

HEALTH & MEDICAL

SKINCARE ARTICLE • CLIENT: FUSION Rx

Youthful, Healthy Skin that Glows—Compounding Can Help!

Youth, it's a one time thing and when it's gone it's gone. But even though we may not be in our 20s anymore, most of us still pine for that youthful look. It's doubtful that there is anyone reading this article right now that wouldn't move a mountain to return to the skin of their early twenties. Sadly, there is no way to turn back the clock. As we age we lose hormones, elasticity, collagen, etc. and all that leads to our skin looking less youthful with age spots, sagging, wrinkling, and more. That's the bad news. The good news is that compounded creams and lotions can be created for you, to help battle the signs of aging skin. Compounding pharmacists have a vast knowledge of all the base active ingredients that go into most of the popular skincare products on the market today.

A List of Some of the Popular Active Ingredients in Modern Skincare Products

Hydroxy Acids
Retinol
Niacinamide
Coenzyme Q10
Peptides
Tea Extracts
Vitamin C
Grape Seed Extract

Benefits of Compounding Your Skincare Products

With compounded skincare products, your compounding pharmacist can work directly with your primary care doctor or dermatologist to craft medications and lotions, creams, gels, etc. that are tailored to your individual needs. Compounded products are crafted from the base active ingredients, so dosages and amounts can be customized to your doctor's recommendations. Additionally, compounded products can be made without dyes and fillers that you don't want, or allergy causing ingredients that you cannot tolerate. Talk to your primary care doctor or dermatologist about compounded skincare products and get to work on finding that youthful glow.

Simple Steps to Better Skin

In addition to compounding your skincare products, there are many everyday activities that you can engage in to improve your skin's health and appearance. Let's consider a few of the best.

Water

It's one word that says a lot! Water is essential to our body's health, and healthy skin needs to be hydrated, internally and externally. Wrinkles are more likely to set in when we are dehydrated. Drinking water helps to remove toxins and keeps skin filled with moisture. So drink up!

Exfoliate for Healthier Skin

Dead skin cells accumulate. There's no debate about that. And when they do, they clog up our pores which can lead to skin irritation and acne, etc. Regular exfoliation can increase blood flow to the skin, decrease the chance for acne and other skin blemishes, and improve the softer look of skin.

Moisturize, Moisturize, Moisturize

We can't say it enough, but for now we'll just say it three times. Daily moisturization is a necessity. It's critically important for everyone to moisturize their skin. If you have dry skin, moisturize. If you have combination skin, moisturize. If you have oily skin, moisturize. Yes, you read that last one correctly. Even those who have oily skin should be moisturizing regularly. Moisturizing helps to balance skin and actually aids in keeping oil glands from overproducing.

The Bottom Line

Your skin is important; after all, you live in it. Take care of your skin. Talk to your doctor and get more information about how to achieve the healthiest skin possible.