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Insider secrets for natural beauty

Q | Over the last year I have developed sudden, deep wrinkles around my eyes, not to mention chronic dark circles. Is there anything you can recommend that would help?

-Johanna, Moncton

A | Dear Johanna,

The appearance of wrinkles is a sign of aging that we all experience. Wrinkles usually appear gradually, depending on genetics and lifestyle. If you have noticed a sudden increase in deep wrinkles and dark circles you may want to seek medical advice as there may be an underlying cause. Hormone imbalances can have a dramatic effect on aging and can result in deeper wrinkles as estrogen levels decrease.

You may want to consult with a Holistic Allergist as food intolerances such as gluten can be a cause of dark circles. Check with your physician for vitamin deficiencies and anemia as these are also attributed to dark circles.

Lifestyle also plays a large part – smoking, consuming caffeine-based drinks and a lack of sleep can all contribute to the look of advanced aging. Ensure that you are eating a healthy diet rich in fresh fruits and green vegetables. Try using an eye gel with Vitamin K, which helps blood coagulation and circulation.

Q | I'm worried about damage to my skin after spending the day outside. What are some natural treatments I can use to repair my skin from sunburn and sun exposure?

- Allyn, Calgary

A | Dear Allyn,

If you have a burn I would suggest that you apply a generous amount of Aloe Vera gel until the sunburn is gone. Try applying a mask made from oatmeal as it has properties to shorten the duration of the burn as well as prevent peeling or blistering. If you have blisters, be careful not to pop them as you risk the chance of getting an infection. Vitamin A can be used internally and externally as it reduces the amount of free radical damage to cells which causes damage and may lead to skin cancer.

You may want to see an esthetician for a hydrating facial to gently remove dead cells as well as soothe and hydrate the skin. For permanent damage and to address pigmentation issues I would suggest a series of photo-rejuvenation treatments, which are effective at reducing fine lines, wrinkles and pigmentation. I highly recommend the use of a natural sunscreen and mineral powder as protection when spending time outside and using moisturizer to keep skin hydrated to avoid further sun damage. ♥



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