



Spotlight

"Beautiful Skin Basics"

Tuesday, March 10

6:30 p.m.

Huntsville Botanical Garden
**Important note: We've moved to
The Arbor Room!**

Refreshments

*Guest emcee: Abby Kay,
Lite 96.9 air personality*

Register by calling 265-8317.

Dr. David Gray, board certified

Plastic and Reconstructive

Surgeon, shares information on

how to protect your skin and

correct skin damage with

non-surgical and surgical

treatment options.

The Aging Face

Many people feel that your face is the world's window to you reflecting whether you are happy or sad, tired or energetic, young or old. If not taken care of properly, your face can make you look older than you are.

Natural changes in body chemistry are inevitable and environmental factors can take their toll. Factors that lead to aging of the face include:

- **A slowing of collagen production.** Collagen contributes to the firmness of the skin and slows down in production as we age.
- **Decreased elastin production.** Elastin is the component of the skin that gives it natural elastic property. With aging, the production of elastin steadily decreases.
- **Decreased fat cells in the face.** This leads to sagging of the skin.
- **Decreased ability to retain natural moisture of the skin.**
- **Contractions of the muscles of the face.** These movements cause frown lines and "crow's feet."
- **Decreased ability of the skin to shed dead skin cells.**
- **Decreased production and turnover of new skin cells.**

Contrary to common beliefs, gravity is not a major contributor to the aging of the face. Studies have shown that gravity does not produce the drooping skin around the eyes, chin and neck.

In short, there is no way to stop the face from aging, but simple lifestyle changes can slow the aging process. It is never too soon or too late to begin taking better care of your face to try to decrease premature aging. Come learn more at "[Beautiful Skin Basics](#)," our March 10 Laugh & Learn event with Dr. David Gray.

Source: [Dr. Donald Aulds](#), OB/Gyn, Medical Director for the [Huntsville Hospital Women's Center](#) and the [Best Start Program for North Alabama](#)

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Fresh Orange Granita (marthastewart.com)

Citrus fruits, which contain Vitamin C, are an excellent source of antioxidants that strengthen skin tissue and help skin repair itself.

1 cup water
½ cup sugar

1 tablespoon grated orange zest
2 cups freshly squeezed orange juice (6 oranges)

2 oranges, for serving

In a small saucepan, bring water, sugar and zest to a boil. Reduce heat and simmer until sugar dissolves, about three minutes. Combine juice and sugar syrup. Pour mixture into 9x13 baking pan. Freeze until solid around the edges, about three hours. With a fork, scrape ice crystals from the edges of pan into center. Freeze, scraping mixture every 30 minutes, until icy throughout, about 1½ hours longer. Scoop granita into hollowed-out orange halves, and freeze until ready to serve.

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ENJOY!