

Stay Fit, January, 2014



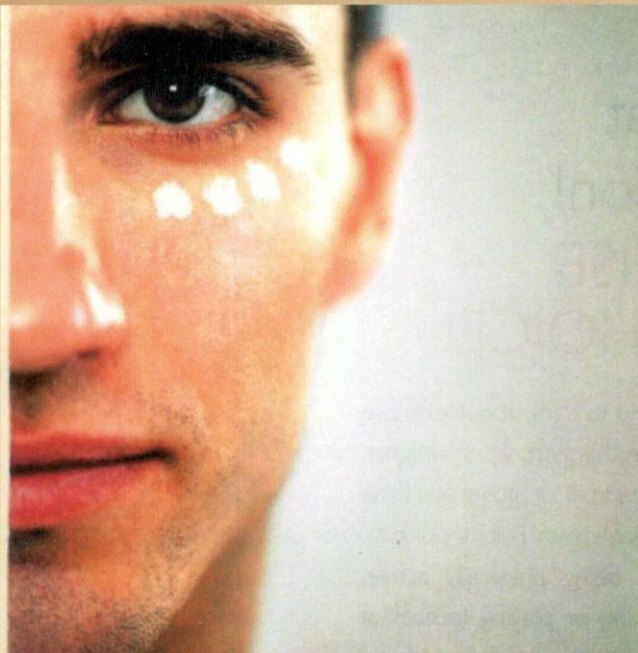
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As we age, so does our skin. After a certain point of time, your skin will not produce enough natural oil to keep your dermis hydrated and supple. It will also experience a decrease in production of collagen and elastin, the two proteins responsible for firmness in younger skin. The reserves of hyaluronic acid, the natural water binding element in the skin also decreases, leading to a more dry and dull looking skin that carries fine lines and wrinkles.

Let's have a look at the required skincare practices:

**Cleansing, toning, moisturizing and sunblock.**

These are certain basic skincare elements that need to be a part of your daily lives no matter what your age is. Cleansing and toning help you protect your skin against the daily ravages of pollution and dust. They help keep your pores clean. In winters especially when you wear thick moisturizers the need for cleansing is all the more. It is very important to keep your skin hydrated. However, if you have oily skin, you better use water-based moisturizer rather than



**Replenishing Hyaluronic Acid cosmetically can enrich the skin during winters.**

Today, skincare products and procedures are based on scientific knowledge. Through extensive research, experts today know the reasons why skin ages and why it's need for hydration increases with age. Hyaluronic acid is an important component of the skin and helps keep the levels of hydration in the dermis as being a hydrophilic substance it binds water. However, with age, our skin's natural reserves of hyaluronic acid diminish and hence the skin starts appearing dull and dry.

Restylane Vital Skinboosters is a new age therapy that moisturizes the skin from within and replenishes the lost reserves of moisture as it is a hyaluronic acid based product. Using microinjections, stabilized hyaluronic acid gel is implanted into the outer layers of the skin and works naturally to hydrate the skin from within. This not only makes the skin look more youthful but