



# BEST AT HOME SKIN REGIMEN FOR AGING SKIN

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Dr. Charlene DeHaven is board-certified in Internal Medicine. Over the past 19 years, her professional activities have focused on improvements in skin aging and development of scientifically based skincare products. Dr. DeHaven has extensive media experience and has published and lectured worldwide on wellness, skin health and age management.

The aging process involves many factors including free radical damage, inflammatory processes, glycation and genetics/epigenetics. All of these occur throughout our lives, but a well designed skin care regimen can help address their effects on the visible signs of aging.

One of the largest contributors to free radical damage, or oxidative stress, is sun exposure and the resulting skin damage from absorbing solar energy. Approximately eighty-five (85) percent of skin's free radical damage originates from the sun with the remaining fifteen (15) percent coming from cellular metabolic energy creation, pollution, ambient tobacco smoke and other toxins.

Inflammation accompanies all events that injure skin, including free radical damage mentioned above, skin diseases, surgical treatments and laser treatments. The inflammatory processes are self-perpetuating and unless they are checked, will maintain themselves for a very long time before exhaustion. Science has proven that inflammation and aging processes are so strongly linked that a single term is now used – “inflammaging”.

Glycation is a chemical reaction that takes place when a sugar, like glucose, is attached to a protein, like collagen. This reaction causes glycated collagen to become brittle and unable to hold its shape against gravity, further causing skin to sag and the loss of youthful resilience. Since collagen is the most common protein found in the body and primarily found in skin, glycation is a key process of skin aging. Glycation increases with aging, skin inflammation of all sorts, obesity and diseases like diabetes.

Genetics and epigenetics are two (2) sides of the same coin and both relate to DNA within skin cells. Each person's genetic makeup talks to their skin, but epigenetic factors – including diet, exercise, and the skin care products applied to skin – also speak to our genes to turn them off or on, regulating and contributing to overall skin health.

Correctly chosen skin care products and the ingredients within them can dramatically slow aging processes. However, all skin care products are not created equal and only the best ones optimally slow down the velocity of aging.

The introductory and advanced home regimens below cover all four (4) required steps to great skin – **CLEANSE, TREAT, HYDRATE, PROTECT**.

#### INTRODUCTORY HOME REGIMEN FOR AGING

- 1) CLEANSING COMPLEX
- 2) YOUTH COMPLEX®
- 3) EXTREME PROTECT® SPF 30

AM

- 1) CLEANSING COMPLEX
- 2) ACTIVE SERUM

PM

#### ADVANCED HOME REGIMEN FOR AGING

- 1) CLEANSING COMPLEX
- 2) GenexC® SERUM or PRO-HEAL SERUM® ADVANCE+® or YOUTH INTENSIVE CRÈME or MOISTURIZING COMPLEX
- 3) EXTREME PROTECT® SPF 30

AM

- 1) CLEANSING COMPLEX
- 2) POLY-VITAMIN SERUM or YOUTH INTENSIVE CRÈME or MOISTURIZING COMPLEX

PM