



Marc, My Words

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Stretch Mark Magic

There aren't many things more incredible than our skin. Our skin is constantly healing and repairing itself, but sometimes it undergoes too much pressure and the results are aesthetically displeasing, to say the least.

Our skin is quite elastic but when our bodies go through phases of quick weight gain or loss the skin experiences a trauma called striae, or stretch marks. Although there are treatments to remove stretch marks it can be rather difficult and results are not immediate. Prevention, like in every situation, is the best remedy.

Staying well hydrated and eating a nutritious diet or supplementing with vitamins and minerals will reduce the risk of stretch marks and minimize the appearance of existing ones. With proper care, stretch marks will fade in time.

In the meantime, here are some tips to minimize the appearance of stretch marks. Exfoliate the area regularly. Try using one of the many creams or moisturizers created specifically for stretch marks. Typical ingredients will include glycolic acid, collagen and Vitamin E. A faster remedy would be the application of a good foundation or sunless tanner. Try to avoid sun burning as this will accentuate the marks.

Although no one enjoys stretch marks, they are a part of life and sooner or later almost everyone will experience them. Moisturize, eat well and if all else fails you can always visit your local cosmetic surgeon.

Marc Ward
Master Formulator, Chemist



TOPICS

- Stretch Marks
- Reduce Your Cellulite

"I'm tired of all this nonsense about beauty being only skin-deep. That's deep enough. What do you want, an adorable pancreas?"

- Jean Kerr

Four Ways to Reduce Your Cellulite Level

CELLULITE! What many people hope to be invisible is actually quite visible to the rest of the world. It is nothing to be ashamed of but it should not go unrecognized. Like an ostrich with its head in the sand, we can hope no one notices it or we can take simple, and some not so simple, measures to eradicate it.

You see, cellulite is not merely fat. It is the result of restrictive connective tissue causing fat cells to appear misshapen. So diet all you want and you may lose fat but the loss of cellulite is unlikely. Most recommended remedies fall into four basic categories; Surgical, Cosmetic, Nutrition, and Exercise.

Surgical: Liposuction isn't a treatment for cellulite it simply removes the fat cells. This remedy is effective but costly.

Cosmetic: Despite the advertiser's claims there is no cream or lotion that is proven to reduce cellulite. Sunless tanners will reduce the appearance of cellulite but do nothing to treat it. Laser treatments and Endermologie can be highly effective but come at a high price, not to mention they're highly time consuming. Endermologie requires between 14 and 28 sessions with continued follow-up sessions to maintain the effects.

Nutrition: Proper hydration is good for many things including reducing the ripples caused by cellulite. Controlling hormonal disorders can lead to reduction in the appearance of cellulite. There are natural and organic remedies that should be tried before prescription medications are sought after.

Exercise: Being fit and toned is easily the healthiest way to reduce cellulite but don't expect your workout to completely rid your body of it. Maintaining a certain amount of fat in your body is necessary but understand that your genetic predisposition and physiological characteristics determine whether that fat looks dimply or not. Love your body, don't listen to advertisers trying to make you feel insecure to sell you their product, and work daily on being as fit and healthy as possible.



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