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Autumn
Arrives
at *Villa*
Rosa Rugosa

La Dolce
Vita
A Romance
with *Italian Style*

Land & Sea
Coastal
Conservancy





Skin Deep

Dr. Davoodifar's skin cleanse routine

Well respected throughout Southern California, with international clientele and a much lauded repertoire, Dr. Davoodifar – founding director of the Irvine-based Derma Smooth Clinic – is on a mission to raise the awareness of skin care treatments and therapies, as well as client service expectations across the board.

Skin is a multifunctional organ that is, among many other things, responsible for up to 30% of the body's waste removal. However, clogged pores prohibit their release; dead skin cells, excreted wastes (from alcohol, nicotine, heavy metals, chemicals, drugs, pesticides) and external pollution can build up, resulting in rashes, acne, hives, itchiness, body odor or even eczema and psoriasis. This can easily contribute to cellulite, as well as additional strain on the kidneys and liver.

An effective skin cleansing routine can have a tremendous impact on the body's health. Among others, benefits offer better looking and tightened skin, a healthier and balanced body, a strengthened immune system, a stimulated nervous system and muscle toning through massage. A must add to any 'to do' list, here are a few tips in maintaining healthy, younger looking skin.

Skin De-Tox: Reducing Toxin Exposure

Skin Products - avoid cosmetic products that contain harsh chemicals; instead, use natural, organic products for your entire skin care line (soaps, skin creams, shampoos, conditioners).

Diet - a healthy, organic diet full of vitamins, minerals and anti-oxidants is always an important part of skin care. Most importantly, drinking 8-12 glasses of water a day will flush out many toxins from your body.

Clothing - chemicals from clothing can easily transfer to the skin. Always wash new clothes before wearing, and wash clothes using a mild, pure soap without dyes or perfumes. Avoid bleach and fabric softeners.

Cleaning Products - many household cleaning products are packed with chemicals that are bad for your skin, your breathing and the environment. Replace with natural ingredients including vinegar, baking soda, lemon juice and salt.

Skin De-Tox - Removal of Toxins

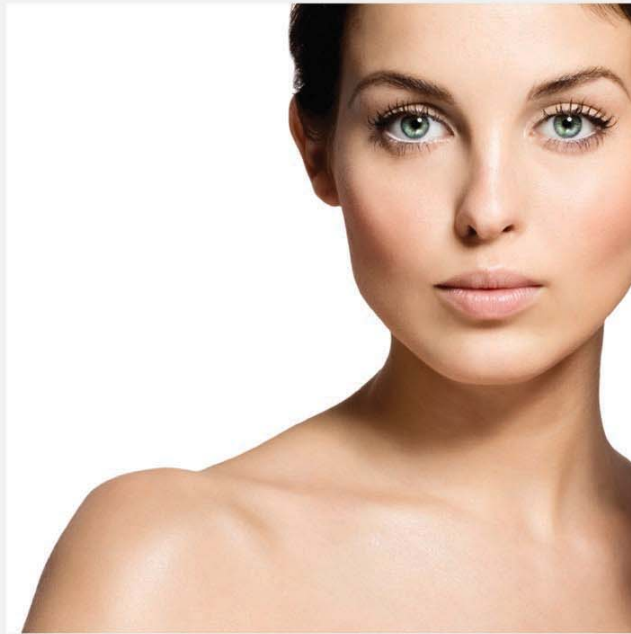
Skin Brush - before showering, use a brush with natural bristles and a long handle on dry skin to remove dead cells, open clogged pores and remove toxins. Always brush towards your heart, using brisk circular motions or long, even strokes; avoiding rashes, infections, cuts or wounds.

Exercise - sweating extracts poison from your skin.

Contrast Showers - contrast showers increase blood circulation supplying nutrients to damaged skin cells, supporting the removal of waste products; three minutes of hot water followed by one minute of cold water, repeating the cycle once or twice. Dry skin vigorously and massage with pure plant oils such as almond, avocado, coconut, olive or cocoa butter.

Sauna - Nordic cultures use the sauna to regularly detoxify and cleanse their bodies. The sauna can increase blood circulation and dislodge chemicals in fat cells. Always rehydrate with plenty of water, as a part of your sauna visit.

Disclaimer: This article is not intended to replace the services of a trained health care professional or to be a substitute for medical advice provided by a qualified physician or other appropriate health care professional. All information is presented in summary form, is general in nature and is intended for educational and informational purposes only. Always consult a medical professional before beginning a health or fitness regime.



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*Susan Davoodifar, M.D.
Medical Director, DermaSmooth Clinic, Inc.*

*"I cannot say enough good things about
Dr. Davoodifar - for being so gentle, so
caring and so competent". - E.G.*

*"The compliments keep coming relating to
how great my skin looks. No one could be
more pleased than I am". - M.A.*

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