

BEAUTY

How to Smooth ‘Crepey’ Skin on Arms and Legs

NewsUSA

(NU) - Managing the effects of skin aging includes tackling the common complaint of skin crepiness. Crepiness refers to a sagging appearance caused in part by lack of moisture in the skin; women are especially affected by skin crepiness on the upper arms and above the knees.

“Crepiness is a concern we address with many of our patients,” says Dr. Melissa Kanchanapoomi Levin, board-certified New York dermatologist and founder of Entière Dermatology. Proper exfoliation is key to improving the appearance of skin crepiness, and exfoliation also prepares the skin to receive the maximum benefits from moisturization.

“Exfoliation loosens and removes the top layers of dull dead skin cells and improves the skin's appearance,” Dr. Levin says.

“Formulas that contain exfoliating acids, such as glycolic acid and lactic acid in combination with moisturizing ingredients, can be helpful. Since sun damage is the most common cause of crepey skin, wearing daily sunscreen and keeping the skin moisturized is a must,” she emphasizes.

To help combat crepiness and foster a smoother, more youthful appearance, look for products that go beyond simply moisturizing, such as the Crepe Control line from StriVectin. The two-step skin care protocol includes Crepe Control Exfoliating Body Scrub and Crepe Control Tightening Body Cream.

- Smooth it Out. Crepe Control Exfoliating Body Scrub combines physical exfoliants such as rice powder with lactic and glycolic acids to help dissolve dead skin



cells, promote skin brightening, and restore a softer appearance to the skin.

- Firm it Up. Crepe Control Tightening Body Cream is designed to improve the appearance of crepey skin and reduce the appearance of aging and environmental damage.

The cream includes not only murumuru seed butter as a key moisturizing ingredient, but also tripeptides to improve skin elasticity; caffeine and jojoba seed extract to facilitate firmer skin; and turmeric root extract to promote skin brightness and tone.

The scrub is designed for use on wet skin in the shower two to three times a week. And the cream can be used on areas of concern as often as twice a day.

Visit strivectin.com for more information about skin care and crepe control products.