

LAB Newsletter



LAB Skin Clinic

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November 2018

News update

As we hurtle towards summer and Christmas holidays, there are many temptations to enjoy the party and holiday season to the detriment of your skin.

To avoid accelerating the signs of ageing, I've listed a few signs that you may want to look out for. Most are aesthetic and of minor health consequence, but some are more sinister, so it's best to get them checked. To

save you time and money, visit LAB so we can analyse your skin (face and body). If we see any cause for concern, we'll refer you to a trusted professional.

...And check out the special offer at the bottom of page 2.

To balance the equation, there are also some tips listed on page 3 that can help slow the ageing effects of modern-day living... and a cautionary note about out-of-date makeup!

See our Christmas offerings and trading times on page 4... Something special for everyone.

Look forward to seeing you soon.



Zoe D Draelos, Dermatologist, MD, FAAD, Consulting Professor at Duke University School of Medicine, North Carolina, told the American Academy of Dermatology...

"There is ground-breaking research underway to determine the differences between old and young genes. The hope is that by understanding how to make old genes act younger and how to keep young genes from getting old, we can better advise patients on caring for their skin."

Tips for Beauty & Anti-Ageing

The minor adjustments you make for maximum improvement

Is beauty something you're born with... or is it good genes?

Or maybe it's the epigenetic tags on your DNA that give you glowing skin, a flawless complexion and silken hair?

However, simple lifestyle changes could adjust epigenetic tags to modulate the expression of the genes responsible for your beauty, hair and health.

We're already tapping into the science of epigenetics to reveal new beautification and anti-ageing possibilities, and ingredient recommendations are being made based on your unique DNA, which reveals factors like how you will age and how quickly you will age, your propensity for sun damage and pigmentation, skin sensitivity and wrinkles.

Have a look on page 3 to see how you can slow down ageing naturally.



Ageing Skin

The changes you can expect as your skin ages...

Actinic Keratosis - Ultraviolet light from the sun or from a tanning bed causes raised, crusty growths. Most turn red, but some can be tan or pinkish. Left untreated, they can become cancerous. We prescribe a DNA cream and removal with Plasmage or laser. Or you can have them burned off by your dermatologist.

Age Spots - Also called liver spots, these small dark patches usually show up in areas exposed to sun, like your face, hands, shoulders and arms. They're more common if you're over 50, but you can get them if you're younger. We recommend checking with a Cancer Council clinic to ensure they aren't cancer before we remove them using bleaching products, IPL or laser. To prevent them, use sunscreen and avoid the sun.

Bruising - Is when tiny blood vessels near your skin surface break. As you age, your skin becomes thinner and loses fat, which increases your susceptibility to bruising. It's usually nothing serious but some blood-thinning meds can cause more or bigger bruises, so tell your doctor if you have any concerns.

Cherry Angioma - Small, red bumps or growths, which can appear anywhere on your body, but they're more common on or near your chest, belly and back. They don't hurt, but they may bleed if they get hit or scraped. They're usually fine left alone, but we can remove them with Plasmage or laser if you don't like the way they look.

Dermatitis - This itchy and sometimes painful condition comes in two forms: Allergic and irritant. Both types respond well to integrated skin-specific therapies, including bio-available supplementation, AminoGenesis Cocoon and LED therapy.

Dry Skin - Ageing skin gets drier, which causes itchy skin. See your doctor if the itch lasts more than 2 weeks or covers your body because it could indicate something more serious like kidney disease, lack of iron, thyroid, or liver problems; otherwise, we treat with regular body scrubs, moisturisation and sauna wraps.

Seborrheic Keratosis - Tan/brown spots, which appear anywhere on your body, especially after middle age. They're harmless but can look like pre-cancerous growths or skin cancer, so get your doctor to check them. Most don't need treatment, but a doctor can test for cancer cells or remove them if they bother you.

Skin Laxity - Droopy skin first becomes noticeable around your lower face, jowls and neck. Sunscreen, skincare, professional treatments and facial muscle exercises will all help. Surgery should be considered as a last resort, preferably before age 55.



Skin Cancer - Damaged skin cells grow uncontrollably and become cancerous. One main cause is ultraviolet (UV) light from years of exposure to the sun or tanning beds. But you can get cancer in other places, which means your genes, lifestyle and toxins in the world around you have played a role. Your doctor can treat cancerous lesions with injections, medication, surgery, laser, radiation therapy and, depending on the type of skin cancer you have, chemotherapy as well as other kinds of treatment.

Skin Tags - Small flaps of tissue hang from your skin by a stalk. You'll usually find them on your back, neck, chest, armpits, or around your groin. They aren't dangerous, but they can get irritated if your clothes or jewelry rub against them. If they bother you, we can quickly and simply remove them with Plasmage.

Solar Elastosis - Long-term sun damage can turn your skin yellow and cause deep ridges. It affects people of all skin tones but is more obvious on light skin. It's worse if you smoke. The sun only affects the top layers of your skin, but tobacco smoke causes damage deeper down. If you have this condition, stop smoking and stay out of the sun.

Spider Veins - These small bundles of broken blood vessels often pop up on your legs, ankles, feet and face. Causes include a backup of blood, hormone changes, or an injury. They don't point to a major health problem, but they can be unsightly. On the face, IPL, Omnilux and skincare will remove them. On the legs, tight compression stockings or a minor surgical procedure will help.

Varicose Veins - Small, red bumps or growths, which can appear anywhere on your body, but they're more common on or near your chest, belly and back. They don't hurt, but they might bleed if they get hit or scraped. They're usually fine left alone, but we can remove them with Plasmage or laser if you don't like the way they look.

Wrinkles - They develop as you age, but you can really slow the process by drinking lots of water, eating a healthy diet, sleeping 7-8 hours nightly, using quality skincare and exercising regularly. Also, protect yourself from the sun, limit drug dependence, avoid soaps that strip natural oils from your skin and don't smoke. Anti-ageing treatments like chemical peels, IPL, laser, micro-needling, radio frequency, Plasmage, injections and surgery (as a last resort) all help.

Most of these age-related skin problems can be quickly and easily treated at LAB...

Book in for a **FREE** full body skin check and **receive a FREE BODY SCRUB worth \$85**

Your Skin Can Reveal Signs of Poor Nutrition

Beautiful skin starts with a quality diet

It's a fact that your skin is a direct reflection of your inner health... What you put into your body will manifest outwardly on your skin.

Quality skincare is important but good nutrition is ultimately the most important determinant of healthy and youthful skin.

The tell-tale signs that a skin nutrition issue lurks under its surface...

Redness and flakiness: Redness and flakiness on the skin can often be a sign of deficiency in Vitamin B and/or essential fatty acids. This often appears as a dermatitis-type skin condition but is often a sign that the diet needs a boost, particularly if you're stressed, have gut problems, take hormone replacement therapy (HRT), the contraceptive pill, drink alcohol, or eat processed foods.

Capillaries across the cheeks: Bleeding gums and capillaries across the cheeks are signs of Vitamin C deficiency.

Bumps on the back of arms: Bumps or chicken skin on the backs of your arms or tops of your legs can be a sign of low essential fatty acids or Vitamin A in the diet. This skin issue is often seen in people who eat a low-fat diet. Red dots on the back of arms are also a sign of a Vitamin C deficiency.

Dark stains: Dark stains under the arms or at the back of the neck can be a sign of insulin resistance, Polycystic Ovarian Syndrome, or pre-diabetes.

Top Skin Nutrition Tips:

Good Fats & Oils - You need these for healthy, hydrated and glowing skin. Consume more oily fish, nuts, seeds, avocados and coconut and take our Omega 3, 6 & 9 supplements... You'll be amazed at how it benefits your skin – yes, including acne.

Bright Colours - Blueberries, sweet potato, carrots and all brightly coloured fruits and vegetables are good for clear skin because they provide vital phytonutrients and antioxidant, which are essential for good skin health. Choose a variety of different coloured foods to ensure you're getting different nutrients.

Increase Vegetables - Increase your daily fruits and vegetables. Over 90% of the clients I have seen do not eat enough vegetables, even though they think that they do. Vegetables should be the main part of every meal so pile your plate high and have a small side of protein such as poultry, red meat, fish, legumes. Limit the size of your accompanying portion of wholegrains such as brown rice and pasta (organic, of course).



Ditch your makeup if it is more than 2 years old, or more than 12 months old if you double-dip. If it is contaminated, it can cause problem skin conditions, which are distressing and unsightly and may take many months to resolve – even setting up a long-term allergic response to other skincare products.

YES, CHRISTMAS

IS JUST AROUND THE CORNER

From 15th November to 8th December, purchase one or more of these Xmas Gifts... AND we'll ADD a FREE microdermabrasion worth \$55!

Gift vouchers & boxes AVAILABLE until 22nd December & whilst stocks last

Xmas Gift Voucher

Purchase a Gift Voucher for any FACIAL and receive
A FREE 40-MINUTE MASSAGE

Xmas Gift Voucher

Purchase a Gift Voucher for any FACIAL over \$200 and receive
A FREE 60-MINUTE Massage

Xmas Gift Voucher

Purchase a Gift Voucher for \$300 or more and receive
A FREE 60-MINUTE Massage PLUS Cocoon Wrap & Full Body Scrub

Xmas Gift Boxes

These special Xmas Gift Boxes are all beautifully gift-wrapped and comprise excellent discounted value
There is a selection of your favourite skincare ranges available

PURCHASE A GIFT BOX & RECEIVE A FREE \$25 LAB Treatment Gift Voucher

Your Xmas Gift from LAB Skin Clinic

From 15th November to 22nd December, when you visit for a treatment, you may choose a

FREE GIFT

from our lucky
Christmas Tree

One LUCKY Client will win a \$500 treatment gift voucher!

XMAS TRADING HOURS:

CLOSED: 4PM on 22/12/18
RE-OPENING: 9.00AM on 28/12/18

CLOSED: 4PM on 29/12/18
RE-OPEN: 9.30AM on 04/01/19

NOTE: From November, many week days and most Saturdays are already heavily booked. To ensure you get the days and times of your choice, please make your appointments AS SOON AS POSSIBLE. Thank you.

If you enjoy your results at LAB, please let others know. When you refer a client to LAB, you receive a free 1-hour massage

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www.labskinclinic.com.au