

# Beauty is skin deep; unlock its true potential with proper skin care

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## Abstract

The skin is the largest organ of the body and as such can be seen as a mirror to your internal health as well as a mirror for your external beauty.

The aging of skin is defined by a complex biological process which includes intrinsic and extrinsic factors. Intrinsic factors include genetics, cellular metabolism, hormones and metabolic processes. Extrinsic factors include those such as chronic light exposure, pollution, ionizing radiation, chemicals and toxins.<sup>1</sup> Skin thinning, atrophy, fine lines, and dryness are the results of intrinsic aging, how ever; extrinsic aging shows as stratum corneum thickening, dullness, dryness, wrinkles, laxity and blotchy pigmentation.<sup>2</sup> With that being said, although intrinsic aging is genetically defined and inevitable, extrinsic aging is something that can be prevented. This is achieved through regulating one's lifestyle and taking proper care of one's skin in order to uphold its quality and appearance.

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## Biography

Dr. Bushra Khan is a qualified Specialist Dermatologist, Venerologist coupled with advanced Laser and Aesthetic expertise with 10+ years of dynamic experience.

She has published over 30 articles, abstracts, and pre-prints in reputed journals and is working on research in the field of Dermatology