



ENHANCE YOUR NATURAL BEAUTY. BE BEAUTIFUL, BE YOU!

GEL NAILS: HAMMERING DOWN THE DETAILS

FEATURE ARTICLE

It is no surprise that gel nails have become very popular. They are quick and easy to apply, have amazing durability, and an incredible glossy appearance. "As a busy mom and physician, if I am going to take the time do my nails, I need them to be indestructible" says Dr. Anne Marie Tremaine.



But the question remains, are the gel nails safe? What happens to our skin and nails with repeated, long term application of the gel nail? The truth is that the nail application and removal process can have some negative effects. The first issue is the light that is used to cure the gel nail polish. The lamps and LED lights used to harden the polish emit UVA rays. This wavelength of ultraviolet light penetrates deep into the skin and causes damage to DNA and breakdown of collagen which in turn causes premature skin aging, sun spots, wrinkles, and a slight increased risk of skin cancer of the fingers and hands. The argument that the exposure to the lamps is short is not a sound one. These lamps emit intense light, and even during a short burst the damage is occurring. Secondly, most women are regularly getting manicures and are exposed to the lights every few weeks.

Another concern is the damage that occurs from removing the nails. Both the 10-15-minute acetone soak and the process of chipping the nail off causes trauma, which can leave the nails discolored or cause them to lift and separate from the nail bed.

So, what is the solution? Consider only doing the gel manicures intermittently, giving your nails time to recuperate in-between. Limit your exposure to the curing lights by either wearing UV protective gloves with the fingers cut out or applying broad spectrum sunscreen with SPF 30+ prior to the light exposure. Hopefully, this compromise will save our nails and keep our surrounding skin luminous and healthy.

For more tips and tricks on how to protect your hands, or hand rejuvenation from repeated light exposure, contact Dr. Anne Marie Tremaine of Skin Wellness Physicians in Naples, FL.

[LEARN MORE](#)

EVENTS



CUSTOM D.O.S.E

APRIL 3, 2019

FROM 3-6PM

SkinCeuticals Custom D.O.S.E. event offers patients a customized blend of ingredients into one convenient bottle. Your treatment planner will perform a diagnostic to determine which formula is best suited for your unique skin needs to create a personalized corrective serum just for you!

For more information please contact us at info@skinwellfl.com or call (239) 732-0044

PRODUCT OF THE MONTH

SPECIALS

BLEMISH + AGE DEFENSE

This is a multi-tasking oil-free serum that fights the formation of acne, minimizes blemishes, and reduces the signs of aging. Our special offer for April only... receive 15% off Blemish + Age Defense!



SERVICE OF THE MONTH

GET FRESH FOR SPRING!

Our Express Facial is great for all skin types and will reveal a healthier, more radiant complexion. Our specialized treatment includes cleansing, exfoliation, masque and sun protection. For the month of April, enjoy 15% off!

For all SPECIALS, email us at rsvp@skinwellfl.com or call (239) 732-0044.

SPOTLIGHT

DISCOVER SYDNEY TATEO, DNP, ARNP

Meet Sydney Tateo, our fabulous nurse practitioner. Sydney welcomes patients of all ages and treats a wide variety of skin conditions. Having grown up in Naples and being an avid boater- she knows a thing or two about how to safely have fun in the sun!



Sydney also recently added a new title to her resume—MOM. Congratulations Sydney!

SUNLESS TANNING PRODUCTS

INSIDER INFO

GET THE GLOW, WITHOUT THE UV

It's springtime! Time to shed the dark hues and break out the pastels. While we certainly believe that pale is always in style, many complain that their fair, winter complexion doesn't compliment their spring wardrobe. Instead of opting for a UV tan, many patients elect to use sunless tanning products to achieve that sun-kissed glow.



So how exactly do sunless tanning products work? The majority of them contain the sugar, dihydroxyacetone (DHA). DHA reacts with the outermost layer of skin and stains it, simulating a tan. As dead skin cells are shed, the tan fades- which is why products generally recommend you reapply every few days in order to maintain your glow.

Sunless tanning products are available in many forms, including foams, creams, towelettes, and sprays. Because these products all contain the same active ingredient, it comes down to personal preference as to which product you select.

While widely considered safe to use when applied topically, the risks associated with inhaling aerosolized droplets remains uncertain. We also do not recommend these products be applied to surfaces such as the lips or eyes. For this reason, we recommend using creams and foams versus getting a spray tan.

It is important to note that these products do not protect you from the sun. Regular UV-protective measures should be taken because remember, a UV tan is never a healthy tan!

For more insight on how to "tan healthy" contact Sydney Tateo, DNP, APRN of Skin Wellness Physicians.

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