

# Makeup Can Support *Healthy Skin*



Dr. Boyse, left, and Licensed Aesthetician, Angie Lalewicz, in The Aesthetic and Laser Suite.

“The combination of a good exercise-stress management program and a good diet is very powerful.”

“The very good news,” says Dr. Margaret Boyse of The Dermatology and Skin Cancer Center in Raleigh, “is that increasingly, we have wonderful cosmetic products for our patients which provide significant benefits to the skin.

“As a full service dermatology practice, we have The Aesthetic & Laser Suite that offers exceptional skin care products and cosmetics. “For example, Vivité is an advanced skin care line that blends glycolic compounds with natural antioxidants to help promote the production of collagen—essential to the integrity and health of the skin.

“Its various skin care products rely on Retinol and such botanical ingredients as chamomile, aloe, wild mango butter, green tea, pomegranate, licorice root, and olive leaf extract.

“For some time, we have offered patients Jane Iredale mineral makeup which has a very rich and attractive color palette. Of special interest is the fact that the product is infused with an antioxidant blend of vitamins A, C, E, and K and green tea extract.

“When applied, the blend provides nutrients that are vital to maintaining the health of the skin while protecting it from further damage. It does, in fact, provide broad spectrum UVA and UVB sun protection, and its anti-inflammatory ingredients—including green tea extract, zinc, and vitamin C—help improve the appearance and condition of acne and rosacea-prone skin. So Jane Iredale is not just an effective, attractive makeup—but also has therapeutic value, as well, and it doesn’t aggravate existing conditions such as acne or rosacea.”

These newer mineral make-up products, she points out, “are easy for people to apply, providing good coverage without being a heavy foundation.”

## SUN PROTECTION

Always at the top of Dr. Boyse’s skin care list is the important issue of protecting skin from over-exposure to the sun.

“We now have excellent skin protection products,” she says. “All that is required is the discipline to use them daily. The difference that developing such a habit can make

to the health and appearance of the skin is potentially stunning.

“Using an appropriate sunblock needs to be an every-day habit—as routine and as important as brushing your teeth. It is an essential step in keeping damage from sun exposure from worsening over time. “

## STRESS AND FITNESS

She points out that almost all skin conditions are exacerbated by stress—including psoriasis, eczema, acne, and rosacea.

“Many of my patients get equally good results in reducing and managing stress simply by walking, doing yoga or pilates, meditating, getting a massage, or some combination of therapies and activities. The important ingredient is the commitment to manage stress in whatever ways work best for each individual.”

Dr. Boyse encourages her patients to eat healthy foods in moderation. “The combination of good exercise and a good diet is very powerful,” she says.

“I offer the same message for my teenage patients with acne, for patients with psoriasis, and for those who simply want to improve the appearance of their skin. What is the ideal diet for your heart? For your joints? It is exactly the same for your skin; lean protein sources, lots of fruits and vegetables and foods rich in omega-3 fatty acids

such as fish and walnuts. Avoid foods made with white sugar and white flour.”

“My philosophy about well-being is pretty simple. We each get one body. If we take care of it, odds are good it will still be working well into our 70’s.

“As a general rule, people don’t like to think about future consequences for what they do today. That’s why people too often don’t wear sunblock or eat vegetables. Once they experience a traumatic life event, they are much more likely to change their habits. A friend gets a melanoma, and they start wearing sunscreen and get appropriate screening. Another friend has a heart attack, and they radically change their diet. Each of us, every day, should put in some work now to support our long term health. Don’t wait for a wakeup call.”

## HEALTH = BEAUTY

“In truth, beautiful skin is first and foremost a matter of health,” she believes. “You have to eat well, sleep well, wear your sunblock, and use your Retin A.

“And let me add, for the sake of your skin and your health, avoid tanning salons, which provide only UVA light—which offers no protection against sun damage and, of course, does not provide vitamin D, despite claims to the contrary. My mantra is: Don’t tan on purpose!” **h&h**

For more information about skin conditions and their treatment, contact:

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