a mask twice a week will also help to clean and tighten the pores. You can also seek advice from a skin care professional as to treatments utilizing non-invasive peels and intense pulsed light therapy to help minimize pore size. ♥



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