

HEALTH

TheRunwayReport Healthier Skin, Avoiding Sleep Wrinkles

BY FASHUN N. STYLES/
FOR THE PORTLAND OBSERVER

Do you ever have pillow face? That just woke up in the morning after a good night's sleep look, only to find the imprint of your pillow or your bed embossed on your face.

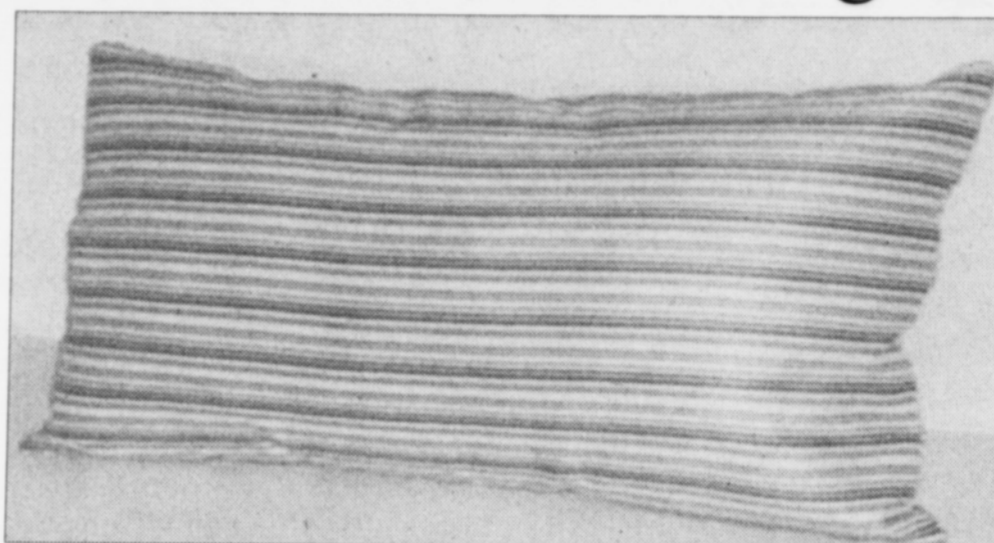
Yes, you got a good night's sleep, but after a night of sleeping in your favorite face down or fetal position, is there a way heal, without having to wait an about an hour for your face to smooth out?

Beauty insiders say that silk or satin pillowcases are soft on your

hair. But what can they do for your face?

Believe it or not, the weight of your head pushing your face against the pillow will create what are called sleep wrinkles, and these wrinkles can worsen existing lines. So to prevent sleep wrinkles and to help delay worsening of existing facial lines, it's best to sleep on your back.

For the hair, hair beauticians and barbers and manufacturers have promoted satin or silk coverings over cotton for decades. Satin or silk may prevent your hair from becoming



more damaged and frizzy because you're not creating friction as you roll around on your pillow all night.

But while we sleep, along with our body, the face also slides onto different parts of our pillows and

sheets. Manufacturers are promoting satin or silk coverings as being better for your face than cotton because the materials are softer and smoother.

We all know there is no quick, one stop shop, or ultimate way of fending off father time. But while you're searching for that fountain of youth, and if you can't sleep on your back, remember that any good night's rest is one that rejuvenates and restores the skin for free.

Fashun N. Styles covers fashion and beauty for the Portland Observer.

FAB LIVING W/ REBEKAH STAR

How do I get rid of these dark spots?

As a skincare professional, the most common question I get from men and women, all complexions and skin types, is "How do I get rid of these dark spots?" That's a great question! One you were probably asking as well. My first response is to ask about what is creating the issue. Are you experiencing break-

outs or are you exposed to the sun? Once you have identified the underlying issue, the rest is cake. So let me help you out with this. Let's start with break-outs. Those with darker complexions (whom tend to produce more oil) and those with acne get skin that is clogged with what's called sebum which is a mixture of

dirt and oil that sits in your pores and hardens resulting in a blackhead. Blackhead pimples not only damage the appearance of your skin but also stretch your pores. We don't want that! A lot of times the congestion in our skin is a direct result of our poor diets, neglecting skin care, and/or using the wrong products. It can also be hormonal. My first recommendation is to really look at your lifestyle and take notes. Sometimes the remedy is as simple as changing your pillow cases more often. If you have brown spots that

resemble freckles (usually apparent on more fair complexions) it may be caused by sun damage. If you are exposed to the sun (which we all are) I cannot stress how important it is to wear sunscreen! No matter what complexion you are- the sun is strong my people! Not only does it prevent sun spots, but is also a preventative measure against signs of aging (like fine lines and wrinkles) and also skin cancer, including Melanoma. How do we choose the right sunscreen? Dermatologists recommend choosing a broad spectrum, water resistant sunscreen with a sun protection factor (SPF) of 30 or higher. In addition, the American Academy of Dermatology recently introduced the AAD Seal of Recognition, which is designed to help consumers choose product that has the sun protection recommended by dermatologists. Remember: Protect to Prevent.

But how can we get rid of the spots we already have? There is only one way. It's called Exfoliation. Tah-Dah! I bet you thought it was much deeper than that! Nope. Exfoliation it is. What that does is gradually peels away thin fragments of skin to reveal new, fresh, vibrant skin. And that's the goal. Over time, the discoloration will become lighter and lighter until it's gone. There are easy ways to do this at home. One way is with a polish specifically created for the facial area. You massage it into your skin two times weekly after you wash your face and before you use a moisturizer. Second is with what is called a Spot Treatment. You can directly apply a small amount of this serum to the area affected and you will very likely see some results in two weeks or so. A good spot treatment has an ingredient called salicylic acid. In my opinion, that is the most effective over the counter product ingredient for spot lightening and will work well with any complexion and most skin types.

You can also go the professional route opting for Microdermabrasion

or Peels. In which case you may need to cease with your at home regimen. In these areas it's very important to choose someone experienced. These are more powerful treatments, you get quicker results, but if done the wrong way the damage may be irreversible.

Microdermabrasion is the process of spraying the skin with abrasive crystals (or using a metal wand)

Only 50 percent of Americans make an effort to protect themselves from sun damage. Where do you fall?

In 2005, more than 8,000 people died from the skin cancer Melanoma.

More than 90 percent of skin cancer is caused by sun damage. Protect yourself.

to remove dead epidermal cells. It is great for both dark spots and sun damage and can be used for spot treatments. I'm a big fan of Microdermabrasion. Peels are also a very effective treatment as well. The two I prefer and have used the most on my clients are Fruit Peels; they are more natural and are great for darker complexions. And what I call a Power Peel, which is a combination of Glycolic & Salicylic Acids- it works wonders and is also great for most including darker skin. Both microdermabrasion and these particular peels will feel uncomfortable with tingling or a burning sensation, but should not be unbearable. If you experience anything out of the ordinary, you can always ask your skin care professional to stop the procedure. Over peeling is dangerous causing burns and other serious damage to your skin. Please feel free to contact me for product or service recommendations and if you follow one or more of these simple steps and you are on your way to a flawless face!

For questions and comments please log into our Facebook page at FaB Living w/Rebekah Star. Until next week- Live FaBulously!

In these tough economic times, we all need to pull together



TriMet salutes the Urban League of Portland for its leadership and advocacy on behalf of Oregon's African American community.

The League's description of the disparity that still exists for Oregon African Americans is a challenge to all Oregonians every day, not only during Black History Month.

At TriMet, we understand the value of roadmaps for getting people where they need to be.

We appreciate the League's praise of TriMet's success in including minority firms in our transit projects. Our Disadvantaged Business Enterprise program creates opportunities for minority firms to be contractors on TriMet's transit projects. Our goal is to have our workforce mirror the diversity of the Portland metropolitan area. See trimet.org/dbe for more information.

A public transit system paid for by all must benefit all.

TRIMET

See where it takes you.

"When America gets a cold, African Americans get pneumonia."

Marcus Mundy, President, Urban League of Portland, The State of Black Oregon