www.SkinInc.com

AUGUST 2025

SKIN INC.®

The Choice for Serious Spa Professionals & Owners



Explore the Relationship Between the MICROBIOME And the SKIN BARRIER

Allured business media

HOLISTIC SKIN REJUVENATION

with a New Zemits Wellness Cold Technology



RESULTS Everyone Loves



> Zemits Holistic Skin Rejuvenation Wellness Cold Technology offers a non-invasive way to calm inflammation, boost recovery, and restore a healthy, radiant look. Through controlled cold exposure, it stimulates circulation, supports lymphatic flow, and enhances collagen production — especially after peels, extractions, or exfoliation.
>
> Zemits ColdRestore™ Elegance brings this technology into the treatment room as the perfect finishing step, leaving the skin firmer, refreshed, and visibly more radiant — with zero discomfort or downtime.

OLHA MAIKINA
MD from Europe, Zemits Co-Founder

CLINICAL CASES: THE VISIBLE IMPACT OF HOLISTIC COLD SKIN RECOVERY

Radiance & Texture Renewal Wellness Treatment Protocol



Courtesy of Yulia Chaladze, Licensed Aesthetician,
Zemits Expert Provider Los Angeles, CA



Client: 78 y.o. female

Skin Concerns:
Aging, wrinkles, loss of elasticity, sagging, uneven texture

Treatment Frequency:
Once every 4 weeks

Number of treatments performed: 3 sessions

Results:
- Improved skin texture and tone
- Softer appearance of fine lines and wrinkles
- Reduced facial congestion
- Noticeably firmer skin

The treatment included 3 sessions combining manual extractions, ultrasonic cleansing, light microdermabrasion, and radiofrequency skin tightening. To complete each session, **ColdRestore™ Wellness Cold Technology** was used **to cool the skin, reduce puffiness, and enhance lifting results.** This cold phase also improved circulation and maximized product absorption. The treatment concluded with oxygen infusion and finishing care.

CryoTherapy Protocol for Redness Relief & Skin Recovery



Courtesy of Ashley Ford, Licensed Aesthetician,
Zemits Expert Provider Wilmington, NC



Client: Female

Skin Concerns:
Acne scarring, post-inflammatory erythema, congestion, dull complexion (jawline and chin focus)

Treatment Frequency:
One session performed; full series of 4–6 sessions recommended every 4–6 weeks

Number of treatments performed: 1 session

Results:
- Reduced redness and post-inflammatory reactivity
- Dewy, brighter, more even skin tone
- Visibly smoother texture and clearer pores

The treatment included 1 session combining deep cleansing, dermaplaning, microneedling, LED light therapy, and Wellness Cold Technology. Microneedling supported skin regeneration and collagen stimulation, while LED light helped reduce inflammation and target breakout-prone areas. The treatment was completed with **ColdRestore® Wellness Cold Technology, which visibly reduced erythema, calmed the skin, and boosted hydration.** This final step enhanced glow and reinforced post-procedure recovery.

Contact Us to Learn More About Zemits Technologies

zemits.com @zemits.official 888 999 3996

2020 Aesthetician's Choice DERMASCOPE AWARDS WINNER
2024 Aesthetician's Choice DERMASCOPE AWARDS WINNER
LNE & SPA'S BEST PRODUCT 2024 WINNER
ACP SKIN DEEP 2024 BEAUTY CHOICE AWARDS
2024 american spa PROFESSIONAL'S CHOICE AWARDS
2025 Aesthetician's Choice DERMASCOPE AWARDS WINNER

bioelements

the vc10 collection. bright here. bright now.

1 pro-use-only and 4 retail innovations with stabilized, triple-sourced 10% vitamin C



"vc10 pro bright is a client favorite. leaves skin brighter and more even in tone."
– Ariel

scan the QR code to get the vc10 collection technical guide

apply now to shop on bioelements.com/pros

also available through Salon Centric.



NEW vc10 dark spot solution
67% saw lighter dark spots in 2 weeks*

vc10 daily glow
91% say skin looks radiant*

vc10 eye bright contour
88% say eye area looks brighter*

vc10 nightly bright
89% say skin tone is brighter*

*see bioelements.com/pros for full study results.







CONTENTS

AUGUST 2025 | VOLUME 37, NUMBER 8

Building Up the Skin

12 Master Integration: Exploring the Interface of the Skin Barrier, Lipids and the Microbiome
By Erin Madigan-Fleck

30 Pro-Approved: Skin Care Devices & Clinical Ingredients Aesthetics Professionals Can Rely On
By Claudelle Daoud

32 The Science of Hot/Cold Therapy
By Dr. Arun Tomson

40 From Burnout to BLISS: A Self-Care Story
By Gerri Sapinoso Hudson

44 *Stories of Success*: Kenneth Ryan, Chief Longevity Officer at The Estate
By Kitty Lin

46 *Jar Deconstructed:* Gardenia
By Kitty Lin

ON THE COVER: Image by Divid at Adobe Stock



PROCEUTICALS
PRIVATE LABEL by TiZO

THINKING ABOUT PRIVATE LABEL?

Make your mineral sunscreen the best.

Proceuticals® is professional-grade Private Label Suncare and Skincare from the maker of TIZO®.

With over 30+ years of experience perfecting mineral sunscreens, our formulations are the industry gold standard – lightweight, elegant and highly protective. The quality your clients expect.

- Fast turnaround
- Professional design assistance
- Low minimums

For more information:
privatelabel@fallene.com 800.332.5536

SCAN TO LEARN MORE!

CONTENTS

AUGUST 2025 | VOLUME 37, NUMBER 8



Inclusivity

16 Eat Smart, Age Well: Tailored Nutrition for Every Decade
By Leigh-Anne Wooten

20 Menopause and Wellness: A Holistic Approach for Spa Professionals
By Dr. Sherrie Tennessee

22 Brightening Smart: Hyperpigmentation in Diverse Skin
By Alex Hernandez

26 By the Roots
By Kitty Lin

36 Creating a Culture of Compassion
By Becky Kuehn

In Every Issue

6 From the Editor
10 Product Roundup
48 Advertisers' Index

SKIN INC.®

EDITORIAL

Content Director Emmanuel Henderson | 1-630-344-6020/ehenderson@allured.com
Managing Editor Kitty Lin | 630-344-6040/clin@allured.com

ADVERTISING SALES
BUSINESS DEVELOPMENT MANAGERS

Group Publisher Jeb Gleason-Allured | 630-344-6069/jallured@allured.com
New Business Development Manager Perri Polowy | 630-344-6075/ppolowy@allured.com
Advertising Production Manager Kasia Smialkowski | 630-344-6025/ksmialkowski@allured.com
Business Intelligence Specialist Ethan Grisham | 630-344-6068/egrisham@allured.com

AUDIENCE DEVELOPMENT

Audience Development Manager Sam Attebery | 630-344-6027/sattebery@allured.com
Customer Service 847-559-7551/customerservice@skininc.com

DESIGN

Assistant Design Manager James Fergus
Graphic Designer Laura Fenwick

CORPORATE

Partner & CEO George Fox
Partner & President Janet Ludwig
Marketing & Creative Director Kim Fry
Digital Products Director Joe Sarko
Finance Director Joseph Mumbu

Allured business media

OTHER ALLURED PRODUCTS

Cosmetics & Toiletries magazine
Global Cosmetic Industry magazine
Beauty Accelerate
Perfumer & Flavorist+ magazine
Flavorcon
Beauty Launchpad magazine
MedEsthetics magazine

For subscriptions: Subscribe online: ***www.SkinInc.com/subscribe***

For both US and international, telephone: 1-847-559-7551
(8 AM-4:30 PM Central, Mon-Fri)
E-mail: customerservice@skininc.com
Address: *Skin Inc.*, PO Box 3009, Northbrook, IL 60065-3009

Print subscriptions: Available free to qualified individuals located in the United States.
All other countries may subscribe to the digital edition.

Change of address: In ordering a change of address, give both the old and new addresses. Allow two months for change to become effective. The publisher will attempt to handle unsolicited articles with care, but the magazine assumes no responsibility for them. Materials will be returned only if accompanied by a self-addressed envelope with return postage. Address inquiries regarding editorial policy and writer guidelines to the editor. The acceptance of advertising does not necessarily carry the endorsement of the publisher.

Skin Inc. (ISSN 0898-6525) is published monthly by Allured Business Media.
Address: *Skin Inc.* magazine, 336 Gundersen Drive, Suite D, Carol Stream, IL 60188-2403.
www.SkinInc.com
All correspondence regarding business, editorial, advertising and production should be sent to *Skin Inc.* magazine, 336 Gundersen Drive, Suite D, Carol Stream, IL 60188-2403. Periodicals postage paid at Carol Stream, IL and additional mailing offices.

Postmaster: Send address changes to *Skin Inc.* magazine, PO Box 3009, Northbrook, IL 60065-3009.

Allured Business Media makes all attempts to publish accurate information; however, this publication may contain technical inaccuracies or typographical errors. The reader assumes all risks concerning the suitability and accuracy of the information within this publication. Allured Business Media assumes no responsibility for and disclaims all liability for any such inaccuracies, errors or omissions in this publication and in other documentation referred to within or affiliated with this publication.

Copyright 2025 Reproduction in whole or in part without permission is strictly prohibited.

Skin Inc. is a registered trademark of *Allured Publishing Corporation.*


MARINE BIOCELLULOSE MASK
SORELLA
APOTHECARY
16%+
INCREASED HYDRATION LEVELS
IN JUST ONE TREATMENT
Become a Sorella
Wholesale Partner



KITTY LIN
Managing Editor
clin@allured.com

Letter from the Editor

Skin Inc.'s Managing Editor Kitty Lin shares what's on her mind this month.

On the path to comprehensive wellness, it can be easy to be drawn to tools and products that provide a clear path to solving a problem. When we break out, our first urge is to find a serum that can make it disappear. We look for things we can inject to plump up skin and treatments to jumpstart reparative processes on command. We amend our diets and start workout routines once we've found something about our bodies and fitness that dissatisfies us.

Wholly reactive approaches to most aspects of our lives are rapidly becoming obsolete. With how quickly technology is advancing, we now have the option to be more proactive. We no longer think of our bodies as simple machines to maintain, and tending to our appearances shouldn't be a chore or a problem to be solved, but something we get to do for ourselves.

With this in mind, this issue is about the tools we have at our disposal to protect ourselves from conditions before they arise. Nurturing our skin barrier can ensure more consistency with fewer discrepancies to our regimens and overall better results. Incorporating scalp care into our routines ensures that not a single aspect of our skin, health and wellness is neglected. Now we can be at our best from the crowns of our heads to the tips of our toes.

In ensuring that our businesses are equipped to serve every client and every need, we fortify the wellness of our industry in a similar way. With new ways of keeping well coming to fruition every day, beauty and wellness is no longer a privilege but something we all can take ownership of. Gone are the days of "can't" and "too late," here is the age of "will" and "what's next?"

This issue isn't about being the be-all-end-all of the tools we have available to us. It's merely a jumping off point for us to plunge headfirst into the future of skin, spa and wellness.

Wishing you well,



Kitty S. Lin

ACNE
REMEDIES

Diminish
Acne & Scarring



RHONDA | Ra | ALLISON

www.raacneremedies.com

We have beautiful skin down to a science

What's Hot in Skin Care

By Kitty Lin

The summer is entering its twilight, but that doesn't mean the industry is cooling down! Here's what's projected to keep things sizzlin' well into the fall.



1 Durable packaging

The more I talk to esties and makeup artists, the more I see entrepreneurs starting their own lines! Therefore, I feel like I need to let you know that, yes, aluminum packaging is totally in. It's efficient for protecting products against air, light and other contaminants that could threaten a product's freshness. However, with supply chain uncertainty and the whopping 50% tariff on aluminum imports, durable alternatives like other metals or refillable options like glass may be worth exploring.
seacliffbeauty.com/pages/packaging

2 Post-hair removal care

After everyone's gotten done smoothing down for the summer, our skin will be in serious need of a reset. Cue post-hair removal care. Whatever your poison is—shaving, waxing, sugaring, lasering or anything else—calming irritation and mitigating in-growns before they're a problem is crucial, especially for reactive skin types.
furyou.com

3 Neurocosmetic skin care

Neurocosmetics are all the rage, especially with the growing dialogue around the mind-beauty axis. In working with the skin's nervous system, neurocosmetics improve the skin's appearance by leveraging the importance of an individual's mental well-being. Stressed skin needs the hydration, calm and regulation restored by these innovative solutions. LAST Skincare's Fundamental Serum is designed to detoxify, restore homeostasis and reverse the impact of stress and fatigue on the skin.
last-skincare.com

4 Pop culture collabs

In an age where brands are innovating new ways to strike deeper connections with consumers faster, partnering with beloved movies, books, TV shows and anything else bringing serotonin to the masses can be a strategic move. The limited Edition WILD X Paddington Bear Deodorant Case with Orange Marmalade scent refill makes for a beary good use of leveraging pop culture and making sustainable moves.
wearewild.com/us

5 Multifunctional hotel amenities

Historically, we tend to think of hotel amenities as being convenient if nothing else, but hotels these days are stepping up their game to become more of a go-to rather than a last resort. Incorporating sun care is particularly synergistic for vacationers who will need plenty of active-use SPF at the ready. Taking more initiative over guests' wellness helps further establish hotels as hosts. Making a vacation feel more curated helps rebuild relationships with consumers at a time when many hospitality and travel relationships are being re-examined.
groupegm.com/en

Image by satika at Adobe Stock

·FHF·
FARMHOUSE FRESH®
ORGANICS & NATURALS

slip into SOMETHING WILD

NECTAR WILD™
organic body oil

This golden cascade of certified organic oils contains antioxidants that are 6,000x stronger than vitamin C, awakening the senses with soft natural citrus & refreshing eucalyptus notes. It's the perfect finish to post-exfoliation rituals, tension-releasing massages, or nourishing body wraps. Skin is left velvety-soft, radiant, and beautifully renewed.



made with
94%
CERTIFIED
ORGANIC
INGREDIENTS

CELEBRATING 20 YEARS OF AWARD-WINNING SKINCARE
GROWN FRESH DAILY ON OUR FARM RESCUING ANIMALS JAR-BY-JAR
FHFPartners.com | Sales@FHFPartners.com | 888-773-9626

Get Your Glow On



Oceanic Vitality Serum
Rhonda Allison

This potent, pigment-reducing, antioxidant protecting, vitality serum uses the power of brown algae to inhibit tyrosinase and melanocyte activity and bisabolol to infuse the skin. Giving you younger, brighter, radiant skin with a healthy glow.
rhondaallison.com



Turmeric Energizing Treatment
Éminence Organic Skin Care

Formulated with turmeric, citrine gemstones and zeolite, this spicy golden powder awakens the skin. As you slowly add water, activate your treatment into a fluffy mousse bursting with energy. Embrace the warm, exfoliating sensation and reveal silky, luminous skin.
eminenceorganics.com

Product images courtesy of the manufacturers


ÉMINENCE
ORGANIC SKIN CARE
HUNGARY • SINCE 1958
Charcoal Exfoliating Gel Cleanser
with Malachite Gemstones
Gel nettoyant exfoliant au charbon
Oily to Normal Skin Types
150 ml / 5 fl oz
94%
agree visible signs of dryness and dehydration are reduced*
ÉMINENCE
ORGANIC SKIN CARE
Camellia Glow Solid Face Oil
30 ml / 1 fl oz
The Gemstone Collection
So Much More Than Skin Care
Blended with malachite, citrine, and pink tourmaline gemstones, this collection provides triple action skin support. When used together, these products exfoliate, invigorate and restore the skin to give clients their most radiant complexion.
Apply to become an Éminence Spa Partner.
93%
showed an improvement in the look of brightness after 4 uses
89%
agree daily use resulted in visibly clearer, more balanced skin*
ÉMINENCE
ORGANIC SKIN CARE
Turmeric Energizing Treatment
Transformative Warming Powder with Citrine Gemstones
60 g / 2 oz
ÉMINENCE
ORGANIC SKIN CARE
HUNGARY • SINCE 1958
www.eminenceorganics.com
*In-vivo study results measured after 7 days.



Reproduction in English or any other language of all or part of this article is strictly prohibited. © 2025 Allured Business Media.



Image by TopMicrobialStock\ speed300 at Adobe Stock

MASTER INTEGRATION:
Exploring the Interface of the Skin Barrier, Lipids and the Microbiome

By Erin Madigan-Fleck

Maintaining the integrity of the skin barrier and exploring the skin's microbiome are two of today's most popular trending topics. Significant emphasis has been placed on protecting the skin's surface through products categorized as "barrier repair" solutions. Nonetheless, a substantial need remains for further investigation and understanding of the complex interactions between the skin microbiome, essential lipids and their respective roles in maintaining and protecting skin barrier health. It is necessary to acknowledge that products advertised for "barrier repair" may not effectively address complex concerns or promptly restore skin vitality, given the critical physiological processes for maintaining skin health.

Structurally, the epidermis acts as a robust physical barrier, effectively resisting the penetration of microorganisms and potential toxins while retaining moisture and crucial nutrients within its layers. The epidermis represents a dynamic system characterized by continuous proliferation and differentiation, involving the integration of keratinocytes, melanocytes and immunocompetent cells. The complex composition of the stratum corneum is critical for the skin's barrier function, with its corneocytes embedded in a matrix of multiple lamellar lipid layers. The skin also possesses unique physical and chemical properties, creating an environment suitable for specific microorganisms. The interaction among the skin microbiome, lipids and skin barrier function is highly complex, with each component playing a vital role in maintaining skin health and preventing disease.



A comprehensive approach to skin care demands we view it for what it is: a living ecosystem.

Structurally, the epidermis acts as a robust physical barrier, effectively resisting the penetration of microorganisms and potential toxins while retaining moisture and crucial nutrients within its layers. The epidermis represents a dynamic system characterized by continuous proliferation and differentiation, involving the integration of keratinocytes, melanocytes and immunocompetent cells. The complex composition of the stratum corneum is critical for the skin's barrier function, with its corneocytes embedded in a matrix of multiple lamellar lipid layers. The skin also possesses unique physical and chemical properties, creating an environment suitable for specific microorganisms. The interaction among the skin microbiome, lipids and skin barrier function is highly complex, with each component playing a vital role in maintaining skin health and preventing disease.

The skin's microbiome, consisting of billions of microorganisms, closely interacts with the epidermal lipids that comprise the skin's outer barrier, significantly influencing its integrity and functionality. Importantly, our skin serves as a crucial site for microbial-host interactions and features a multifaceted landscape enriched with lipids and proteins, accompanied by a diverse array of follicles and glands that create unique physical and chemical environments.

Viewing the skin as an ecosystem of living biological and physical components across different habitats deepens our understanding of the intricate balance between the skin and the microorganisms that reside within it. Alterations in the relationship between the host and microorganisms can occur due to internal and external factors. When this delicate equilibrium is disturbed, it may result in dermatological concerns. The stratum corneum and the lipid barrier, which maintain their integrity, are essential for preserving skin health. These components can transmit various signals to the living epidermis beneath, influencing the regenerative processes occurring in the deeper layers of the skin.

The skin's immune system relies heavily on the close interaction and communication among immune cells and the surrounding dermal environment, encompassing neighboring keratinocytes and fibroblasts. The efficacy of skin immunity is directly contingent upon the flexibility of dermal vessels and lymph nodes that facilitate lymphatic drainage. An imbalance within the immune system may lead to chronic inflammatory skin diseases. Furthermore, the interactions between skin microbiota and the immune system significantly shape the immune responses triggered within the skin. The epidermis performs the skin's protective functions, while keratinocytes and immune cells synthesize pro-inflammatory and antimicrobial molecules. The microbiota plays an essential role in the host immune system, with specific components of the skin microbiome promoting protective immunity. Both keratinocytes and immune cells are crucial for environmental sensing, functioning as the primary line of defense against external threats, and they are integral to various antimicrobial responses. The epidermal layers constitute a very complex system that continuously adapts to maintain its structural integrity and identifies even the most minor alterations.

The Microbiota & Microbiome

The biodiversity of our unique ecosystems significantly influences the complexity of the skin's habitat. The microbiome represents a distinct ecosystem of the skin's microbiota, with extensive research focused on the relationship between the microbiome and its interactions with various skin conditions. Acting as a gateway to the external environment, the microbiome connects multiple elements of skin health. A deeper understanding of the skin microbiome is crucial for gaining insights into microbial involvement in skin disorders, as the skin's surface ecology shapes microbiome colonization. Symbiotic relationships regulate pathogenic interactions, barrier functions,

Image by ckybe at Adobe Stock

host immune responses and the progression of skin disorders such as atopic dermatitis, acne and psoriasis. The term "microbiota" refers to the specific community of bacteria residing within a given environment, whereas the "microbiome" encompasses the bacteria, their genetic makeup and their interactions with the host. Microbiota organisms are not limited to the skin's surface; they also inhabit hair follicles, sebaceous glands and sweat glands, extending beneath the epidermis into the dermis.

The skin's surface hosts a diverse community of microorganisms, including commensal bacteria, which play a critical role in maintaining the health of the skin's ecosystem. These beneficial bacteria help prevent the proliferation of transient pathogens by competing for nutrients, producing antimicrobial substances and eliciting the skin's immune response. Moreover, the skin's microbiome significantly influences barrier function, surface lipids and pH levels.

Disruption of the skin microbiome may result in inflammation, compromised barrier function and chronic dermatological conditions. Such disruptions can subsequently impact the regulation of keratinocytes and the skin's overall health. The delicate balance of microorganisms on the skin is essential for preventing the onset of skin diseases, including atopic dermatitis, acne and psoriasis. Bacteria within the dermis clarify why cells beneath the skin's surface respond to substances produced by commensal microbes. Research has established a correlation between skin microbiome disruptions, heightened sensitivity and inflammatory conditions, indicating a relationship between skin health and the equilibrium of microorganisms on its

Continue Reading
*View **this article** in your **August digital magazine.***
http://www.SkinInc.com/DM



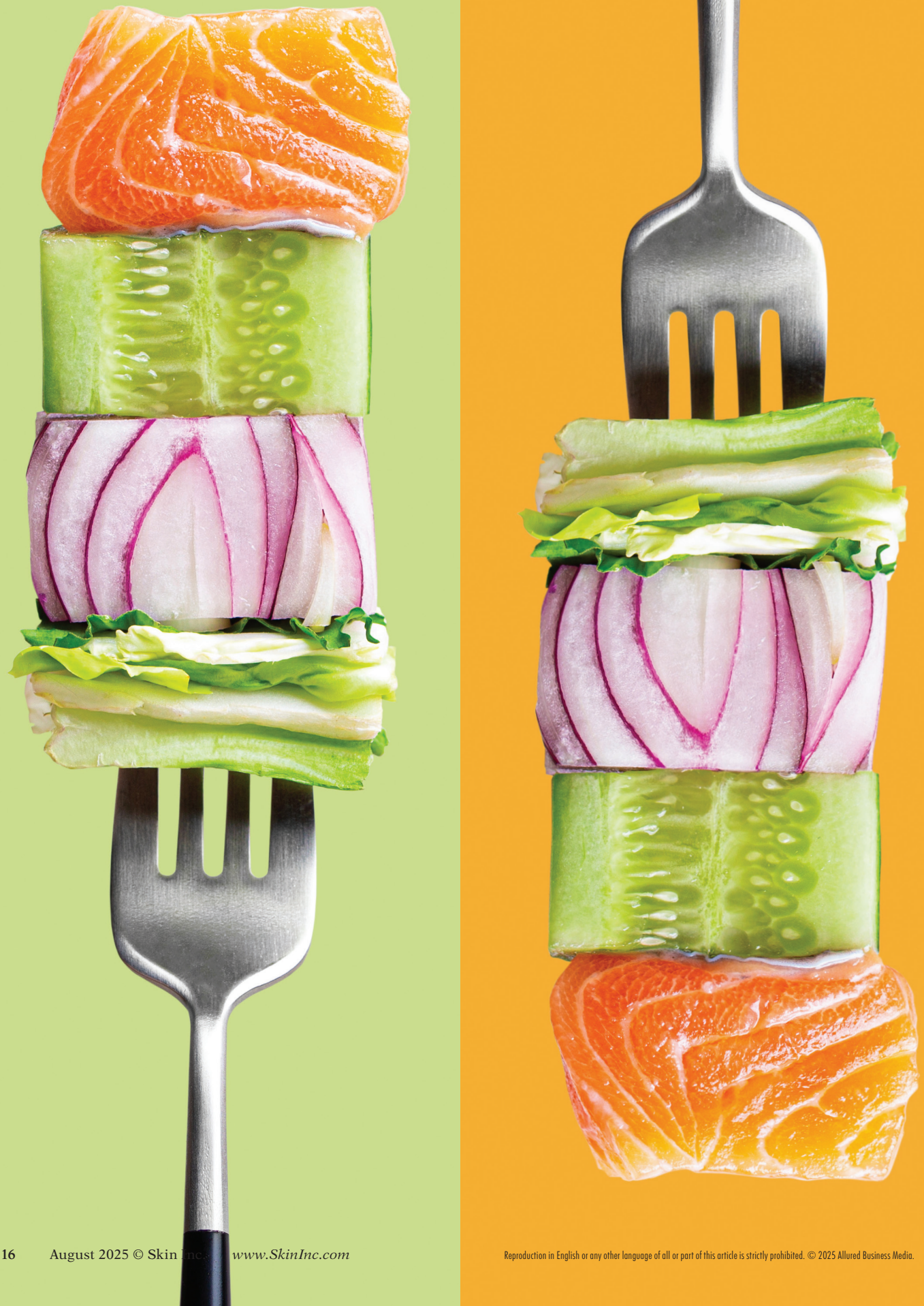


Image by somegirl at Adobe Stock

Reproduction in English or any other language of all or part of this article is strictly prohibited. © 2025 Allured Business Media.



EAT SMART, AGE WELL:

Tailored Nutrition for Every Decade

By Leigh-Anne Wooten MS, RDN/LDN, FAND, LSS BB

Nutrition plays a crucial role in maintaining health and well-being throughout our lives. As we age, our bodies undergo various changes that affect our nutritional needs. Check out the detailed nutrition recommendations below for different age groups and sex, helping you make informed choices to support your health at every stage of life. Pro tip: be sure to read the recommendations for every decade. At the end of the day, it's all great advice to apply at any age!



Staying hydrated is crucial for total health, regardless of age.

Regardless of age, certain nutritional principles apply to everyone. Here are some key recommendations that form the foundation of a healthy diet:

- **Balance:** Focus on a diet rich in fruits, vegetables, whole grains, lean proteins and healthy fats. These foods provide essential nutrients that support overall health.
- **Calcium and Vitamin D:** Vital for bone health, these nutrients should both be included in your diet through dairy and fortified plant-based dairy products, leafy greens and fatty fish.
- **Prioritize Protein:** Maintaining muscle mass is crucial as you age. Ensure you're getting enough protein from sources like lean meats, poultry, fish, eggs, legumes and tofu. Aim for a balanced intake throughout the day to support muscle repair and growth.
- **Fiber:** Supports digestion and prevents chronic diseases. Aim for 25-31 grams of fiber per day from fruits, vegetables, whole grains and legumes.
- **Omega-3 Fatty Acids:** These healthy fats support heart and brain health and can be found in fatty fish, nuts and seeds.
- **Hydration:** Drink plenty of water to stay hydrated and support bodily functions.
- **Snack Smart:** Instead of reaching for sugary or salty snacks, opt for nutrient-dense options like nuts, seeds, fruit and yogurt. These snacks provide sustained energy and essential nutrients.
- **Mindful Eating:** Practice mindful eating by paying attention to your hunger and fullness cues. Avoid distractions like screens while eating and take the time to savor your meals. This can help prevent overeating and promote a healthier relationship with food.Twenties: Building a Strong Foundation

TWENTIES: Building a Strong Foundation

Your twenties are a time of growth and development, making it essential to establish healthy eating habits that will benefit you in the long run.

- **Staying Active:** If you're physically active, make sure your diet supports your activity level. Include a mix of complex carbohydrates, proteins and healthy fats to fuel workouts and support recovery.
- **For Women:** Women should focus on getting enough iron, especially if they have heavy menstrual cycles. Iron-rich foods include spinach, lentils and red meat. Also important for women of childbearing age is folic acid which supports healthy fetal development and can be found in leafy greens, citrus fruits and fortified grains.

THIRTIES: Maintaining Vitality

As you enter your thirties you might experience changes in energy levels and as a result, weight fluctuations. Here are some nutrition tips to help you stay healthy:

- **Prioritize Gut Health:** A healthy gut is essential for overall well-being. Include probiotic-rich foods like yogurt, kefir, sauerkraut and kimchi in your diet to support a healthy gut microbiome. Prebiotic foods like garlic, onions and bananas also help nourish beneficial gut bacteria.
- **Plan and Prep Meals:** Life can get busy, making it easy to fall into unhealthy eating habits. Take time to plan and prep your meals for the week. This can help you make healthier choices, save money and reduce stress.
- **For Women:** Pregnant or thinking of becoming pregnant? Check out the recommendations for women in their twenties for more tips.

Image bymarilyn barbone at Adobe Stock

FORTIES: Adapting to Changes

In your forties, changes in hormones(for women) and activity level can impact nutritional needs. Here are some recommendations to help you adapt:

- **Anti-Inflammatory Foods:** Inflammation can become a growing issue as you age. Incorporate anti-inflammatory foods like turmeric, ginger, berries, leafy greens and fatty fish into your diet to help reduce inflammation and support overall health.
- **Manage Stress with Nutrition:** Stress levels can peak in your forties due to various life responsibilities. Incorporate stress-reducing foods like dark chocolate, green tea, nuts and seeds, which contain nutrients that help manage stress and improve mood.
- **For Men:** Men should focus on heart health by incorporating more omega-3 fatty acids and reducing saturated fat, added sugar and salt intake.
- **For Women:** Hormonal changes can significantly impact hunger and satiety signals. If you notice a significant change, speak to your physician. Heart disease is surprisingly the leading cause of death for women, so follow the same guidelines as men above.

Fifties: Supporting Healthy Aging

As you reach your fifties, your body undergoes significant changes that affect your nutritional needs. Here are some tips to support healthy aging:

- **Protein:** As we age, our bodies experience muscle loss(sarcopenia) and reduced protein absorption, making it crucial to consume adequate protein to maintain muscle mass, strength and overall health.
- **Joint Health:** Joint health can become a concern in your forties. Include foods rich in omega-3 fats as well as those high in vitamin C, like citrus fruits and bell peppers to support joint health.
- **Vitamin B12:** Important for nerve function and red blood cell formation, absorption of B12 decreases with age so it's crucial to get enough from sources like meat, fish, dairy products and fortified cereals.
- **For Men:** Men should focus on prostate health by including foods rich in antioxidants, such as tomatoes and berries.
- **For Women:** Women should continue prioritize bone health by ensuring adequate calcium and vitamin D intake, especially post-menopause.



Staying hydrated is crucial for total health, regardless of age.

Sixties and Beyond: A Focus on Longevity

In your sixties, it's important to focus on nutrient-dense foods to support overall health.

- **Cognitive Function:** Cognitive health is crucial as you age. Include foods rich in antioxidants and omega-3 fatty acids, such as berries, dark chocolate, nuts, seeds and fatty fish, to support brain health and reduce the risk of cognitive decline.
- **For Men and Women:** Everyone should focus on maintaining muscle mass by consuming a sufficient amount of protein and engaging in regular physical activity. Continue to pay attention to heart health by including foods rich in omega-3 fatty acids and reducing sodium, saturated fat and added sugar intake.

Nutrition is a lifelong journey that evolves with age. By understanding and adapting to your body's changing needs, you can support your health and well-being at every stage of life. Whether you're in your twenties or sixties, making informed dietary choices will help you live a vibrant and healthy life.



Leigh-Anne Wooten MS, RDN/LDN, FAND, LSS BB, is the Chief Nutrition Officer and Founder of Behind the Label. She is a Registered & Licensed Dietitian, a Fellow of the Academy of Nutrition and Dietetics and a Lean Six Sigma Black Belt with her masters degree in nutrition science and a dual bachelors in biology and exercise sports science. Her career started as a clinical dietitian and through the years she was promoted to leadership positions allowing her to broaden her skill set to include regulatory work, culinary nutrition, recipe development, print media, public speaking and supporting the food industry with nutrition and sustainability focused brand strategy.

Image by marilyn barbone at Adobe Stock



Reproduction in English or any other language of all or part of this article is strictly prohibited. © 2025 Allured Business Media.

MENOPAUSE AND WELLNESS:

A Holistic Approach for Spa Professionals

By Sherrie Tennessee

Women comprise 70% of spa and wellness consumers. As many of those women enter their 40s and 50s, they often find themselves navigating uncharted territory—a time when their bodies begin whispering, then sometimes shouting, about the profound changes ahead. Hot flashes interrupt important meetings, sleep becomes elusive and skin that once behaved predictably now seems to have a mind of its own. This is the reality of menopause, a life transition that affects every woman yet remains surprisingly under-addressed in many wellness spaces. Women are part of a rare sisterhood in the animal kingdom that experiences menopause. While this life transition can bring challenges, it also opens the door to a new chapter filled with opportunity and freedom.

Continue Reading
*View **this article** in your **August digital magazine.***
http://www.SkinInc.com/DM

Image by Christian/calypso77 at Adobe Stock



Reproduction in English or any other language of all or part of this article is strictly prohibited. © 2025 Allured Business Media.



Image by Chanelle2000/peopleimages.com at Adobe Stock

BRIGHTENING SMART: HYPERPIGMENTATION IN DIVERSE SKIN

By Alex Hernandez

Post-inflammatory hyperpigmentation (PIH) and post-inflammatory erythema (PIE) are two of the most common types of discoloration seen in professional skin care—but they're often used interchangeably or mistakenly lumped together under the blanket term "scarring." This oversimplification can lead to ineffective or even harmful treatment choices, particularly in clients with melanated skin.

While both can result from acne or other types of skin trauma, melanated skin is uniquely prone to PIH and significantly more vulnerable to long-term damage when improperly treated. When skin care professionals fail to distinguish between pigment and erythema—or overlook the nuances of treating melanated skin—they risk doing more harm than good.

By the end of this article, you'll be able to confidently differentiate between PIE and PIH, understand how inflammation drives pigment formation in diverse skin tones and implement safer, more effective treatment plans. You'll also gain strategies for properly prepping the skin before exfoliation, selecting the right brightening ingredients and supporting post-treatment recovery to reduce the risk of rebound pigmentation. The goal? Smarter, more inclusive care for every client's skin story.

PIH vs. PIE: What's the Difference, and Why Does It Matter?

Let's start with the basics: PIH presents as brown, tan or black spots after inflammation or injury to the skin, especially following acne, eczema, ingrown hairs or trauma. It's the result of excess melanin production triggered by inflammation. PIH can affect any skin tone but is far more prevalent and long-lasting in Fitzpatrick types IV-VI due to higher baseline melanin activity and a more reactive melanocyte response.

PIE, on the other hand, shows up as red or pink discoloration left behind after inflammation. It's more common in lighter skin tones where vascular reactivity is more visible and may linger even after the initial breakout or trauma resolves. While both can coexist, PIE is not a pigmentation issue in the traditional sense—it's a vascular response.

Why does this distinction matter? Treating PIE with aggressive tyrosinase inhibitors or exfoliants misses the mark and may compromise the skin barrier. Treating PIH with vascular therapies (like lasers intended for telangiectasia) may offer no improvement at all—or worse, increase inflammation.

Correctly identifying whether you're working with pigment or erythema sets the tone for the entire treatment plan.

What Causes PIH in Melanated Skin?

Melanated skin is more prone to PIH because melanocytes are larger, more dendritic and inherently more reactive to even mild inflammation.

Science-heavy jargon aside, melanocytes in darker skin are not only larger but also more dendritic—meaning they have more arm-like extensions (dendrites) that reach into surrounding skin cells to transfer melanin. More dendrites = more melanin delivery = a higher risk of visible pigmentation when the skin is inflamed.

That means everyday stressors like:

- Picking at blemishes
- Overuse of exfoliating products
- Inflammation from acne or ingrown hairs

…can all lead to a cascade of pigment production that takes months (or longer) to fade.

It's also worth noting that melanogenesis can be triggered not just by inflammation, but by heat, friction, UV exposure and barrier disruption—so the esthetician's approach must be equal parts corrective and protective.



Darker skin is more prone to PIH since melanocytes are more reactive to inflammation.

Preventing PIH Starts Early: Reduce Inflammation First

One of the most effective ways to prevent PIH—particularly in melanated skin—is to address inflammation early and decisively. The longer inflammation lingers, the greater the stimulation of melanocytes, and the higher the chance of developing lingering discoloration. Facing both active inflammation and existing pigmentation? That inflammation becomes your primary concern to target.

Proactive inflammation management should be central to any pigmentation strategy, in any skin tone. This includes:

- Using anti-inflammatory ingredients at the first signs of breakout or trauma (like green tea and centella asiatica).
- Avoiding overly aggressive or drying treatments, which can prolong the inflammatory cycle.
- Discouraging picking, which compounds trauma by encouraging more inflammation.
- Supporting the skin barrier so the skin can heal itself more effectively (look to ingredients like beta-glucan and ceramides.)

Image by Romario Ien at Adobe Stock

When inflammation is reduced early, melanocyte activity is less likely to be triggered—resulting in fewer, less severe and shorter-lived pigmentation "spots". It's the definition of working smarter, not harder.

Best Practices: Prep Before You Correct

Too often, we tend to jump right into corrective treatments. But when it comes to treating those prone to PIH, preparation is the foundation for results. Before providing exfoliating or brightening professional treatments, the skin should be:

- **Calm:** No active inflammation or flares.
- **Hydrated:** Barrier function must be intact to reduce risk of post-treatment PIH.
- **Primed:** Introduce a gentle tyrosinase inhibitor to begin suppressing melanin activity before professional exfoliation.
- **Protected:** Clients should be consistently using a broad-spectrum SPF 30 or higher for at least 2 weeks pre-treatment.

A few pre-treatment staples to consider:

- **Mandelic acid:** Offers gentle exfoliation with anti-inflammatory and brightening properties—ideal for all skin types and tones
- **Niacinamide and licorice root:** Anti-inflammatory, pigment-inhibiting and barrier-supportive
- **Azelaic acid, tranexamic acid and arbutin:** Help gently suppress melanogenesis while supporting overall skin tone balance

If you're not seeing consistent barrier support and sun protection at home, pause the in-clinic peels and prioritize prep.

Exfoliating& Brightening: What's Safe and Effective?

Professional exfoliation can be a powerful tool for treating PIH—but caution is key. The goal is to encourage cell turnover and suppress melanin activity without overstimulating or inflaming the skin.



Image by tatyanarow at Adobe Stock

Safe Choices—Exfoliation:

- **Lactic acid:** A hydrating AHA that brightens gently and supports barrier health.
- **Mandelic acid:** As mentioned above, this gentle AHA is a go-to for inflammation-prone, pigmented skin.
- **Acetyl glucosamine:** Gently encourages desquamation and fades dark spots by interrupting melanin production.
- **Enzyme treatments:** Especially papain and bromelain, offer non-acid exfoliation that's safe for even sensitized skin.

Brightening Ingredients:

- **Tranexamic acid:** Interrupts the inflammatory cascade that leads to excess melanin production, making it ideal for preventing and treating PIH in sensitive or acne-prone skin.
- **Licorice root extract:** A gentle botanical that helps inhibit tyrosinase activity, reduce redness and calm sensitized skin—making it an excellent option for skin prone to both PIH and PIE.
- **Alpha-arbutin:** A gentle yet effective skin-brightening agent that works by inhibiting tyrosinase, the enzyme responsible for melanin production. It helps fade existing discoloration—especially UV-induced spots—and prevents new pigment from forming. Alpha-arbutin is well-tolerated across all skin types and tones, making it a smart choice for gradually evening skin tone without irritation.
- **Tetrahexyldecyl ascorbate (THD Vitamin C):** A stable, oil-soluble form of vitamin C that penetrates deeply to brighten skin tone and fight oxidative stress without the irritation of traditional ascorbic acid.

It's essential to monitor your client's response between sessions. Less is more—especially in Fitz IV–VI. Over-exfoliation or layering too many actives at once can do more harm than good.

Post-Treatment Care: Where Progress Is Encouraged and Sustained

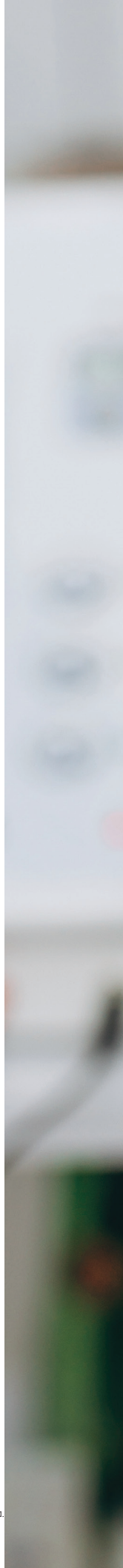
Remember, even more important than professional treatments is consistent home care. The work doesn't stop after the peel or mask is removed. In fact, what

Continue Reading
View this article in your August digital magazine.
http://www.SkinInc.com/DM

BY THE ROOTS: A Woman's Journey with PCOS Through Electrolysis

By Kitty Lin

Marta Ivaskevych was 18 years old when she was diagnosed with polycystic ovary syndrome, or PCOS. She knew something was up when she started struggling with her weight. During her appointment with her gynecologist, who told her about some of the other symptoms, such as irregular periods, Ivaskevych noted that she didn't seem to suffer from the other hallmarks of the condition and that, for the most part, she felt fine. It wasn't until two years later that she started experiencing a terrible pain on her left side where her left ovary was, that she got an ultrasound and was diagnosed with a cyst. She got an operation to remove it only to have to undergo another procedure just a year later.



Reproduction in English or any other language of all or part of this article is strictly prohibited. © 2025 Allured Business Media.



Image by malyn at Adobe Stock



Marta Ivaskevych

As if the pain of ovarian cysts and the stress of 2 procedures wasn't enough, a few months later Ivaskevych noticed a couple of hairs on her chin. As this wasn't something that happened before, she went back to her gynecologist who suggested she get laser hair removal. "I didn't know much about it at the time," says Ivaskevych, "but I decided that if it was something the doctor recommended, it was something I should do." They shaved her entire face and neck first, to ensure the laser effectively targeted the follicles and to mitigate the risk of burning and irritation—this, Ivaskevych says firmly, was the first problem. "I wasn't the expert, so I just trusted them."

Laser hair removal is a treatment that requires consistency with clients needing to return every month or so for the best results. Ivaskevych recalls that she did exactly that, her voice breaking"it's just remembering this, everything, is not easy." She continued with her treatments, losing faith that this was the best option for her in the meantime, although what else was she to do when it was her *face* and she was a young professional building her career? In total, Ivaskevych underwent about 4 or 5 treatments, "and then the hair started to *grow*." The hair returned with a vengeance, going from the two hairs on her chin to cover her full face and neck. "It was horrible," says Ivaskevych, noting her lighter complexion, "and the hair was so dark. It was so noticeable, it was so bad."

Ivaskevych was referred to an electrologist who assured her that the treatment would be permanent. "I was probably a little rude," she admits. "I'd already heard 'permanent', I did what the doctor told me, I did everything. [The hair growth got] worse." After her treatments, she recalls running to the bathroom each morning to check for new growth. When electrolysis proved successful and her struggle to manage unwanted hair growth came to an end, Ivaskevych would excitedly regale those around her with the success of her treatments until eventually, her boyfriend encouraged her to do something with it. "I wanted people to know about it," says Ivaskevych. "In 2017, it felt like nobody knew about it! I wanted people to know that there was a solution, especially those girls who were like I was a year ago, but what should I do?" At the time, she was a general manager.

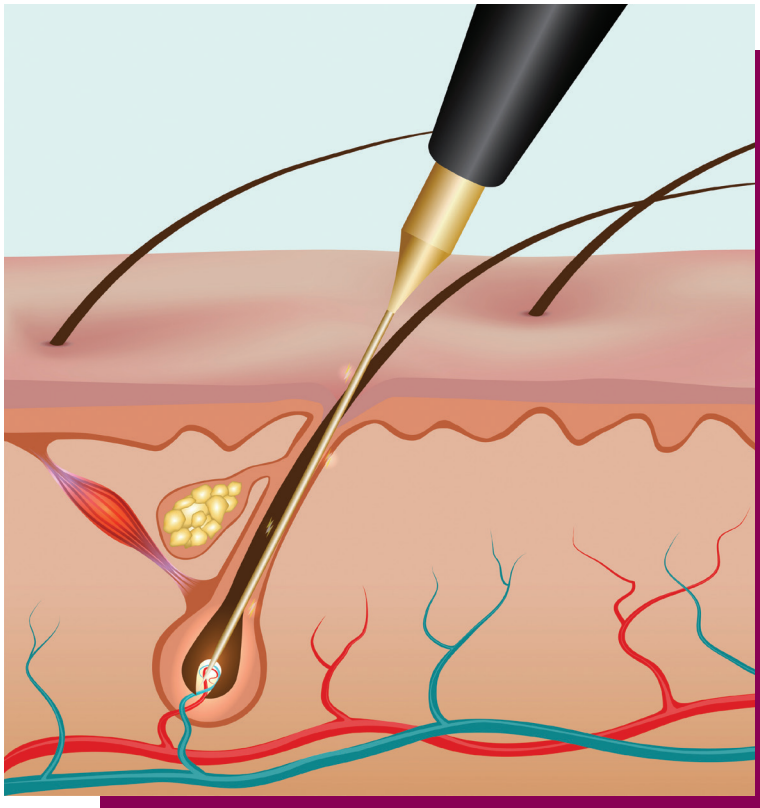
By the time Ivaskevych started working as an electrologist on her own, she was in a much better place: her treatments were done and she'd successfully managed the symptomatic hair growth from PCOS. That doesn't mean she'd turned the page on that chapter of her life. Turning a grueling diagnosis into her life's calling, these days Ivaskevych is busy with her work as an electrologist. "As a specialist in the field, I recommend laser hair removal for naturally occurring growth," she says, meaning places people commonly get done, like their legs, under arms and the bikini area. Since it's rarer for women to have thicker hair growth on their faces, chests and stomachs, excessive growth in those areas could be an indicator of a hormonal



The discomfort of PCOS is exacerbated by unforeseen changes to the body.

From top: Image courtesy of Marta Ivaskevych; Image by Михаил Решетников at Adobe Stock

disorder like PCOS, which means laser treatment may not be the right path and may result in paradoxical hypertrichosis, similar to Ivaskevych's experience. It's a rare side-effect of laser hair removal, but hormonal imbalances like the ones that accompany a PCOS diagnosis can increase your risk of paradoxical hypertrichosis. She also recommends that people do their research prior to seeking out treatment. The allure of electrolysis is that it's permanent, but Ivaskevych warns that there are individuals who perform the treatment without being licensed for it. "Where I am now, in Florida, it's not that popular. For example, in New York, you can find electrolysis as easily as you can find laser hair removal. Where I live, there are only a few salons that I know." She's wary when she gets inquiries about the machinery she uses from strangers, "your school should advise you," she says. It's impressive tech, and the lure of electrolysis can be strong, with some getting inspired to pursue it as a career after seeing it on social media. While a passion for the practice is important, professional training and licensure is crucial.



The success of treatments can be impacted by growth reasoning.

With other methods of hair removal, like waxing, shaving or plucking, you run the risk of disturbing the blood vessels and nerves under the hair follicle which can lead to irritation or scarring. Additionally, the resulting regrowth may appear thicker, coarser, or like it's coming back faster, due to the blunt ends of the hair. With electrolysis, the electrical current makes the hair follicle weaker and weaker each time until the existing hair is destroyed and future growth is prevented. That's why it's imperative for clients to keep the treated area dry and to hold off on sun exposure, exfoliation and makeup—undergoing repetitive treatments to weaken hair growth and then going home and lathering on products that could protect, or even encourage, hair growth can plunge people into a vicious, expensive cycle. Ivaskevych even recommends being cautious with moisturizer, but gives witch hazel and tea tree oil her seal of approval.

Ivaskevych feels that offering electrolysis could be a very profitable decision on the part of spas and other similar facilities. "Unfortunately, a lot of women struggle with abnormal facial hair growth," she goes on to say that even those who don't may be seeking a more permanent solution after dipping their toe in an alternative hair removal method like laser, which she says is ideal for someone looking for permanent hair reduction, rather than strict removal. Ivaskevych encourages people to examine the circumstances surrounding their hair growth before choosing a hair removal method. "People with diabetes, for instance, and cancer treatments," she says, as both of these conditions can impact hair growth. It's crucial for hair removal specialists to understand these as potential factors too, not just so that they can do their job, but for their clients' comfort. "The person who comes to you will feel more secure with you because you'll be on the same level as her. You'll understand her. That's a lot. To the specialist, I also say, 'be more patient.'" She says making sure clients know that they're not alone, that they're beautiful, that the hair is a temporary obstacle and to follow their post-procedure care (of leaving their faces alone!) will go a long way. "You'll see your face in 6 months," she reassures.

Kitty Lin is the managing editor of *Skin Inc.*

Image by tolgasez33 at Adobe Stock



Image by Vladislav at Adobe Stock

Reproduction in English or any other language of all or part of this article is strictly prohibited. © 2025 Allured Business Media.



PRO-APPROVED:

Skin Care Devices & Clinical Ingredients Aesthetics Professionals Can Rely On

By Claudelle Daoud

In today's treatment rooms, aesthetics professionals are combining science and innovation to deliver visible, lasting results. With the right blend of advanced devices and clinical-grade ingredients, skin professionals can treat everything from acne and aging to sensitivity and pigmentation—often in just a few sessions.

Whether you're a spa professional looking to elevate your service menu or a savvy client exploring your options, understanding how these tools and ingredients work together is key to achieving real results.

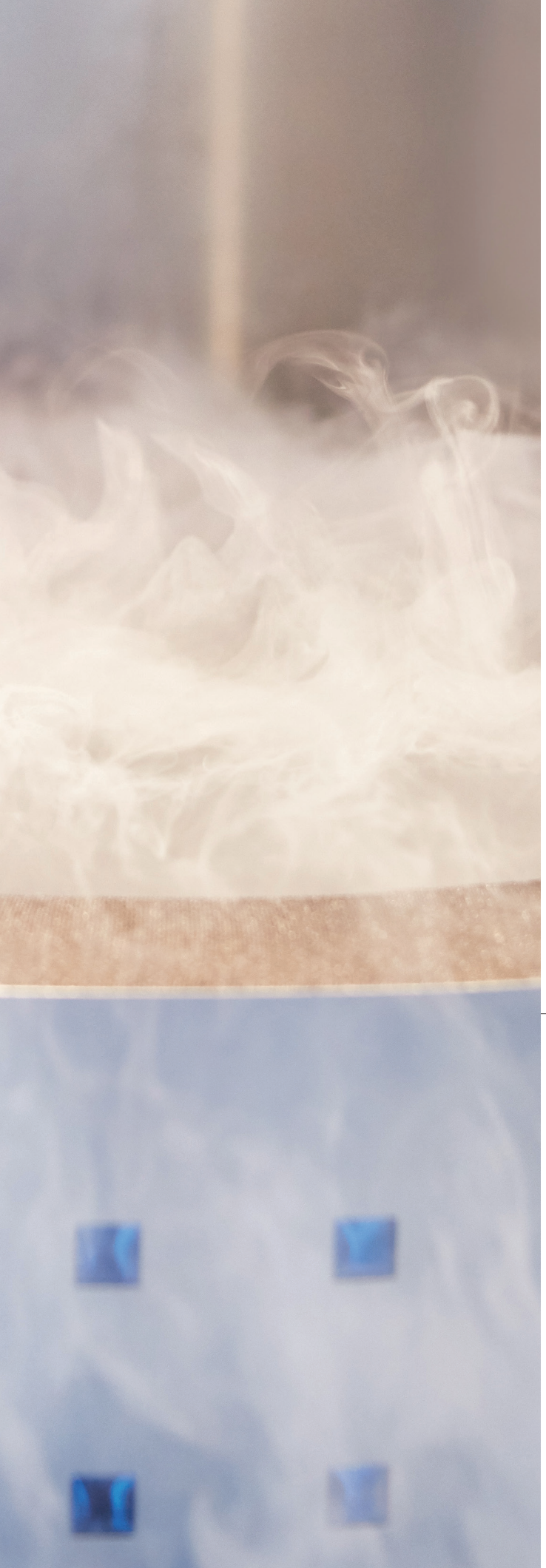
Continue Reading
*View **this article** in your **August digital magazine.***
http://www.SkinInc.com/DM





From left: Image by Lukassek at Adobe Stock; Image by Jacob Lund at Adobe Stock

Reproduction in English or any other language of all or part of this article is strictly prohibited. © 2025 Allured Business Media.



THE SCIENCE OF HOT/ COLD THERAPY

By Dr. Arun Tomson

The amazing human body can self-regulate and self-repair when exposed to injury or stress. Working in harmony with the body's capacities, hot and cold therapies are considered the oldest and most widely used methods to enhance and guide self-healing. These therapies were practiced across civilizations, including by the ancient Egyptians, Greeks, Romans, Chinese and Indians, to manage pain, promote circulation and eliminate toxins.

The science behind hot and cold therapies is based on a principle of external application of regulated temperature—and the subsequent action and reaction inside the body. The therapies make use of natural responses to heat and cold across various physiological systems, such as circulatory, respiratory, nervous, secretory and excretory.

Classification of Temperature

While the effects of various temperatures differ according to the part of the body the therapy is applied to, this chart outlines the range of cold to hot temperatures for practitioners:

COLD THERAPY RANGE	Very Cold	32° - 55° F
	Cold	55° - 65
	Cool	65° - 80°
	Tepid	80° - 92°
	Warm(Neutral)	92° - 98°
HOT THERAPY	Hot	98° - 104
	Very Hot	104° and above

The body experiences two stages of physiological changes in response to hot and cold therapies. The action phase covers the changes during the hot or cold application, while the reaction phase describes changes after its removal.

Cold Therapy

The primary effect of cold therapy is reducing blood flow to an area, in turn reducing inflammation, swelling and sore muscles.

COLD THERAPY:

- **Supports the body's innate healing potential:** Cold narrows the blood vessels, resulting in slow circulation and diminishing the frequency of heartbeat, depending upon the intensity and duration of the application. Blood vessel contraction is one of several ways the body mitigates the results of injury; cold application assists in reducing swelling and inflammation.
- **Increases the tidal volume of lungs:** One of the body's first responses to cold is gasping respiratory movements, followed by slower, fuller breaths, which enhances the absorption of oxygen and the elimination of CO_2. This improves the lungs' tidal volume (amount of air inhaled and exhaled during a normal breath), making cold a powerful means to stimulate tissue activity. In the case of pathological respiratory conditions, cold application can be used in consultation with a qualified Naturopath.
- **Helps to reset skin functions:** Immediately after cold therapy, small blood vessels on the skin's surface contract. Once withdrawn, there's an active dilation of the small arteries in the skin which is the secondary effect (reaction). Cold also decreases or suspends glandular action (perspiration) of the skin, through a reflex phenomenon. Cold application to precise areas, such as the feet, shoulders or hands, suspends the activity of sweat glands at the skin's surface. However, the activity of the sweat glands resumes and greatly increases during the reaction phase.
- **Eases voluntary muscle pain and spasms:** While cold application can reduce soreness of the voluntary muscles, it excites the activity of the involuntary muscle fibers of the skin. Applied to a large area of the skin or over special regions such as feet or the lower abdomen, cold helps to excite the involuntary muscles of the bowels and bladder, causing evacuation.
- **Blocks pain impulses and increases cerebral (brain) activities:** Cold offers a sedative effect because it diminishes or completely suppresses the rate of transmission of nervous impulses. A short period of cold application to the head increases brain activity like conscious thoughts, actions and higher-level cognitive functions.
- **Promotes reflex effects across the body:** Cold application can affect distant parts of the body. Alongside the constriction or dilation of the blood vessels, it impacts the contraction of the smooth muscles found in the bowels and bladder, the lung bronchioles and secretions of the liver, kidneys and digestive glands. Cold application on the head, nape of the neck and upper spine to lower the blood pressure is an example of the reflex effect on a distant body part.

Other benefits of regular cold application include an increase in both white and red blood cells and the alkalinity of the blood.

Cold therapy is not suitable for everyone and should be avoided by infants and the elderly, as well as in cases of exhaustion, obesity, rheumatic conditions, extreme nervous irritability and very low temperature of the skin.

Hot Therapy

Heat is one of the most powerful of vital excitants that stimulates all cellular activities. The body expands under the influence of heat and several physiological changes occur that help with healing, relaxation and pain relief.

Image by justlight at Adobe Stock



Heat therapy offers benefits like pain relief and muscle relaxation.

HOT THERAPY:

- **Dilates vessels:** Heat (100° - 104° F) application causes capillary vessels, arteries, veins and lymph channels to expand. This increases blood flow to the affected area, delivering more oxygen and nutrients to the tissues, and easing muscle spasms and tension.
- **Moistens the skin:** A general hot application increases the activity of both perspiratory and sebaceous glands.
- **Can excite or calm the nervous system:** According to the mode of application, heat causes different responses of the nervous system. A neutral bath (92° - 95° F) diminishes nervous irritability and produces a true sedative effect.
- **Creates reflex effects in the body:** The reflex effect of localized heat application is a popular treatment in hydrotherapy. For example, a congestive headache can be relieved by a hot foot bath.
- **Enhances digestive function and boosts metabolism:** Applying moist heat using a warm compress on the stomach increases the hydrochloric acid secreted by the peptic glands. Application over the liver area increases the flow of bile and stimulates liver activity. A hot abdominal pack also improves the function of the pancreas and spleen.
- **Alleviates joint stiffness:** Heat therapies improve tissue elasticity, making tendons and ligaments more flexible.

In cases of acute injuries (first 48 hours), diabetic neuropathy, severe cardiovascular conditions, deep vein thrombosis, Raynaud's disease, multiple sclerosis, active cancerous conditions and open wounds, hot therapies are to be avoided.

Contrast Therapy

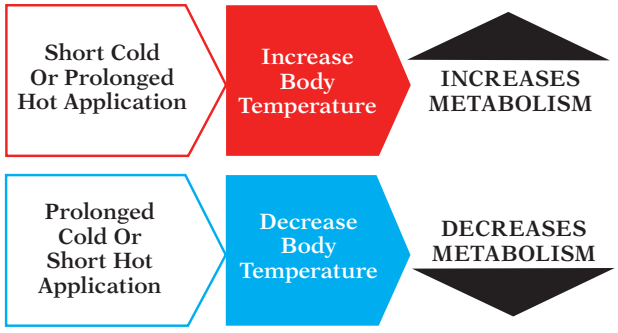
Contrast therapy—alternating the use of hot and cold applications—brings profound improvement in circulation and flushing out of metabolic waste. Heat expands the blood vessels (vasodilation), increases circulation and relaxes muscles, whereas cold narrows the blood vessels (vasoconstriction), reduces swelling and blocks pain impulses. Contrast therapy:

- **Has a pumping effect on circulation:** This helps to improve oxygenation and accelerate tissue healing.
- **Stimulates and resets the autonomic nervous system:** Balances the sympathetic and parasympathetic responses of the body—a crucial part of responding to adaptive stress.

Hot & Cold Therapies: A Summary

The below chart summarizes the effect of cold and hot therapies on both body temperature and metabolism.

Summary





Dr. Arun Kallarackal Tomson is a Naturopathic physician and Director of AyurMa at Four Seasons resort Maldives at Landaa Giraavaru, where he heads an expert team in creating bespoke therapeutic programs that unite Ayurveda, Yoga, Planetary Well-being, and Wellness. Dr. Arun helps individuals discover their body's innate healing ability using diet, physical activities, and natural treatments.

Image by Lukassek at Adobe Stock



Reproduction in English or any other language of all or part of this article is strictly prohibited. © 2025 Allured Business Media.

Creating a Culture of COMPASSION

By Becky Kuehn

In the fast-paced world of beauty, wellness and healthcare, it's easy to get swept up in outcomes, efficiency and the bottom line. In the center of every treatment room, behind every spa table and beyond every esthetics certificate lies something far more powerful though: human connection. At the heart of truly impactful care—whether in esthetics, oncology skin care, nail services or massage—is a culture of compassion. It's not just"nice to have." It's the foundation of healing, trust and transformation.

COMPASSION IN ACTION

Compassion goes beyond kindness. It is an active response to someone else's experience—especially their pain—with a desire to help, support and uplift. In our industry, that means seeing each client not just as a service slot, but as a whole human being with a story, a struggle and a desire to feel better in their skin.

Creating a culture of compassion means modeling that mindset in every corner of your practice—from the front desk to the treatment room, and from staff meetings to social media interactions. It's about presence. Listening. Honoring people where they are. It means slowing down when needed and holding space when words fall short.

This culture doesn't just benefit clients. It transforms teams, strengthens communities and redefines success in our industry.

Image by Delmaine Donson/peopleimages.com at Adobe Stock



A culture of compassion starts with being compassionate to yourself.

THE RIPPLE EFFECT

When compassion is woven into your business culture, the ripple effect is powerful. Clients don't just feel pampered—they feel seen, safe and supported. They come back not just for the facial, the manicure or the massage—they return because they feel cared for, and when people feel cared for, they trust you. They refer you. They become your greatest advocates.

Staff members in compassionate environments also report higher job satisfaction, deeper team connection and a stronger sense of purpose. When people know they can show up as their full selves—struggles and all—they are more likely to grow, innovate and stay. Compassion is not a weakness. It's one of the most effective retention tools we have.

So how do we create that culture—especially in a time when burnout, stress and emotional overload are so common?

START WITH YOURSELF

It might sound counterintuitive, but a culture of compassion starts with you. As a leader, educator, practitioner or business owner, you set the tone. If you want to lead with compassion, you must offer it to yourself first.

This means setting healthy boundaries, checking in with your own needs and creating routines that allow you to show up fully present. It means making room for imperfection and choosing rest over hustle when your soul needs a break. You can't pour from an empty cup, and you certainly can't model compassion if your own heart is running on fumes.

Self-compassion is also what gives you the grace to learn and grow. We will all have moments when we fall short or miss the mark. Compassion allows us to acknowledge it, make it right and move forward with integrity.

TRAIN FOR EMPATHY

Compassion isn't just a feeling—it's a skill, and like any skill, it can be cultivated through awareness, training and intention.

Incorporate education around trauma-informed care, active listening, body language and sensitivity into your onboarding or ongoing staff training. Talk openly about empathy and its role in client care. Make space in your meetings for emotional check-ins or shared stories that build understanding and connection.

Most importantly, create a"no judgment" environment—one where curiosity and compassion replace assumptions and criticism. When team members know they won't be shamed for asking a question or sharing a challenge, they're more likely to approach clients(and each other) with the same openness.

REINFORCE IT IN POLICIES AND PRACTICES

It's one thing to talk about compassion; it's another to operationalize it. Review your business policies, scripts and protocols through the lens of compassion. Does your cancellation policy allow for emergencies? Do your intake forms leave space for emotional disclosures or personal concerns? Is your language welcoming and inclusive to clients of all backgrounds, identities and experiences?

Compassionate systems are flexible systems—ones that understand that people don't live in perfect schedules or skin. Create room for life to happen and empower your team to respond with care, not rigidity.

Image by Studio Romantic at Adobe Stock

You can also bake compassion into your marketing and community outreach. Share stories. Spotlight kindness. Host events that give back to your local community. These efforts build emotional connections and reflect your brand values in action.

CLIENT-CENTERED COMMUNICATION

Truly compassionate care puts the client's needs at the center—not just their skin type or appointment time, but their fears, insecurities and emotional state. Whether someone is navigating cancer treatment, grieving a loss or simply trying to feel better in their skin, your presence matters.

Ask open-ended questions. Validate their experience. Offer reassurance without minimizing, and above all, listen more than you speak.

One of the most powerful questions you can ask is: "How can I support you today?" Not "what are we doing?" or "what treatment do you want?"—but a simple, heart-led invitation to let them be heard.

When clients feel like they are more than their skin condition or concern, true transformation happens—not just on the outside, but from the inside out.



All the world's a classroom, and the example you set, the textbook.

TEACH BY DOING

If you're in a leadership or educator role, remember: you are always teaching—even when you're not in a classroom. The way you speak to staff, the way you handle stress, the way you respond to a client who's upset—these are all opportunities to model the culture you want to create.

Mentorship is one of the most powerful vehicles for compassion in our industry. Whether you're guiding a student through their first clinic or encouraging a peer through burnout, small gestures of support can have lasting impact.

Celebrate empathy. Share wins. Uplift others. Let compassion be the thread that runs through your leadership style, not just your treatment protocol.

COMPASSION AS A CORE VALUE

For many of us in esthetics, nails or wellness, this work is more than a job—it's a calling, and at the heart of that calling is compassion.

It's the reason we stay late to make a client feel whole again. The reason we hold someone's hand while they cry during a facial. The reason we advocate for better training, more inclusive standards and trauma-aware education. Compassion is what sets true professionals apart in an industry that can sometimes get caught up in perfection and appearance.

When you create a culture of compassion, you create a ripple that touches every part of your business—and every person who walks through your doors.

In a world that often moves too fast and demands too much, choosing compassion is a radical, powerful act, and in doing so, we remind ourselves and each other that the heart of this industry isn't just about looking good—it's about feeling whole, being seen and healing together.

Now is the time. Let's build it—one heart, one treatment and one act of compassion at a time.



Becky Kuehn is the founder of Oncology Spa Solutions and the author of the "Life-Changing Esthetics" course. Her mission is to find ways to help with the devastating side effects of cancer treatments and deliver help to those in need.

Image by Studio Romantic at Adobe Stock



Image by Ekaterina/nuryadin at Adobe Stock

Reproduction in English or any other language of all or part of this article is strictly prohibited. © 2025 Allured Business Media.



From Burnout to BLISS: A Self-Care Story

By Gerri Sapinoso Hudson

My journey to burnout began long before I started experiencing the symptoms of fatigue, anxiety and physical illness.

I grew up as a child of Asian immigrants in the '80s and '90s where praise and recognition came with achievement. So, I achieved.

After my time on Wall Street with some of the most reputable banks in the world, my career became the primary source of my identity. My aim was to become a highly respected corporate executive leveraging the vast wisdom of my professional and personal experience—all while having a full, fantastic family life.

Fast forward fifteen years and my life seemed perfect: a well-paying job, a husband whom I respected as my equal and four beautiful children who were the greatest source of joy in my life. I wasn't just holding it together, I was thriving.

What I didn't see was that the thrill of my career was slowly starting to take a back seat to my family life. Resistant, I wouldn't dare admit out loud that my job was less important. I thought it would brand me as less committed to my work. I had to do it all, perfectly.

Around this time I started to experience a different kind of stress. Not the adrenaline kind of stress that comes from performing with great skill in the face of a challenge(eustress), but the type that comes from fear, the fear that I wouldn't be good enough to have the life I had dreamed for myself.

To make my long story short, I checked out from my feelings and dug my heels in even more. I was determined not to relinquish what I had set out to do as a young, single woman in her twenties. This not only resulted in poorer decision-making regarding my well-being, but I was sacrificing relationships— my children, my husband, my non-work friends.



The BLISS framework can be a great toolkit for finding bliss in one's life.

Physical symptoms appeared. I ignored them. Finally, I ended up in the emergency room with an infection because I waited until the pain became unbearable. That wasn't even the breaking point. Once recovered, I got back to working 16-hour days, taking breaks for family dinner and parenting duties, then going back to work until well after midnight, still not feeling like I was doing enough to earn my place at work.

Call it the universe or divine intervention, but a few months later my position was eliminated during a restructuring. I thought my life was over.

Truth? It was just beginning.

Through what I'm about to share with you, I discovered what really matters to me. It wasn't an instant light-bulb moment. It took years of working on myself and becoming comfortable with the idea that I had gotten some things wrong.

I easily challenged the status quo at work to great success with innovation, but I had never done it with myself.

I've always found it hard to say what has made the difference in adding to the joy, purpose and meaning in my life both professionally and personally. The best way I've come up with to communicate my new approach to life is this: BLISS.

While a life of bliss may sound like a hashtag trending on TikTok, I'm talking about something that goes deeper. Yes, bliss is the intention, but it is also the basis of a self-care framework for what I believe makes for a life of true bliss, a deep and meaningful experience of happiness and joy.

I've never been more satisfied with my life than I am today. It's not perfect, but it's perfect for ME.

Let's walk through it.

BL(i)SS

The BLISS Framework

- Breathe
- Loosen the Grip
- (I) Language
- Slow Down
- Seek Joy/Pleasure/Fun

These are the pillars of BLISS that have been working for me since I committed to my recovery from perfectionism.

Breathe

Breathing is something we take for granted but instinctively know is the essence of life. Without the breath, we don't physically exist.

My new relationship with the breath started with yoga and over time I learned breathing techniques for managing stress and the impact of asthma on my daily life.

Law enforcement uses box breathing (a four-count practice of inhale, hold, exhale, hold) in the field. Practices like the 4-7-8 technique can induce a sense of clarity and calm.

I highly recommend James Nestor's book Breath as a primer. He spent years researching the subject with pioneering scientists in the field.

Loosen the Grip

Let it go? Completely intimidating! So, I set a lower bar and took the first step.

Control was my core desire. I asked myself:

- What do I want to control?
- Why do I want to control it?

Image by Andrii Nekrasov at Adobe Stock; BLISS image courtesy of Gerri Sapinoso Hudson



Being more present in each moment can help with feelings of helplessness and being overwhelmed.

Taking an honest look at why was crucial. I explored this with a therapist, support communities and journaling.

The humility of a spiritual practice also helped loosen my grip on control. Connecting to something greater than my own willpower was essential for transformation. I noticed miracles daily once I did this.

This step aligned me with my values and helped to prioritize my energy so I could delegate the rest.

(I) Language

I found that my language strongly influences my mindset and relationships.

Using "I" language seemed simple, but was initially challenging. I was accustomed to using "you" to describe situations when I meant "I".

"I" language helped me take greater responsibility for my thoughts and feelings through word choices that more accurately communicated my first-hand experience as my own versus a generalized experience that was common to all.

This clarity improved my leadership by enabling me to communicate priorities, listen more empathetically and delegate clearly.

Slow Down

My approach to slowing down involves meditation, mindfulness and rest.

I first learned meditation with a mantra, finding it a powerful way to rest my mind. As someone constantly striving for goals, I experienced a serenity I never imagined.

Mindfulness deepened my self-awareness and helped me to be more present in the moment with my emotions, thoughts and beliefs. Today, I can catch unhealthy patterns more quickly, often avoiding a repeat of the choices that led to burnout.

Rest remains challenging. I sometimes still fall into the trap of believing busyness equals productivity.

When self-doubt creeps in, I use the mantra: "rest is an action." Some of my best ideas have come during moments of doing nothing.

Seek Joy/Pleasure/Fun

With all this deep inner work, I had to remember that life isn't about being serious all the time. Joy and fun can feed our souls too!

I learned that I didn't have to wait to "earn" pleasure or fun activities as a reward.

Making time for fun was just as important as the other parts of BLISS.

Giving myself permission to take time for myself was a huge test of my ego. Mentally, I resisted. Scheduling one night a week as "Gerri's Night Out" forced me to make plans and consider what would be nourishing and fun for me—just me—each week.

By experimenting, I learned what truly served me personally as self-care, what didn't and what best supported me in the context of my life during the week.

The unintended happy by-product of all this inner work? I brought the energy of fun to work with me. There is nothing like the shared experience of fun to build bonds of trust in the workplace. Happier people make for happier workplaces.

So, there you have it. How BLISS begets bliss.

It's the framework I've created to lead my personal version of a blissful life. In addition to regular exercise and supportive nutrition, it's the toolkit I use daily to nurture a truly happy life. May it serve you in the same.



Gerri Sapinoso Hudson (*gerri@vb-lead.com*) is an emotional intelligence leadership coach, facilitator and founder of Vision Bridge Leadership (*bridgetoabetterway.com*), which serves organizations with skill-building in emotional intelligence areas like mindfulness, self-awareness, self-management and relationship management through compassionate communication and influence. Sapinoso Hudson is a certified executive coach and certified teacher with the Search Inside Yourself Leadership Institute.

As a Certified Search Inside Yourself (SIY) Teacher, Sapinoso Hudson helps individuals and teams work through emotional challenges, adapt and grow resilience. Her courses focus on gaining clarity, shifting mindsets and building trust. In her latest SIY course, Adaptive Resilience, Gerri teaches mindfulness-based techniques that can be put into immediate practice after each session for a more balanced approach to work and life. For more information and how to sign up, visit https://bridgetoabetterway.com/.

Background: Image by BillionPhotos.com at Adobe Stock; Image by Krakenimages.com at Adobe Stock



Luxury wellness isn't about opulence, it's about how precisely an experience can be tailored to an individual.

Kenneth Ryan

Chief Longevity Officer at The Estate

By Kitty Lin

At the unseasonably chilly start of summer, we had the opportunity to sit down with Kenneth Ryan, who's pioneering the role of Chief Longevity Officer at The Estate. Redefining luxury through longevity science and personalized wellness, Ryan shares his insight on what luxury wellness is and how it's shaping the broader wellness conversation as a whole.

Fully integrated wellness is a growing cultural movement positioning wellness as the matrix connecting all areas of life. As such, many spas and resorts are innovating more ways to accommodate a wider array of offerings. This holds especially true for destination spas, where oftentimes local influences about stress, rest and nutrition are woven into the wellness regimens offered for an immersive, refreshing experience.



Kenneth Ryan

Images courtesy of The Estate

Reproduction in English or any other language of all or part of this article is strictly prohibited. © 2025 Allured Business Media.





The Estate allows travelers to form meaningful wellness habits to bring home.

"The Estate seeks to serve the intentional wellness traveler seeking transformative, life-changing experiences and the discerning guest for whom wellness is a natural extension of their lifestyle," says Ryan. "The former is really driven by rejuvenation, optimism and profound health intervention. It used to be that luxury was about having all this opulence, but now it's really about wellness and longevity because people who have obtained that level of wellness and wanted that luxury environment want a quality of life that's really being supported around them. It's no longer good enough to have a luxurious stay, but what are you doing to really enable my lifestyle so I can have a better quality of life."

The differences in our wellness journeys are gleaned from the various facets of our lives. It's why making incremental changes is so critical—not only are we not the same as each other, but we don't stay the same person as circumstances change either. The Estate focuses on curating potential changes for well-seekers who stay with them. Ryan cites sleep as being a good example; if a traveler comes to stay with them and typically has trouble falling asleep in their room, surrounded by phones, TVs, smartwatches and various other devices, but then comes to The Estate, and unplugs, then that's a small change they can experiment with that could potentially have a huge impact on their life, especially since sleep is foundational to our overall health and wellbeing. "People want knowledge," Ryan says. "We seek it…When you're surrounded or immersed in something, you pick things up without realizing it, and once people have knowledge, they want to share it."

Ryan states that it's not about trying everything—as new wellness technology, equipment, products and practices crop up every day, that's neither possible nor productive. Instead, it's best to try things that have synergy with your needs and lifestyle. Product fatigue is a major issue in beauty and wellness currently, and as Ryan points out—products are all trying to convince consumers that they're best for them without knowing who they are. That's where The Estate's advanced diagnostic program comes in, which becomes intimately acquainted with clients' needs and wellness goals. "Become the CEO of your own health," Ryan urges.

When it comes to longevity, the earlier you start the better. What happens if you're starting your wellness journey a little later than you hoped? That's fine, Ryan reassures—he meant it when he said The Estate could help all types of well-seekers. They accomplish this by finding a traveler's baseline, and from there, they can evaluate where areas of improvement are, and work with The Estate's elite team of highly-qualified staff to improve those metrics. For example, let's say someone goes to The Estate and finds that they have below average range of motion. The Estate has personal trainers and yoga instructors on-site to work with well-seekers in a way that works for them. People aren't static—one of the best things about our lives is that we can be changed and improved upon. The same goes for cognitive function. The Estate has a hyperbaric chamber on site to improve blood flow and oxygen delivery to brain cells, which helps keep brain cells rejuvenating and functioning properly. Ryan notes that they've seen a spike in people using the Hyperbaric chamber, especially since the rise of long COVID.

To Ryan's earlier point, a luxurious wellness experience isn't about gilded rooms and skin care treatments born of rare specialty ingredients. Ryan sums it up as "integration of precision, personalization and profound attention to detail. It's the artful orchestration of every moment."

Kitty Lin is the managing editor of *Skin Inc.*



Gardenia

By Kitty Lin

A symbol of beauty, gardenia has long been used by Ayurvedic practitioners and in traditional Chinese medicine for liver protection, to treat hypertension and to be grated and soaked in Chinese liquor. Gardenia has also historically been appreciated for its use in treating inflammation and bleeding after trauma and on joints and muscles.

Gardenia and Well-aging

Gardenia is a flowering plant from the coffee family, native to tropical and subtropical regions of Africa, Asia, Madagascar, the Pacific Islands and Australia. In skin care, gardenia is commonly used for its antioxidants and anti-inflammatory properties due to being a natural source of crocin. Gardenia is also regularly used in extracts and essential oils for a variety of reasons, including skin brightening, reducing redness and rejuvenation.

"Some gardenia extracts offer proven anti-aging benefits by boosting collagen production, providing antioxidant protection and shielding skin from environmental damage," says Rebecca Gadberry, LE, FSCC. "Its key compounds- including geniposide, phenylpropanoids and ferulic acid—work together to neutralize free radicals, improve skin firmness and reduce wrinkles. One clinical study showed up to 44% improvement in firmness after eight weeks, while also demonstrating significant reduction in protein oxidation from UV exposure." Gardenia's antioxidants and ability to protect from environmental damage means it can be beneficial for the skin barrier's health.



Top: Image by Mee Ting at Adobe Stock; Bottom: Image by Formatoriginal at Adobe Stock

Reproduction in English or any other language of all or part of this article is strictly prohibited. © 2025 Allured Business Media.

Products like Givaudan's BlurHD harness gardenia for these exact antioxidant properties, along with its ability to reduce the appearance of wrinkles, boost ceramide production and smooth skin. Biocosmethic's Vitadenia is an anti-aging active ingredient derived from gardenia fruit. In addition to this, gardenia is commonly used as a natural, eco-friendly dye for paper, fabrics and food. "Gardenia extract is also used as a natural colorant, contributing yellow, blue or red tones to cosmetic formulations, so simply seeing'gardenia extract' on an ingredient list doesn't indicate whether it's included for skin care benefits or coloring purposes—you'll need to contact the brand for clarification on its specific function if its actions aren't called out in the product data or advertising," notes Gadberry.



Lab-cultivation can make gardenia more stable and effective in formulation.

Gardenia and Formulation

Gardenia jasminoides or Gardenia Florida Extract is used to treat dark spots, treating inflammation, coloration and improving skin's elasticity. Meanwhile, gardenia stem cells can be used for multi-level protection of the collagen network, to prevent collagen loss and to regulate collagen turnover. "Gardenia stem cell extracts—listed as *Gardenia Jasminoides* Meristem Cell Culture on ingredient labels—represent a more advanced option," says Gadberry. "Lab cultivation produces purer, more concentrated compounds than traditional plant harvesting, with research showing a 46% reduction in collagen-degrading enzymes and 94% better protection of existing collagen."

A variety of uses and effects can be derived from gardenia in skin care, depending on whether formulators are working with a water-soluble extract, plant oil or stem cell extract. Monoi oil, for example, uses Tahitian gardenia and is excellent for hydrating, protecting skin from environmental damage and soothing dry, flaky skin. Gardenia's ability to help skin retain moisture is crucial for overall skin health and resilience.

While gardenia has many uses, not all uses are equal. Like all plant-derived ingredients, they may not always behave the same. In cheaper forms of gardenia extract, batches aren't tested to ensure the batch will hold specific benefits nor are they guaranteed to have been protected from exposure to light, air, heat or anything else that could potentially degrade the chemical composition.

Care When Choosing Gardenia Products

"Quality of plant ingredients matters significantly. Cheap 'hollow' extracts may contain little to no active compounds, while chemically standardized extracts are tested for consistent potency and probably have some clinical data about the skin benefits of the extract," Gadberry says. "It's hard to tell which type is in the product just by looking at the ingredient list." A chemically standardized version of the extract can guarantee the desired levels of phytonutrients that hold specific benefits, usually after a series of clinical tests, while having been protected from environmental factors that could potentially contribute to oxidation or otherwise threaten the chemistry's integrity.

For example, ferulic acid is in gardenia but isn't necessarily the extract you're getting when in a gardenia product you're using. Meticulous attention to detail is crucial when it comes to labeling, whether you're reading a label on a line of products you're purchasing, or labeling a product in your own line, especially in this age of heightened demand for transparency.

The same protective, soothing benefits gardenia holds for skin care makes it valuable in scalp care products, like scalp scrubs and hair serums, but as established above, careful consideration about what exact phytonutrients are present in products makes all the difference when shopping for gardenia products.

Kitty Lin is the managing editor of *Skin Inc.*

Top: Image by wasanajai at Adobe Stock; Bottom: Image by [NAME] at Adobe Stock

ADVERTISERS' INDEX

ADVERTISER	PHONE	E-MAIL	WEBSITE	PAGE
Bioelements	800-433-6650	bioelements@bioelements.com	*www.bioelements.com*	1
Éminence Organic Skin Care	888-747-6342	info@eminenceorganics.com	*www.eminenceorganics.com*	11
Fallene Ltd.	800-332-5536		*www.tizofusion.com*	3
FarmHouse Fresh	888-773-9626	customercare@farmhousefreshgoods.com	www.farmhousefreshgoods.com	9
Rhonda Allison Clinical Enterprises	866-313-7546	information@rhondaallison.com	*www.rhondaallison.com*	7
Sorella Apothecary	800-253-0450	hello@sorellaapothecary.com	*www.sorellaapothecary.com*	5
Tend Skin	800-940-8423	sales@tendskin.com	*www.tendskin.com*	C4
Uline	800-295-5510	customer.service@uline.com	*www.uline.com*	15
Zemits	888-999-3996	info@zemits.com	*www.zemits.us*	C2

The Advertisers' Index is published as a service to our readers. Allured Business Media is not responsible for any errors.




SKIN INC.®
The Choice for Serious Spa Professionals & Owners
Want to keep receiving
your printed magazine?
Then renew today!

Tend Skin® Solution

"BYE, BYE" INGROWN HAIRS & RAZOR BUMPS®



Tend Skin®

E-mail: sales@tendskin.com
Tel:800-940-8423 | 954-382-0800
www.tendskin.com

All our products are Cruelty Free (No Animal Testing)