

INSIDE
tip

Daily use of broad-spectrum protection sunscreen is the best way to avoid DNA damage that may lead to premature aging and skin cancer.



REVERSING
DNA damage

IS IT YOUR INHERITED DNA THAT DICTATES HOW YOU WILL AGE OR IS IT THE PROCESS OF PREVENTING DNA DAMAGE THAT WILL KEEP YOU LOOKING YOUNG? WHILE PREVENTION IS KEY, THE POSSIBILITY OF ERASING DNA DAMAGE MAY BE CLOSER THAN YOU THINK.

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CUSTOMIZABLE DNA BEAUTY PRODUCTS

When it comes to skin care, what works wonders for one person may do little for another. Enter Dermagenetics, a line of customized creams that incorporates your own DNA. Blending science with holistic beauty, a swab of DNA taken from inside the cheek can reveal your body's predisposition to certain aging traits like wrinkles and collagen breakdown. The sample is sent to a lab where it is analyzed and a personalized product is formulated by adding SNPDerms (a blend of active ingredients like hyaluronic acid, idebenone and vitamin C) to a base formula designed to counteract the effects of your genetic predisposition to aging.

Starting at \$258; dermagenetics.com



REWIND TIME

RéVive Peau Magnifique works to reverse the signs of aging, like wrinkles and sagging skin, by employing telomerase, an enzyme that is said to awaken resting stem cells living in the outer skin layers, converting them into new skin cells. The system is to be used for one month, two times a year in conjunction with your regular beauty routine.

\$1,500; reviveskincare.com

STRETCH MARKS AND GENETICS

They're unsightly, hard to erase and are a telltale sign of substantial weight gain or loss, but why are some women more prone to pesky stretch marks than others? A study in the November/December 2005 *Aesthetic Surgery Journal* found that women with stretch marks have a pronounced deficiency of total DNA and protein in the skin and are less quick to repair stretch-dependent skin injuries, hence the formation of stretch marks. When the skin is overstretched at a particular area, the fibers in the elastic middle layer of the skin tear, causing stretch marks to develop. Regardless of your genetic makeup, stretch marks may be preventable. In times of weight fluctuation, keep the skin hydrated. For more on stretch marks, see page 88.

DAILY FIX

Treat damage caused by the sun and other pollutants with Remergent DNA Repair Formula. This once-a-day serum uses photosomes and ultrasomes derived from marine algae which are said to stimulate the skin's DNA-repair mechanism and treat past damage and prevent future harm.

\$125; remergentskin.com



DNA FACIALS

Skin cells regenerate on a daily basis. DNA Cryostem Skin Cell Therapy claims to introduce new cells into the imprinting process (the method where DNA cells copy themselves according to genetic makeup), replacing older, weaker skin cells with younger ones. The serum contains live stem cells extracted from unborn cows along with proteins, acids and enzymes. As with any facial, the skin is first cleansed to remove any residue, which can interfere with the absorption of the serum. It is then applied to the skin, and fully absorbed in two-to-three minutes, and is followed by a layer of moisturizer. After just one treatment, skin is said to be noticeably plumper, firmer and more even in tone.

Approximately \$300 per treatment; call 800.676.4616 or visit dnaskincare.com for locations