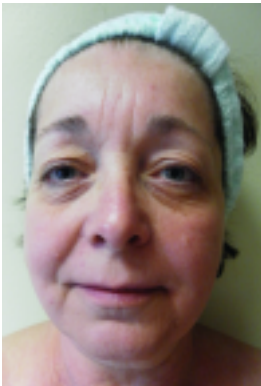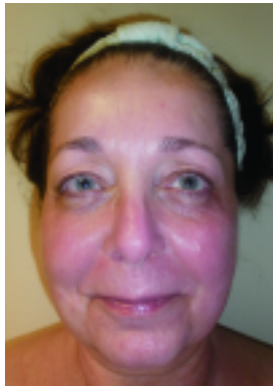# Peel Away the Years and Reveal a More **Beautiful You**

▲ Before

After ▶

has aging suddenly snuck up on you? Remember the days when your skin was young and virtually flawless? Unfortunately, as the years roll by, this can become harder and harder to achieve. Factors such as unprotected skin exposure, smoking, alcohol use, poor diet, and lack of exercise can result in premature skin aging that may leave you feeling short of looking your best. Unprotected skin exposure can actually break down your skin's collagen and attack its elastin, causing age spots, broken capillaries, and rough, loose, blotchy, or wrinkled skin. Smoking and lack of exercise can prevent your skin from getting enough oxygen, leaving your skin dry and malnourished. Alcohol use can dilate your capillaries, creating a ruddy, flushed appearance and broken blood vessels on the skin's surface. To top it all off, if you aren't getting the right vitamins and minerals in your diet, your skin will not be able to retain its glow and elasticity.

So now that you understand what causes aging, how do you stop it? Thankfully, skin peels are an easy solution that can turn back the hands of time and give you the beautiful, youthful skin you desire. This dramatic anti-aging procedure works by removing the damaged top layers of skin and revealing the fresh new skin below it. This new skin regenerates with higher collagen and elastin production, making skin peels one of the fastest and most effective ways to combat aging. Your skin renews itself with fewer imperfections, lines, and wrinkles and with a brand new healthy glow. Skin peels can also remove blotchy spots, correct pigment problems, clear up acne, and smooth scarring. This amazing process will build the integrity of your skin, tightening it and can make you look 10 to 15 years younger.

For more information on skin peels, you can call Beautiful You to schedule an appointment at 619-708-7822. Kimberly Ceballos' skin and body rejuvenation center is located at 171 Saxony Rd., Suite 207 in Encinitas. ❍