

WOMEN ACHIEVERS 2006

WESTLAKE

magazine

APRIL/MAY 2006 \$3.50

WESTLAKE
MEDICINE
WOMEN

DOCTORS
MAKING A
DIFFERENCE

SPRING and
SUMMER
FASHIONS

HIKERS
TAKE IT
TO THE
LIMIT

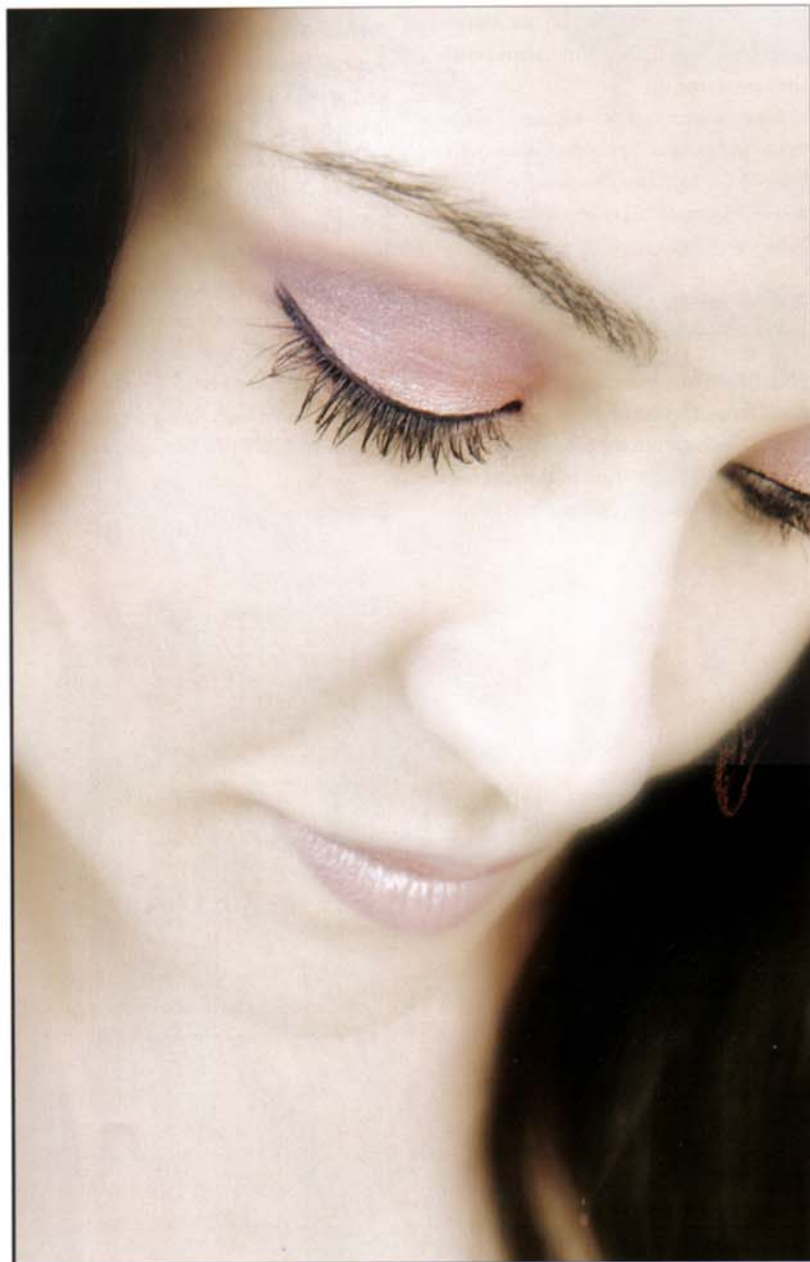
CELEBRATING
THE RACE:
AMGEN Tour
of California

TRIBUTE
TO
MOMS



Healthy Aging

Tips for maintaining a healthy appearance and beautiful skin | BY REBECCA GRAY GROSSMAN



Nothing can replace passion and enthusiasm for life when it comes to looking your best. However, there are still important measures that can be taken to create a healthy glow and youthful presence. Weather and environmental changes

can be hard on your skin so staying informed about the latest treatments and products in skin care can help you maintain younger-looking skin. In recent years there have been promising breakthroughs in skin care, however, with all of the cutting-edge treatments and plethora of skin care products

designed to reduce the visible signs of aging, how can you be sure which ones are effective and which ones are hype?

First, if you don't exercise common sense by taking care of yourself from the inside out, all the cosmetic procedures and lotions and potions on the planet are not going to help when it comes to looking your best. You can easily maintain youthful qualities and add years to your life by making a few simple changes in your everyday routine. Battle the aging process by eating smartly, exercising, and keeping your stress level in check. Good skin care includes avoiding over-exposure to the sun, not smoking, and limiting your alcohol and caffeine intake. All of these factors influence the way your skin looks.

Now with that being said let's cut to the chase and discuss some proven and effective products and treatments that are turning back the clock and generating healthier looking skin.



MEDICAL NEEDLING

A new line of skin-care products and treatments that are making headlines is from Environ Skin Care by Dermogenesis (www.dermogenesis.com). One of the treatments introduced is called "Medical Needling". Medical needling is a procedure that has created great interest in the cosmetic community. A sterile roller with needles all around is rolled across the skin, which causes thousands of micro-wounds. These tiny injuries to the dermis result in the start of a wound-healing cascade. In addition creating a more effective way of delivering specially-formulated products that contain vitamins, polypeptides and growth factors that have shown to be successful in treating fine lines, wrinkles, damaged skin, stretch-marks, acne and scars. From hydrating oil capsules to their C-Boost, the Environ products are truly cutting edge.