

Sleep In. It's Good For Your Skin!

New Advances In Skincare Technology Help Repair Skin While You Sleep

(NAPSA)—Sleep is critical to the body. Skimp on it and the body won't operate at an optimal level. With today's fast-paced lifestyles, many women feel stressed-out and need the night to decompress, and, as research demonstrates, help repair the appearance of skin-damage.

A recent study exploring the link between emotional stress and its effect on skin found an interesting correlation. A clinical study conducted by researchers at Estée Lauder has shown emotional stress can actually inhibit the skin's ability to repair its moisture barrier. The moisture barrier protects the skin from the environment and helps prevent water loss. For example, the study showed that among otherwise healthy married women, those who felt emotionally stressed and didn't perceive themselves as happy had slower moisture barrier recovery rates than their happily married counterparts and single women.

In addition to emotional stress, skin faces an onslaught of other daily assaults, like sun and pollution, which can trigger further damage that can lead to visible signs of aging. Even dermatological treatments such as microdermabrasion and glycolic acid peels, can leave skin looking red and irritated which can lead to signs of premature aging such as lines and wrinkles.

Repair And Restore

"With today's frenetic lifestyles, many women find ways to rejuvenate their mind and body through exercise, massage or



Stress can damage skin and lead to signs of aging.

even meditation. New research shows that our skin needs that same periodic 'boost,'" says Gwen Flamberg, beauty director of *Fitness* magazine.

Repairing the appearance of existing skin-damage has become the new front in the battle against the signs of premature aging. "The most critical mechanism in the fight against visible skin-aging is the ability to help support and promote the skin's natural recovery processes," says Dr. Daniel Maes, Vice President Global Research and Development, Estée Lauder. "This way the skin is able to better defend itself."

Most daily skincare regimens, however, don't incorporate the ingredients and technologies that help skin's appearance recover from serious stresses. Recent research conducted with Estée Lauder and Strasbourg University in France shows concentrated anti-irritants can help to restore

skin's optimal appearance. These potent anti-irritants have been incorporated into Estée Lauder Advanced Night Repair Concentrate Recovery Boosting Treatment, a quarterly 21-night treatment for stressed skin that's been exposed to chronic or excessive sun, pollution, extreme temperatures or intense dermatological procedures such as microdermabrasion and chemical peels. As the body sleeps, Estée Lauder Advanced Night Repair Concentrate goes to work boosting skin back to its optimally healthy appearance.

It's In The Numbers

Clinical studies have shown it's not just a dream. Following a microdermabrasion treatment, Estée Lauder Advanced Night Repair Concentrate significantly reduced visible skin redness. Skin that was pretreated with Estée Lauder Advanced Night Repair Concentrate returned to normal condition within five days, versus up to two weeks if untreated. When used as a pretreatment to sun exposure, within 24 hours after exposure, treated skin appeared 38 percent less red, as compared with untreated skin. Two days following sun exposure, untreated skin remained red in appearance, whereas skin treated with Estée Lauder Advanced Night Repair Concentrate appeared restored and showed no visible signs of irritation.

So, puff up the pillow, lay back and relax. With today's advances in modern science, repairing the look of skin damage has never been easier.