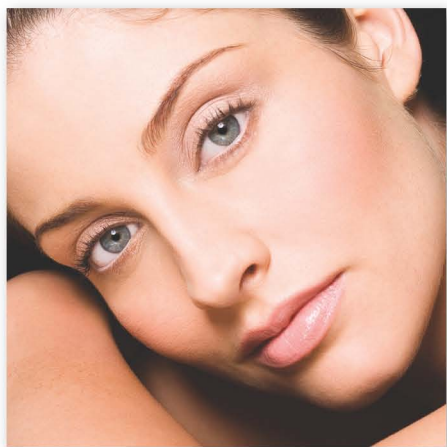


ENVIRON®

GOOD SKIN SENSE NEWSLETTER Volume 3



NEEDLING

Also called rolling. Dr Des Fernandes pioneered the Environ® Roll-Cit™. **Cit** (pronounced kit) stands for collagen induction therapy. This is a way of getting the skin to make its own healthy collagen by making tiny micro pricks in the skin.

What is needling?

There are three types of needling or rolling:

1. Homecare needling is called Mesotherapy or **Cosmetic Roll-Cit™**. The needles are 0.2mm and only penetrate the outer layer of skin. You roll the Cosmetic Roll-Cit™ gently over the skin and then apply your moisturiser to get the active product to penetrate deeper into the skin. (See before and after photos of using Cosmetic Roll-Cit™ plus Vitamin A, C and anti-oxidants).
2. Needling done by a doctor is called the **Medical Roll-Cit™**. The needles are 1mm long so needs to be done using topical anaesthetic. The Medical Roll-Cit™ is an excellent way of making type 1 collagen – the best type of collagen as opposed to type 2 collagen which is scar tissue, such as that made by lasers. There is no down time. Afterwards the skin feels a bit like sunburn. It can be done every week for a course of treatments and there is no limit to the amount of treatments. It helps with wrinkles and acne scarring and can be done on all skin colours.
3. Surgical needling is also done by a doctor under general anaesthetic and uses a 3mm needle. This is for deeper wrinkles and deep acne scarring. There is a down time of about 5 days.



Before



After 1 year of Cosmetic Roll-Cit™ and use of Environ skin care



Before



After 5 years of Cosmetic Roll-Cit™ and use of Environ skin care



Before



After 1 year of Cosmetic Roll-Cit™ and use of Environ skin care



SENSA SKINCARE PTY LTD

Distributors of Environ® NSW and ACT • Ph: 1300 888 708

A BEAUTIFUL SKIN FOR A LIFETIME

MYTH BUSTING

MYTH 1:

Topical creams containing collagen can replace collagen.

TRUTH:

There is a lack of impartial, empirical evidence that the topical application of collagen or elastin can penetrate the dermis, even when using nanotechnology. They can provide moisturization to the epidermis, but only injections are conclusively effective.

MYTH 2:

The higher the skin protection factor (SPF) rating, the better.

TRUTH:

SPF ratings, soon to be revised by the U.S. Food and Drug Administration (FDA), only refer to protection from UVB rays. A person needs sun protection that has chemical and physical blockers, plus anti-oxidants. A higher SPF also gives a false sense of security and introduces more potentially harmful chemicals to the body. Plus, an SPF of 50 is only marginally more protective than an SPF of 15; an SPF of 30 has only 2% more protection than an SPF of 15, and a 40 has only 1% more than a 30. Sunscreens need to be reapplied every 90-120 minutes.

MYTH 3:

Using larger quantities of a product will yield better results.

TRUTH:

Less is more. Normally, a pea-sized amount of facial product on each cheek will do the trick. Excessive amounts can cause skin problems and waste money.



Glossary:

Exfoliation:

Exfoliation is the removal of dead skin cells from the surface of the skin. When the skin is young and healthy there is no need to exfoliate.

1. Abrasive Exfoliants

These are mechanical exfoliants usually in the form of scrubs. They usually consist of an abrasive agent such as sand or granules. They can be damaging to the skin as they act like sandpaper. They may cause the skin to become red, sensitive and fragile if used too frequently. Use once a week.

2. Non-Abrasive Exfoliants

These are usually chemical exfoliants, often in the form of Alpha Hydroxy Acids (AHA's). They dissolve the "glue" between the skin cells. This allows the cells to flake off evenly and at a faster rate. For this reason, they are recommended. They should be used at night only to avoid sun sensitivity, especially if you are prone to pigmentation. It is usually best to exfoliate about once a week. Do not use on sensitive skin.

CROSS SECTION OF THE UPPER LAYER OF THE SKIN SHOWING IMPAIRED BARRIER FUNCTION AND RESULTING DEHYDRATION OF OVER-USE OF EXFOLIANTS.

1. The following cross-section of the epidermis (H) shows how the skin was thick, rough and dry before using exfoliants.
2. It improved initially with the use of exfoliants (B), becoming hydrated and healthy, and then
3. Gradually becomes thinner and dehydrated from over-use of exfoliants without using any Vitamin A moisturisers (see skin at arrow in figure below).

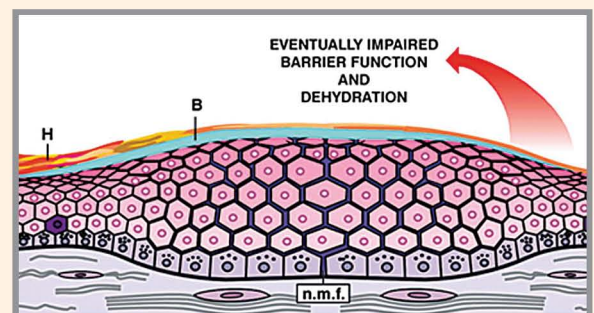


Figure 1.
THE EFFECTS OF AHA WITHOUT SUPPORT
OF VITAMIN A

H = Horny layer or Epidermis

B = Water proofing barrier

n.m.f. = Natural moisturising factors

What skin types **SHOULD** exfoliate?

1. Rough, sun damaged and problematic skins.
2. Congested skin with blocked pores benefit from exfoliating. Exfoliating removes dead cells, thereby "unblocking" the follicle and preventing a build up of dead cells.

What skin types **SHOULD NOT** exfoliate?

1. You do not need to exfoliate young and healthy skin because the cells slough off easily.
2. Thin, fragile skin should be strengthened before exfoliating.
3. Skin prone to pigmentation should always use a sun screen after exfoliating.

What does exfoliation do for my skin?

- Gentle exfoliation of the surface of the skin allows the cells to flake or slough off naturally. This leaves the skin looking fresher with a more even skin tone.
- Only the dying cells should be removed (not the healthy cells) so the skin looks moisturised and plump.
- Exfoliating can help to replenish the skin's natural acidity thus preventing a build up of bacteria which can cause blemishes.
- Dry skin conditions are relieved, therefore the skin becomes more hydrated and wrinkles are plumped up and less obvious.
- Exfoliation allows for better penetration of Vitamin A and anti-oxidants.



What makes the AVST™ range so special?

- The AVST™ range helps to protect your skin from the sun because of the Retinyl Palmitate which acts as a UVB filter.
- AVST™ does not make you sun sensitive.
- AVST™ is safe to use during the day.
- The AVST™ range has higher levels of active ingredients such as Vitamin A, anti-oxidants and flavonoids.
- There is less chance of a retinoid reaction because of the peptide, Matrixyl™, in AVST 3 and 4 which has properties similar to Vitamin A.
- Contains Resveritrol, the anti-oxidant found in red wine.
- AVST™ gives better hydration and smoother skin because of the Matrixyl™.
- AVST™ gives the skin a "balanced meal" that the cells need, to function efficiently.

This is what users of the AVST™ range say:

- AVST™ makes my skin texture much smoother and softer.
- It is so easy to use. Just a couple of squirts morning and night.
- It doesn't get squashed in my handbag because it is in a pump and not a tube.
- We love the simplicity of starting on AVST 1 and moving up to AVST 2 then AVST 3 and AVST 4.
- Makes my skin look younger. It gives me a dewy look.
- My skin feels fresh and hydrated.



TREATMENT TO DO AT HOME

Micro scrub

We recommend this micro scrub for all skin types, even the most sensitive.

It will help to rid the skin of makeup, grime and flaking skin and leave the skin looking fresh and clear.

1. Gently massage Aquatrol into skin for about a minute or two. This softens the glue holding the dyeing cells together.
2. Apply Claytech Masque over and continue massaging for a few minutes. The kaolin clay has tiny particles which act as a very gentle micro-scrub and removes the loosened particles.
3. Wash off with Environ Cleanser of your choice, then Tone and finally apply your AVST™ moisturiser.



WHAT TO LOOK FOR IN OUR NEXT NEWSLETTER

All the latest information and treatments for Rosacea and pigmentation problems plus more Myth Busters

YOUR ENVIRON® STOCKIST IS:



FOR SKINCARE THAT MAKES A DIFFERENCE