

Tips For Getting Smoother-Looking Skin This Season

(NAPSA)—Warmer weather invites more revealing fashions, and while women want to show off soft, smooth and even-toned skin, ailments such as severely dry skin and stretch marks can leave skin looking lackluster and hinder confidence.

How Stretch Marks Form

Experts say that 80 percent of Americans have stretch marks and that they are difficult to get rid of, leaving skin uneven in tone and texture. “A stretch mark is a tear in the dermal layer of the skin,” says Dermatologist Martha I. Rendon, The Dermatology and Aesthetic Center in Boca Raton. “This occurs when collagen and elastin in skin aren’t keeping up with skin’s stretching. The most common causes of stretch marks are adolescent growth spurts, rapid weight gain, pregnancy and overuse of topical steroids.”

Preventing Stretch Marks

How can you beat the odds and prevent stretch marks? While experts say that it’s nearly impossible to prevent stretch marks, there are things you can do to limit the possibility of getting them:

1. Eat healthy. A well-balanced diet that keeps weight stable is recommended.
2. Drink plenty of water. Hydration is important for overall well-being and is critical to healthy skin.
3. Take vitamins. This supports proper nutritional status, which is important to skin’s needs.
4. Moisturize daily. Apply hydrating creams and oils to keep skin supple and elastic.

Treatments for Stretch Marks

If you develop stretch marks, there are several steps you can take to diminish their appearance. “I tell patients to moisturize up to



When trying to combat stretch marks, choose a moisturizer designed specially for that purpose and your skin type.

four times per day to lessen the chance of developing stretch marks with creams and oils that are rich with hydrating and firming ingredients like shea and cocoa butters, almond oil and vitamin E,” says Dr. Rendon.

For affordable products that ward off stretch marks, visit your drugstore. One to try is Ambi Soft and Even Stretch Mark Diminishing Body Oil, which is proven to reduce the appearance of stretch marks in as little as four weeks; visit www.ambiskincare.com for more information. You can also head to a dermatologist for a laser treatment. Since stretch marks represent a permanent change in the dermis, or the deeper layer of skin, there is no amount of resurfacing that can erase them. However, “studies have shown that resurfacing laser treatments can lessen the depth of stretch marks by stimulating an increase in production of collagen and elastin in the dermal layer of skin; pulsed dye lasers have also shown to tighten the skin a bit,” says Dr. Rendon.

With these tips for reducing stretch marks, you’ll have flawless-looking skin in no time.