

scientifically speaking

Dermalogica® Research and Development News



Practice Prevention

by Dr. Claudia Aguirre

There's aging and then there's accelerated aging.

While we cannot prevent the passage of time, we can take preventative measures to ensure that our skin does not age prematurely. There are environmental and lifestyle factors that go beyond our genetic makeup, rendering us susceptible to damage by extrinsic sources such as pollution, UV and environmental chemicals. While we can be sun-smart, avoid tanning booths and unprotected skin, and maintain a generally healthy lifestyle, there are ingredients that will protect the skin from accelerated photoaging. The best protection from accelerated aging is UV protection. That is not to say sunscreens provide the best sun protection- general shade and clothing do a better job- but daily use of sunscreen can dramatically prevent UV damage done on a daily basis.

Many products can have UV protection- most of these are just that. AGEsmart™ products feature a diverse array of potent ingredients formulated to put a stop to accelerated skin aging altogether. A unique combination of skin smoothing ingredients stimulate collagen growth, inhibit structural damage and prevent future photoaging. Unique to this line is a skin smoothing complex that re-texturizes skin without the use of harsh hydroxy acids. Comprised of Urea, Glucosamine, Yeast and Algae extracts, this complex stimulates cell renewal and production of collagen to increase hydration and smoothness- without irritation.

Dynamic Skin Recovery SPF30

The perfect solution to a daily skin care regimen for preventing age-related skin changes is a multifunctional product that provides broad-spectrum sun protection. Enter Dermalogica® Dynamic Skin Recovery SPF30. This all-in-one product addresses the skin concerns of mature or prematurely aging skin while providing a preventative solution to curb future damage. When the skin ages, it results in thin, lackluster and dehydrated skin- all of which can be hastened by UV damage. Matrix metalloproteinases (MMPs), natural enzymes that break down collagen and elastin, go haywire with UV radiation, resulting in slack skin. The environment and UV can also deplete the skin

from vitamins and can trigger inflammation, leading to premature aging. Loss of elasticity can also be attributed to the development of advanced glycation end-products (AGEs), which are the insoluble clumps of protein formed by the combination of proteins and sugar. These reactions can produce reactive oxygen species (ROS), or free radicals, in the skin and are also initiated by the presence of ROS. A paradox indeed. The surefire way to prevent this from occurring is through the application of antioxidants and by preventing the vicious cycle from even starting.

Key Lifestyle Ingredients

Dermalogica® Dynamic Skin Recovery SPF30 harnesses its powers from a multitude of effective ingredients. Since sugar is needed to produce the age-related AGEs, scientists have developed a 'sugar-trap' that can prevent this reaction from starting. The Arginine-Lysine polypeptide does just that- it binds the sugar molecules to block them from reacting. A proven method for preventing environmental aggressors from doing their skin damage is by fighting off free radicals. These can both trigger AGEs to form and are the result of other environmental damage, including UV radiation. White tea (*Camellia sinensis*) performs as a super antioxidant to quench free radicals caused by UV radiation and pollution.

With age, natural MMP blockers decline, and we need to boost the anti-MMP activity with plant polyphenols and soy phytoestrogens. This formula also boasts the power of palmitoyl tripeptide-5, a potent agent resulting in marked improvement to fine lines and wrinkles, age spots and skin firmness without irritation or compromising the skin's natural barrier layer.

The final key ingredient really is UV protection. We can prevent fine lines, thinning of the skin, even biochemical reactions from taking place. But leave the skin exposed to sunlight and all your efforts are in vain.

Dermalogica® Dynamic Skin Recovery SPF30 provides the right combination of ingredients necessary to promote skin health and prevent future damage.