



How smoking affects the skin

Through scientific studies, evidence has been produced that suggests smoking and tobacco smoke exposure can affect the skin in various ways.

- . Premature ageing by degeneration in collagen and elastin fibres
- . Decreases capillary and arteriolar blood flow
- . Damages crucial connective tissue within the skin
- . Damages the skins fibroblasts (the cells in connective tissue that form collagen and elastin)
- . Poor wound healing responses

Smoking inhibits the skins natural wound healing responses due to the slow growth and regeneration of blood vessels surrounding the wound. Also, the constriction of these blood vessels and the subsequent decrease of oxygen that reaches the skin will delay the healing of wounds.

Treatments that are designed to trigger this wound healing response to encourage natural collagen and elastin production therefore may not be as successful in a smoker in comparison to a non- smoker due to the lack of oxygen, constriction of blood vessels and compromised fibroblasts, three crucial elements in the regeneration and re-structure of ageing or damaged skin.

If you do smoke, your therapist will recommend a treatment plan that will include lots of antioxidants and Vitamin A & C. Enzyme therapy and Healite phototherapy is recommended as an integral part of your skin journey.