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REGISTERED ESTHETICIAN

Insider secrets for natural beauty

Q | In your opinion, what's the best way to remove toenail fungus?

– Andrea, London, Ontario

A | Dear Andrea,

The best method I've seen is to use oregano oil because of its antifungal properties. Start by cutting your toenails as short (and comfortably) as possible. Trim them into a straight line and smooth the edges with a nail file. File the infected nail thin for better penetration of the oil and to keep the fungus in check. Apply oregano oil under the top edge of the toenail and surrounding area two or three times a day. Dry your feet thoroughly after bathing and wear cotton socks to absorb moisture — after all, fungus thrives in moist places. Toenail fungus can spread from one toe to another or to other body parts, so use a paper towel to dry your affected area and throw it away when you're finished. Continue to keep your nails short and don't use nail polish until a new nail is in place with no sign of fungus.

Q | How exactly do antioxidants work in skin care and beauty products?

– Dinah, Bolton, Ontario

A | Dear Dinah,

The buzz in anti-aging is that antioxidants are the base for preventative and corrective products and treatments. Antioxidants act as scavengers for free radicals, which can damage cells and are associated with sun damage and even skin cancer. Antioxidants are depleted when the body is exposed to sunlight and stress. Using products that contain free-radical fighters may help reduce wrinkles and protect against sun damage. Some of the antioxidants for skin protection include vitamins A, C and E, selenium, coenzyme Q10 and alpha-lipoic acid.

Also, healthy skin can be achieved from the inside-out. Eat a variety of fruits and vegetables to help “turn back the clock.” Talk to your health care practitioner about the daily supplements that are right for you and your skin.

Q | I'm in my early thirties and I use sunscreen regularly, but I have brown spots on my face. What's the best solution?

– Nicole, via email

A | Dear Nicole,

Vitamin C is a natural antioxidant that has been shown to reduce melanin formation when taken as a supplement. It also provides a skin whitening effect when applied topically because it assists in slowing down hyperactive melanocytes, which results in lighter skin.

Rosehip oil is also very beneficial in lightening brown spots as it contains natural tretinoin (also known as retinoic acid), a derivative of vitamin A. Rosehip oil is high in bio-available vitamin C as well as other components and offers many excellent benefits to the regeneration of the skin. ●



Got a question?

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