

technologies like peels may jump-start renewal, but minimizing inflammation should always be the goal, says Gül Ç. Zone, CEO and founder of DermAware Bio-Targeted Skin Care, who adds that there's a fine line between

ANTI-INFLAMMATORY *superstars*



"If the skin begins to have a negative reaction during treatment, remove the product, and apply calming ingredients like hydrocortisone and willow herb, and gently roll ice globes over skin. At this point, it's best to just let the skin be. Other great anti-inflammatory ingredients include arnica montana, turmeric, mandelic acid, epidermal growth factors (EGF), omega-6 essential fatty acids, thermus thermophilus ferment, zinc, and resveratrol."—*Shannon Esau, CEO and director of education, Rhonda Allison Cosmeceuticals* ●

that are free of artificial fragrances, colors, and additives. Artificial ingredients or even active, natural ingredients may create more inflammation and/or damage the barrier function of the skin."—*Brian Goodwin, international trainer, Eminence Organic Skin Care*

"Cryogenic facials are becoming more popular right now, utilizing a controlled beam of vaporized liquid nitrogen to soothe inflammation, and oxygen facials also help. Inflammatory conditions, whether from stress or injury, all benefit from a therapeutic dose of oxygen. Not only does oxygen feed the cells, but healthy blood flow also carries away waste products like cellular debris and dangerous free radical toxins."—*Lisamarie Garguilo, VP of spa sales and education, Luzern*

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