



## YOUR GUIDE TO GLOWING SKIN

The holiday season is here and, for many of us, December kicks off a month of seemingly endless staff parties, family photo shoots and get-togethers. With all that socializing comes the desire to look our best, and often, our confidence starts with our skin.

Those of us who have reached a certain age have no doubt noticed the effects of time on our faces – the environment, bad habits such as smoking, genetics, overall health, fine lines and volume loss. Plus, aging is associated with thinner, duller, drier and sallow-looking skin. The good news? There are skin-resurfacing procedures that are non-invasive and may be great options for those who want to put their best face forward this holiday season.

“Skin resurfacing improves the surface of the skin by using lasers, chemical peels or microdermabrasion to remove the upper most layers of the skin,” says Dr. Benjamin Barankin, a Toronto dermatologist and medical director of Toronto Dermatology Centre. Here, he gives us four non-invasive treatments that promise to fix fine lines and uneven skin tone while giving complexions a more youthful glow. ■

**MICRODERMABRASION** uses tiny crystal-like particles to gently remove the surface layer of the skin. Many different products and treatments use this method, including medical procedures, salon treatments and creams and scrubs that you apply yourself at home. The idea is that the body rushes to replace damaged and lost skin cells with new and healthy ones, making skin look and feel smoother. The only real side effects are slightly pink skin and mild swelling. Depending on the individual, these side effects can last anywhere from an hour to two days.

**CHEMICAL PEELS** use glycolic acid to remove the surface layer of the skin. Glycolic acid is derived from sugar cane and breaks down the outer layer of skin so it peels off, leaving new, fresher skin. The downtime is longer than with microdermabrasion as it takes a few days to a week to complete the process and may require you staying indoors while your skin is peeling off. However, it does deliver more noticeable results in the end.

**DERMAROLLING** is a technique that uses a micro-needling device to stimulate collagen production by poking tiny, evenly spaced needles into the dermis, or lower layer of the skin. Along with improving the tone of the skin and reducing wrinkles and scarring, it allows facial products to penetrate more deeply. Discomfort is modest and immediate, and there is basically no downtime. This treatment is suitable for anyone with acne scarring or those looking to freshen up their face or reduce fine lines. Improvement can be seen with one or two treatments, although a series of three to six is often the most beneficial. A dermaroller treatment is typically about twice the cost of a peel or microdermabrasion.

**LASER RESURFACING** is typically used for full-face resurfacing. Candidates include those with significant acne scarring, uneven skin tone, or a profusion of wrinkles all over. Of the three procedures, this is the most painful, carries the most downtime and is the most expensive, but it also offers the best results. Numbing creams and pain medication can reduce the temporary discomfort significantly, and typical downtime is three to five days. ■

# BEST FACE FORWARD

A more youthful complexion doesn't have to mean surgery, needles or downtime. Read on for non-invasive ways to get glowing skin this season.

BY LARA HYDE

# NEW YEAR NUTRITION

Want a healthier 2015? Add these 4 superfoods to your grocery list come January.

BY ANDREA DONSKY

AS THE NEW YEAR APPROACHES, MANY CANADIANS WILL RESOLVE TO EAT BETTER COME 2015.

Whether your goal is to try something new, lose weight, reduce your risk for certain diseases or all the above, don't miss out on these superfoods that will have you—and your family—eating well and feeling great all year long.

## TIGER NUTS

Although its name may lead you to think this is a type of nut, it's not! Tiger nuts, or chufa, are actually small tubers that grow in the ground. Discovered about 4,000 years ago, tiger nuts come from North Africa and are part of the daily diet for people in North Africa and Spain. High in fibre, protein and natural sugars and have a high content of oleic acid, certain minerals (phosphorous, potassium, calcium, magnesium and iron) and vitamins (B1, E, and C), tiger nuts can reduce the risk of colon cancer, and can help to control blood pressure.

## 2 AVOCADOS

Some people get turned off by avocados because they are high in fat but they really shouldn't. Why? Avocados are high in fibre (about seven grams per 3.5 oz serving), contain one gram of protein per one-ounce serving, and are high in monounsaturated fat, which has anti-inflammatory properties and can help lower cholesterol. Enjoy avocados as guacamole, or add them to your salads and sandwiches.

## 3 DARK 70% ORGANIC CHOCOLATE

High in antioxidants, chocolate contains other health benefits including anti-inflammatory and mood-enhancing properties. Chocolate contains phenylethylamine (PEA), which is a natural antidepressant that can help improve one's mood quickly, and tryptophan an important factor in the production of the neurotransmitter serotonin, which diminishes anxiety and helps you relax.



## 4 CHIA & FLAXSEEDS

Chia seeds date back to the Mayans and Aztecs. Approximately two tablespoons contain 11 grams of fibre, four grams of protein, healthy omega-3s, and vitamins and minerals.

Add them to yogurt, smoothies and cereal to enjoy its benefits. According to WebMD, flaxseeds have been shown to reduce the risk of breast cancer and heart disease. Add ground flaxseeds to your morning shake, throw a couple of tablespoons into your baking recipe, or eat it straight from the spoon (they have a nutty taste).



Andrea Donsky is an author, registered holistic nutritionist (R.H.N.), international speaker, and co-founder of The Healthy Shopper Coupon Book and NaturallySavvy.com.