

For immediate release
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All the Leaves are Brown: Skin Care from Summer into Fall "extending summer's glow, and repairing damage to skin"

Virginia Beach, VA – As active summer days wane with autumn's arrival, the transition calls for seasonal skin care and repair. Summer skin, in all its tanned, exposed glory, has the appearance of health, but these same signs of participation in outdoor activities – gardening, surfing, golf, tennis - are indicators of damage with short/long term effects.

"The goal of skin care during September-October is extending summer's glow, and repairing damage to skin," says Matthew Galumbeck, MD, a board certified cosmetic plastic surgeon. Galumbeck sets skin care protocols as Medical Director of Spa Phoenix in Virginia Beach, and is creator of the Skin Amnesty® anti-aging skin care system.

Dr. Galumbeck's directives for transitional skin care:

- **Cleanse.** Use a non-irritating cleanser that will maintain lipid balance while gently removing excess oil, dirt and makeup.
- **Moisturize.** High relative humidity is a summer climatic factor that's kind to skin. As autumn takes you indoors to dryer environments, make up the difference by regularly applying moisturizers after bath and shower.
- **Exfoliate!** Buttery tanned skin takes on a dull, flaky finish, regardless of your efforts at hydration. Clear away cellular debris with a gentle, effective scrub, like the doctor's Skin Amnesty® Exfoliating Face Mask; it contains anti-inflammatories and anti-irritants in a jojoba bead laden kaolin white clay base.
- **Repair.** This is a critical time to restore collagen, elastin and antioxidants to damaged skin. Look for serums and topical applications containing Vitamin C, a powerful antioxidant that promotes the synthesis of collagen and blocks collagen breakdown. Skin Amnesty® Restore Protect Serum boasts a 15% Vitamin C concentration delivered via a dual chamber applicator for maximum potency.
- **Peels don't mix well with sun exposure,** so September and October are prime months to see your esthetician. Post-peel, calm and nourish your skin with Skin Amnesty® Antioxidant Infusion.

Look for these active ingredients in transitional skin care products:

- **Moisturizers** should be lanolin-free; max effectiveness comes from plant-based ingredients that improve skin hydration.
- **Vitamin E** – a powerful antioxidant that protects against ultraviolet radiation and environmental damage while improving the effectiveness of Vitamin C.
- **Squalene** – extract of olive oil with powerful anti-oxidant and moisturizing properties.

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Matthew Galumbeck, MD is a board-certified cosmetic plastic surgeon with over a decade of clinical experience, whose practice focuses on a precise range of procedures to enhance face, breast and body. Published in medical journals, Dr. Galumbeck is a member of the faculty of Eastern Virginia Medical School. He is medical director of Spa Phoenix, a medical/day spa in Virginia Beach, founded in 2000. His skin care line, Skin Amnesty® is a 'smart' skin care system developed to offer women and men a regimen to maintain the results of their plastic surgery, and potentially delay the need for further surgery, by restoring healthy skin and protecting it from environmental damage.