

# 3<sup>rd</sup> International Conference and Exhibition on **Cosmetology & Trichology**

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## Skin nutrition-Pay it forward

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**W**e often neglect the needs of skin assuming our diet and DNA will dictate the state of our skin. But is that enough? What if we had more control in maintaining healthy skin? Skin nutrition is the most valuable precursor to maintain beautiful skin for a lifetime. Through skin nutrition we are able to nourish vitamin depleted skin. The results, healthy skin that can withstand harmful environmental elements, receive optimal results from treatments such as peels, microdermabrasion, laser and injections and of course the battle against father time. So what do we feed the skin? How do we feed the skin? How do we reverse existing damage? We need to focus on what is in the products we apply to our skin. We need to acknowledge the need for active ingredients in our products. We need to ensure that our products are packaged effectively. We need to protect and implement a means to administer these products to cellular level to correct, restore and maintain skin health. It is of upmost importance to ensure that we up our game in our homecare regime to preserve the integrity of the skin day by day and to receive the best results from our industry's selection of antidotes for anti-aging.

### Biography

Susana Dantas is the Clinic Director for various clinics in Ontario and provides strategies to medi spas and clinics to deliver superior products and services to end users to meet their client's expectations for skin health and enhance in house treatments.

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