



What is True Anti-aging?

By Pat Lam

The word "anti-aging" has been abused and misused so much in the spa world that many people have lost confidence in spa menus that list anti-aging treatments. Perhaps one of the reasons for this reaction is many individuals who offer these services are not qualified and do not really understand the true meaning of anti-aging. For this reason, I would like to attempt to reverse this negative attitude and to try to educate these individuals instead of criticizing them.

The prefix "anti" means against, so, consequently, any preventive treatment for skin and body would help to prevent, delay or reverse the signs or symptoms of aging. Most spa professionals provide anti-aging treatments, such as various exfoliators and products that help to reduce fine lines and wrinkles. The skin appears softer and glowing because the superficial cells are exfoliated, and the upper layers of the epidermis are well moisturized. But the results are only temporary. True anti-aging services must include the utilization of several strategies to optimize treatment results. This is only possible if the therapist makes the effort to educate themselves sufficiently. According to the American Academy of Anti-Aging Medicine, the five anti-aging strategies are: (1) nutrition; (2) exercise; (3) stress management; (4) hormone replacement; and (5) dietary supplementation.

You can see that, except for hormone replacement therapy, these strategies can be controlled by anyone who is determined to prevent the deteriorating effects of skin and body aging. In other words, they relate to lifestyle-modification behavior. Control of one's destiny is, therefore, in the hands of the individual and no one else!



By practicing a healthy lifestyle, one can achieve optimal health, vitality and wellness in later years. True wellness involves feeling good, both physically and mentally. For example, you would not feel well if you were overweight, ate unhealthy foods or were suffering from high levels of stress. Therefore, the anti-aging or wellness programs you offer to your clients must include teaching them healthy lifestyle behaviors, such as providing simple advice about eating right, exercising regularly and controlling anxiety. This information is readily available on the Internet, and can be found in most health and beauty magazines, but estheticians can improve their credibility by attaining higher education in these areas.

Pat Lam is a board-certified anti-aging health practitioner, a CIDESCO International Examiner, the vice principal of the Lam School of Advanced Esthetics in Toronto, a certified personal trainer and the author of Nutrition: The Healthy Aging Solution (Allured Publishing). She can be contacted on her Web site at www.lamskin.com or reached by e-mail at patmsi@hotmail.com.

Recognizing a Stroke

As a skin care professional, you have close contact with clients every day. Learning the simple steps to identify the signs of a stroke can make you a true lifesaver. During a stroke, the brain is deprived of oxygen, literally starving minute by minute. The sooner the patient receives proper treatment in the appropriate medical setting, the better the chances for a full recovery.

Sometimes stroke symptoms can be difficult to recognize. But, by asking the person to perform three simple actions, you may be able to help.

- Ask the individual to smile.
- Ask them to raise both arms.
- Ask the person to speak a simple sentence, such as "It is sunny out today."

If the individual has trouble completing any of these tasks, call 911 immediately, and describe the symptoms to the dispatcher.

Widespread use of this test could result in prompt diagnosis and treatment of a stroke, as well as prevent brain damage to the victim. Post this valuable information in your break room or some other high-traffic location to help your employees learn how to save a life.

For more information, please visit www.americanheart.org. Information taken from *Stroke Journal Report*, 2/18/03.