

# Beauty Beyond 40



Facial Bungalow, Los Angeles.

## Skin Therapy Part 2

I wanted to get some skin care tips from another highly recommended esthetician for a slightly different perspective. Trina Renea is based in Los Angeles and works with some pretty elite clientele, including film and television stars. She keeps her clients glowing with beautiful skin, so I thought she'd be an excellent candidate to interview for BB40. I've interviewed her with questions about which leading products to use, and which anti-aging treatments to receive regularly in order to maintain youthful looking skin.

*What are your favorite skin care treatments and why? How often should your clients come in for facials/treatments in order to keep their skin more supple and younger looking?*

My favorite skin care treatment is **Micro-current** because it helps build elastin in your skin and also helps to tighten it. I also love **Micro-dermabrasion** and **Superficial Peels**. These treatments remove the excess dead skin cells off the surface of your epidermis so that your products can penetrate better. It also speeds up your cell growth and gives you a fresh glow. I recommend getting a facial

with deep exfoliation once a month to keep your skin in its optimum health. I also believe in getting a **Micro-current** every week to two weeks to keep your skin firm and tight. An oxygen treatment is excellent for plumping and hydrating skin.



Micro-current

*Which products offer the most anti-aging benefits and why?*

The product that offers the most anti aging benefits is **Sunscreen**. It's the number one thing to keep your skin from aging rapidly. The sun rapidly ages your skin by causing free radical damage, which destroys your cells. **Antioxidants** are little warriors that protect your skin from excess sun damage. They add extra protection in conjunction with your sunscreen and also brighten your skin. **AHAs** gently exfoliate your skin without the need of harsh scrubs. They expel the surface dead skin cells to help speed up the metabolism of cell growth. **AHAs** also help your products penetrate deeper and keep your pores from getting clogged. **Peptides** repair your damaged skin cells so that your DNA can make good cells. They also signal to your skin to make more collagen. **Transforming growth factor**

**(TGF)** stimulates collagen production and epidermal growth factor **(EGF)**. **EGF** stimulates skin-cell production.

*Are there any dermatological treatments or plastic surgeon treatments that you would recommend to women over 40?*

The two treatments I recommend for mature skin from a Dermatology office are the following. **IPL**(Intense Pulse Light Therapy), if you have brown spots and redness on your skin. **IPL / Photo Facial** helps remove brown spots from sun damage, and redness within the skin. **Ulthera** is a treatment used for skin tightening and **Thermage** is also a non-invasive skin tightening treatment.



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Ultherapy

*Do you believe in using naturally derived, organic, and non-irritating products or do products with chemicals offer better results? Are there any chemicals in skin care or treatments that we should avoid or that are harmful?*

I believe if you use all natural organic products you are taking a risk. These products can spoil quickly and are not usually stable, which can hurt and damage your skin. All chemicals are not bad and are necessary in skincare products to keep your skin at its optimum health. There are some chemicals you want to avoid, but if you are using good products from your esthetician or doctors office you are usually safe. It's the larger skincare companies who mass produce products that tend to use harmful ingredients. They usually do this in order to cut costs and have a lower retail price for the consumer. Buyers beware.

*Trina Renea's bio:* Trina has a passion for cosmetic chemistry and product knowledge and has worked for years on developing her own skin care line. She has worked with some of the best chemists in the United States to create her own line, "Trina Renea Skin care". With special skin care techniques, Trina has developed a personal and particular style that put her on the leading edge of the skin care industry. She is referred to today as a "skin master". Please check out Trina's business website and her glowing celebrity reviews. [www.facialbungalow.com](http://www.facialbungalow.com)

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