



Mira Linder is helping clients whose skin has been damaged by the sun this season, but says there is really no good season for the

skin. It needs constant care to fight winds and winter dryness as well.

Damage from the sun

Dermatologist and esthetician join for total skin care

There is obvious damage to the skin and a lot of discomfort with a bad sun burn. The reading public has been flooded lately with medical reports, news items and advertisements telling of lasting sun damage, and the value of sun screens. The most alarming accounts relate that young people who are bent on getting a heavy tan may one day pay a very heavy price.

Just recently, Channel 50's Detroit Today asked a dermatologist and an esthetician, (a skin care specialist) to capsule some of those reports.

"No doubt about it. Sun damage is cumulative. There will be a day of reckoning," said Dr. Martin Tessler, a dermatologist with offices in Southfield's Beacon Hill Professional Building.

"Ultra violet rays age the skin, not only from day to day but from year to year," added esthetician Mira Linder.

"Wrinkles, a loss of elasticity and brown spots come when the skin's natural collagen starts lumping up into insoluble masses and can't do the work it's supposed to do, so it's important to do something to counter that with early precautions."

MS. LINDER has become something of an evangelist on the subject of good skin care, preaching on the subject when she's asked, in lectures to local social and civic groups, and lately, in high school classrooms.

She says she especially enjoys talking to the young, because, though she can't stop the aging process, she can do a great deal to slow it down.

She and Tessler teamed up for a method of complete skin care after several clients of each mentioned one to the other.

The two professions working together is common in Europe, but teamwork between the two in the U.S. is something that the World Congress of Beauty has been trying to promote for years.

"America is still backward (in this behalf)" Tessler said, "and Detroit might be the most backward city of them all."

The dermatologist said he can eliminate diseases, or problem disorders of the skin, "but unfortunately a lot of the medicine I prescribe is drying."

"Then I can deliver the beauty," Ms. Linder said, "working with moisturizers and creams to control the work of the glands. All skins are different and need individual help, and even the glands function differently day and night."

Tessler summed it up by saying "I take care of the disease and she takes care of the beauty." Both agreed that it was important for each to know what the other was doing.

THE TWO BELIEVE their collaboration is unique because there are very few estheticians in the U.S., and those who are here were trained in Europe.

The title is a composite of cosmetologist and teacher. It implies that those earning the title have had a great deal of in-depth training on the workings of the skin that the American cosmetologist does not get in his or her training.

Of the collaboration, Ms. Linder says, "The client is the winner."

A new addition to Ms. Linder's studio at 29663 Northwestern is "Cover Mark Center." The center

carries camouflage make-up for scars, burns, and skin disfigurements, which carry out the beauty aspect for the individual after the health aspect has been properly attended.

"No matter what kind of skin problem you have," Ms. Linder said, "there is really no good season for the skin. We have to keep fighting adverse effects of wind and winter dryness as well as adverse effects from the sun, and the whole business starts with a clean face and a healthy skin."

As to choosing the right make-up, she says, "A pretty skin is a healthy skin and how can any blusher, or pencil, or shadow look good when it's put on over blackheads or blotches?"

"THIS IS SO important for mothers to know so they can help their daughters," she continued. "Skin problems cause so many life-long complexes. The teens start to hide, won't go on dates, start hating themselves, all because they have acne or unwanted hair on their face."

"I want them all to be beautiful, facing the world with confidence. I don't want any of them to develop complexes that are so easy to put a stop to now."

Some words of caution when out in the sun

•Know your skin. The amount of skin protection you need depends on your skin type.

•Your vulnerable spots are the nose, tip of your ears, and the eye area.

•Ultra violet rays from the sun are strongest between 11 a.m. and 2 p.m.

•Ultra violet rays can be just as strong on an overcast day as on a sunny day.

•Dark-skinned persons, generally speaking, suffer less than light skinned. Sun will give dark skins a thick and leathery look. It causes drying and wrinkling much faster on light skin, so a sun screen here is a must.

•Water on your face in the hot sun increases the possibility of a burn. The water spreads the rays across the skin's surface instead of reflecting it.

•More protection is needed at high altitudes and near highly-reflective surfaces, such as sand and water.

•Be alert to any medication that may affect the chemistry of the skin. Some birth control pills and some high blood pressure remedies are in this category.

a la mode

"No doubt about it. Sun damage is cumulative."

-Dr. Martin Tessler

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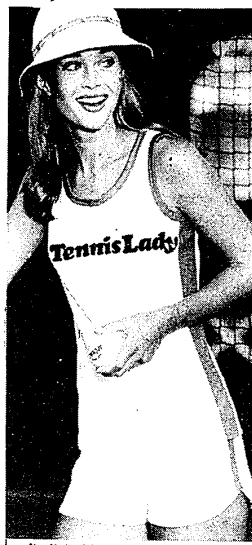
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