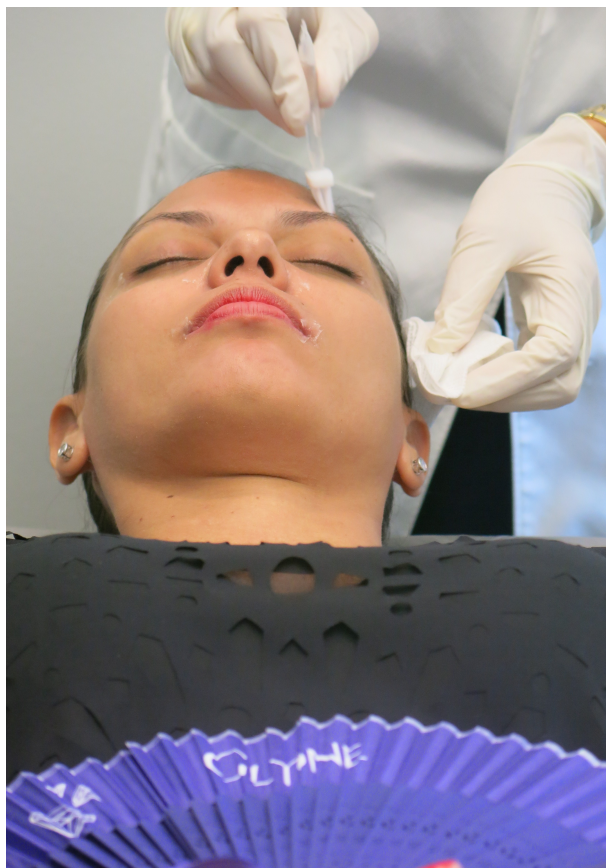


BEAUTY *up-to-date*

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IVONA PERCEC, PLASTIC SURGERY PROFESSOR AND MEMBER OF THE DERMATOLOGY PROGRAM OF THE UNIVERSITY OF PENNSYLVANIA SCHOOL OF MEDICINE, VISITED THE ISLAND RECENTLY TO PRESENT A NEW OPTION TO REVERSE THE PASSAGE OF TIME.



Science and nature *reverse the passage of time*

A large group of specialized journalists enthusiasts of the innovations in the aesthetics field gathered at Dr. José Raúl Montes's office, whose practice has not only distinguished itself in ophthalmology, but also for being at the forefront of the most advanced technology, focusing on eye and facial rejuvenation. In fact, these colleagues and now friends met during one of the most intense and specialized training for experts in the aesthetics field.

Author of several scientific papers published in prestigious journals, such as *Science* and *Annals of Plastic Surgery*, she shared the components of Glytone by Enerpeel, a system consisting of 10 treatments for the exclusive use of professional personnel in the field of aesthetics.

These peels made with natural ingredients, including mandelic, glycolic, lactic and salicylic

acids, are designed to treat a variety of conditions, such as the first signs of aging, wrinkles, blemishes and acne, in both the face and body.

"This is a unique line of chemical peels that increases effectiveness while maximizing the safety of the acids that are utilized. Through a science approach of strict monitoring, utilizing two active ingredients that allow us, in turn, to activate the acids in the internal levels of the skin, that actually work instead of activating them on the surface. This line is very easy to use and has a wide variety of acids that can be applied to different types of skin, problems and ages. The predictable nature of these peels makes them very easy to use and, therefore, patients continue their treatment correctly," stresses the doctor and adds that they are suitable for people between 20 and 80 years, even older, depending on the skin's quality.

As in all instances, consistency and continuity are essential in order to obtain the desired results.

“This system is different from peels that we had available up to now because their results are obvious, predictable, and patients have a better tolerance. With previous chemical peels, some patients had good results and others did not. Glytone gives you the option to see results in much less time. In addition, the recovery time is significantly shorter”, says Percec, for whom optimum skin care goes beyond aesthetics treatments, with food, and physical and emotional health being pillars of a healthy and youthful appearance.

After years of scientific research in the quest for the source of eternal youth, the doctor says that the genetic factor is only responsible for 25 per cent of the way and velocity at which we age. However, each patient has a unique set of characteristics, so efforts to prevent or reverse the signs of aging require comprehensive assessment and tailored treatments. Nevertheless, in terms of regimen, the plastic surgeon also offers an indispensable care guide for all skin types.

“The way I like to see a skin regimen is protecting during the day and repairing or restoring at night. During the day you need a cleanser, then an exfoliator. I like the

scrubs you can use in the bathtub to get rid dead skin, and then apply your combination of peptides and antioxidants.

Depending on how dry your skin is, apply moisturizer and then sunscreen. Not everyone needs moisturizers year round. For example, in summer when it is warmer, if your skin tends to become greasy, do not use moisturizer; instead, use a serum with vitamins. At night, clean your skin and follow the golden rule for treatment at night which is Retin A or retinol. I like to alter-

nate them to keep the skin stimulated and because these treatments can actually dry the skin, apply your antioxidant serum and moisturizer,” describes the expert that for our weather recommends using powdered sunscreen applying — just as the liquid sunscreen— every two hours or sooner if you are wet or sweat a lot.



Dr. José Raúl Montes with Dr. Ivona Percec, from the University of Pennsylvania School of Medicine

