

ETIOLOGY OF FLABBY SKIN , TREATMENT AND PREVENTION METHODS

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Annotation: Flabby skin (skin that has lost its elasticity) looks aesthetically unattractive. Pale yellowish color, enlarged and stretched pores, reduced turgor (elasticity) are the main signs of sagging skin. This type of skin is prone to sagging and wrinkles. On the abdomen, flabbiness of the skin manifests itself in the form of atonic mobile folds, when bending and bending forward, the flabby skin in the abdominal area wrinkles and sags, which is a rather unsightly picture. Flabby skin is a serious cause for women's distress. Noticing the sagging folds on the stomach, many of the women are forced to abandon tight-fitting outfits and open swimsuits.

Key words: flabby skin, skin, hydration.

Sagging skin is a consequence of natural age-related changes in the body. With age, the production of hyaluronic acid, which is involved in the processes of moisturizing (hydration) of the skin, slows down the regeneration (growth) of elastin and collagen fibers, which are the "building material" for creating the skin framework and maintaining the elasticity of skin tissues. Flabbiness of the skin can be a consequence of metabolic disorders in the body caused by a disease and improper functioning of the endocrine system. In this case, you should consult an endocrinologist. If loose skin is detected at a young age, it can be a consequence of sudden weight loss, overwork, stress, changes in the hormonal background during pregnancy. Excessive use of decorative cosmetics and the use of cosmetics of questionable quality leads to sagging skin. Sudden weight loss or stretching of the abdominal skin during pregnancy can cause sagging skin in the abdominal area.

To avoid premature loss of elasticity of the skin and prevent the occurrence of sagging skin will allow the use of astringents and toning procedures.

Applying a rubdown. Morning washing is best replaced by wiping the skin. The procedure of wiping the skin with a saline solution is effective: a towel soaked in a solution (1 tsp.salt per 1 glass of water), a cotton or gauze swab, lightly pat the face and neck, then apply the cream with soft pressing movements of the fingertips.

Applying masks. Do not forget about the beneficial effect of toning seasonal masks: in winter, lemon masks are good, in summer – cucumber masks.

1. Lemon mask tones the skin, nourishes and strengthens it, helps to cleanse and tighten the pores. The method of preparation of the mask is extremely simple: the peeled lemon is cut into thin slices, the grains are removed and kneaded with a fork. Before applying the mask, a greasy cream is applied to the face, then the entire face is covered with a thin (almost transparent) layer of cotton wool. The prepared lemon mass is distributed on a layer of cotton wool and kept for 10-15 minutes. If the mass dries up in some places, a new portion is added there. After removing the mask, you can treat the skin with patting movements with a cotton swab soaked in lemon juice. The skin treated in this way is covered with a greasy cream.

2. Cucumber mask is also easy to prepare. One or two fresh cucumbers are peeled, cut into thin slices, and ground in a cup. You can cook cucumber mass with a grater. On the previously prepared skin (as in the first case), apply cucumber mass, distributing it evenly over the surface of the face. Remove the mask after 10-15 minutes with a cotton swab, then once again moisten the face with the remaining cucumber juice. After the mask, apply a greasy cream to the face. In the same simple way, masks are prepared from various berries, fruits, tomatoes. Such fruit and vegetable masks have a beneficial effect on the skin, slow down its aging, prevent the appearance of sagging skin.

General strengthening mode. Compliance with the regime, hygienic gymnastics, active sports, sufficient exposure to the fresh air contribute to the overall strengthening of the body and the prevention of sagging skin. It is not superfluous to take an additional intake of vitamin B1. Do not forget about regular massage treatments.

Collagen nutrition. As we age, the production of collagen in the body decreases, the skin loses its tone, and its skeleton weakens. Fortunately, nature has given us products that contain substances that restore collagen fibers. Papain and bromelain – invaluable natural enzymes present in papaya, pineapple and kiwi fruits, activate the regeneration of collagen fibers. These products must be present in the diet. Using them fresh, without heat treatment, you can prolong the youth and freshness of the skin, ensure the prevention of sagging skin.

It is possible to get rid of sagging skin with the help of special treatment, which consists in cleaning the skin, vitamin toning masks, massage. The intensive course consists of 20-26 procedures. It should be carried out in a specialized cosmetic institution (office, salon) first every other day, then 1-2 times a week. If professional help is not possible, you need to resort to self-massage. At home, a water-temperature massage is available. It can be done every other day. After the water treatment, the skin is rubbed with a toning lotion. Water massage alternates with applying a nourishing and toning mask of fruits, vegetables, fresh berries, quince to cleansed skin. Yeast and protein masks, as well as masks made from medicinal herbs such as calendula and chamomile, are very effective in combating sagging skin. The skin under the eyes should be protected with a nourishing cream.

In cosmetology, various methods are used to combat sagging skin, including hardware methods: thermage, microcurrent and ultrasound therapy, peels, cosmechanics, ozone therapy, biostimulation, biorevitalization, mesotherapy. These treatments stimulate the production of collagen and elastin.

Photo-rejuvenation is recognized as one of the most effective ways to prevent sagging skin. It is based on the action of light waves of a wide frequency range, which stimulate the production of collagen. After such an effect on the skin, collagen fibers are replaced, old cells are removed, intracellular metabolism improves, and skin sagging is reduced. Photo-rejuvenation is aimed at stimulating the natural regeneration of the skin.

Bio-reinforcement is becoming increasingly popular in the correction of loose skin. This method of non-surgical facelift gives an excellent lifting effect, improves the complexion, increases the elasticity of the skin, prevents the aging process, eliminates sagging skin. With the help of bio-reinforcement, you can not only improve the external condition of the skin of the face, neck and décolleté, but also get rid of wrinkles, dark circles under the eyes, and the second chin. During the procedure, a powerful biostimulator is injected into the deep layers of the skin, which causes the natural production of collagen and protects the skin from premature aging.

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