

AGING *Beautifully...*

*The anti-aging
technique of
Microcurrent
treatment*

By: Elaine Colter

We all know the expression about death and taxes, but there is something else certain in life...aging. However, today we know more than ever about anti-aging techniques and how to keep a more youthful appearance.

There are two types of skin aging: extrinsic and intrinsic. Extrinsic is the result of environmental factors while intrinsic is the natural order of the aging process. As we age, collagen and elastin break down, and circulation in the skin slows. This is evidenced by the appearance of wrinkles, sagging skin and the development of jowls. Besides our number-one enemy, the sun, here are some other factors that contribute to the aging of our skin:

FACIAL

EXPRESSIONS:

As skin ages and loses elasticity, the skin stops “springing back,” and the grooves that are left become permanently etched as fine lines and wrinkles.

GRAVITY: In our 50s, the effect of gravity becomes more apparent. The tip of our nose begins to droop, the ears elongate, eyelids fall, jowls form and the upper lip begins to disappear as the bottom lip becomes more pronounced.

SLEEP POSITIONS: Resting your face on the pillow in the same position for years leads to wrinkles. This is especially true for side sleepers.

SMOKING: Smoking causes biochemical changes that accelerate aging. A person who smokes 10 cigarettes a day for 10 years is statistically more likely to develop wrinkled, leathery skin. Some of this damage can be reversed by quitting and allowing your body to replenish its stores of vitamin C, which keeps the skin plump and moist.

LACK OF EXERCISE: A sedentary lifestyle contributes to skin aging. Exercise helps tone muscles (even in the face) and gets blood circulating.

ALCOHOL: Alcohol dilates blood vessels in the skin. Over time, they become damaged and give a constant flushed appearance. Limit alcohol to one to two drinks per day.

LACK OF HYDRATION: Plenty of water helps plump the skin and also washes out toxins. Strive for a minimum of 64 ounces per day.

STRESS: Unmanaged stress causes our bodies to produce the “fight or flight” hormone that accelerates many of our bodily functions. This results in premature aging. Try yoga, meditation or simply make sure to get some down time.

The good news is that we have the power to control the extrinsic (environmental) aging factors through a healthy lifestyle. Better news is that we now have the technology to address intrinsic aging. In the past, our bodies just had to go with the flow when it came to the natural aging process. But, today, there are new and exciting options.

By emitting a painless current that mimics our bodies’ own electrical currents, microcurrent treatment stimulates collagen production, elastin fiber growth, increased skin circulation, lymphatic drainage and facial muscle reeducation. There is no redness, swelling or down time and no harmful side effects have ever been reported. Microcurrent is only administered by specially trained technicians.

Microcurrent treatment is growing in popularity as a viable alternative to plastic surgery—it’s painless, non-surgical, non-invasive and the technique safely and effectively improves the health and appearance of the skin. 🌿



Elaine Colter is the operator of Beautiful Image, LLC in the Lake Norman area. She is a certified microcurrent technician specializing in non-invasive facial and body sculpting. Her services are provided in her Huntersville clinic. You can reach her at 704-608-7399.