

SKINNY TIPPING

Expert offers advice in revitalizing weather-beaten skin at Lake Tahoe

By Ann Lindemann
Special to the Sun

Maybe the Tahoe winter of 2015

wasn't as fierce as usual, but that doesn't mean there haven't been brutal elements assaulting our faces each and every day.

Ironically, the two things that we love the most about Tahoe living — high altitude and sun — are the worse things for skin.

Short of undergoing high cost and sometimes painful procedures, what can Tahoe residents do to swap their wintery reptile skin in for a smooth supple complexion?

Corey Riley of Clearwater Facial Studio in Tahoe City says periodic facials are just the ticket for putting your

best face forward.

"Facials can help repair past sun damage and dehydrated skin," says Riley, a professional aesthetician who has been treating the weather-beaten skin of Tahoe residents for over 13 years.

“Facials make us feel better about our skin. With the use of exfoliation, massage and the penetration of nutrients and antioxidants, facials also fight to reverse aging.”

Corey Riley
Professional aesthetician

spots, as well as relieving parched Tahoe skin.

"Facials make us feel better about our skin," she says. "With the use of

Riley says there are countless reasons for scheduling a facial, but the top benefit is all about the collagen production that prevents skin's aging, wrinkles and sagging.

"As we get older, our skin's cell turnover rate decreases," she explains. "When you get a facial, it forces your skin to increase its cell turnover rate."

Riley says facials reduce fine lines and age



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What's more, a good facial allows you to relax, increase circulation and detoxify the skin by manipulating the lymphatic system that lies just under the skin.

"We all look in the mirror every day — it's nice to look back at happy, healthy skin," Riley adds.

Catering to men and women, Clearwater Facial Studio & Wax Bar offers a variety of treatments including a 30-minute

Refresh Facial, Men's Enzyme Facial, Hydrating Facial and Glycolic Peels.

However, her personal recommendation is a customized facial, specialized to combat an individual's skin needs.

To discuss specific skin care issues or to learn about Riley's spring "locals only" facial special, call 530-583-3141 or email info@clearwatertahoe.com.

Clearwater Facial Studio & Wax Bar is located at 3090 North Lake Blvd., Suite 6, Tahoe City. Visit clearwatertahoe.com to learn more.

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DENTAL HEALTH Fix Your Smile

Q. Every time I smile, I have a terrible habit of holding my hand in front of my mouth. I do this because my teeth are so uneven and ugly. At this point in my life, I don't want to wear braces. Are there any quick fixes available?

A. Bonding may be the answer for you. It is a very simple process that can usually be done in one dental visit and does not cost as much as a crown. It can cover a wide variety of problems including chips, cracks or stains. It can also reduce or eliminate spaces between teeth and help with sensitivity to hot or cold.

When bonding, your dentist simply affixes a special restorative material directly to your teeth. With modern materials, it can match your natural tooth appearance exactly.

Well taken care of bonded teeth can last for several years. It's important to treat bonded teeth as you do your permanent teeth by brushing and flossing regularly.

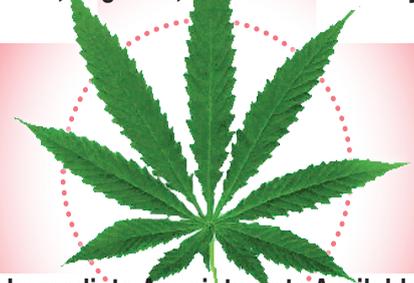
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