

What we can learn from: Judy Phillips

OWNER OF THE DERMAL CLINIC OFFERS SKIN CARE ADVICE AND MAKE-UP TIPS

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While raising six children, Judy Phillips didn't have the funds to properly care for her skin. As her children started leaving home, she decided to go see an aesthetician.

After learning about skin care, she decided to go back to school and eventually opened up a shop behind the Lodi Public Library. Today, she is the owner of the Dermal Clinic, a skin care salon located on Walnut Steet.

Phillips took some time recently to provide some skin care tips.

Q: What is rewarding about your job?

A: It's a lot more than facials and skin care. It's the spiritual and emotional components that are very evident.

I believe in looking good and feeling good. Aging is hard. You see things changing and then self-esteem changes. Most women don't want plastic surgery. When you can give them help that is so uplifting to them, that's a lot of fun.

The spiritual component is that we are a Christian business. We have the opportunity to give them a buddy. We pray with them and we are friends with them.

Q: What should you do to protect skin from dryness during the winter months?

A: Winter can be tougher than summer. All the elements can be dangerous. What we must do is continue with the sunscreen. We use mineral sunscreen since it's less toxic.

Whenever you get a facial, we exfoliate the dead stuff off. When you exfoliate, it allows the fresh new skin to come out. And then you have to hydrate.



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Q: How long does it take for sun damage to show up?

A: I sometimes have seen damage in teenagers, but in my experience, it is in the 30s and 40s. That's when the hyperpigmentation, or sun spots, start showing up.

Q: What are some make-up tips for New Year's Eve parties?

A: I really think drama is a lot of fun. I'd say beef it up and have fun with make-up. Go glamorous a little bit, as long as you don't look like Bozo the Clown. (Laughs) And that's for any age, not just for the young, beautiful women.

Q: What is the best way to handle acne?

A: I believe that acne

has so many different causes: heredity, diet, lifestyle. A lot of products people use are pore clogging. The first thing we go after is diet. We get the pores cleaned out and then get products that fight it naturally.

Q: How do you keep acne from scarring?

A: First, you have to stop picking. Most who have acne will mutilate them-

selves because they hate it so much. They take a moderate breakout and turns it into a war zone.

The second thing is to get pores cleaned out. And, try to prevent pores from relogging from a bad diet or bad products.

Q: What should men do to protect their skin?

A: The same things as women. A third of our clients are men and they are very worried about what is happening with their skin.

Q: Do you have an interesting story about someone who has used your services?

A: There was a client who had never taken care of herself. It took five months and she morphed into a butterfly. She did a combination of skin care products and facial exercises. She looked like she had a facelift. It really changed her life.

Q: What is an example of a facial exercise?

A: The one we use is the Facial Flex. It's an apparatus that fits in the corners of the mouth. It has a rubber band for resistance. You do like an "ooh, eeh" exercise. As you get used to it, we beef up the rubber bands.

The results are significant. It makes a big difference.

Q: What is your best overall tip for skin care?

A: I would say if you can't do anything else, use sunscreen.

If you can do more, use retinol-type products and get facials whenever you can.

And (watch your) diet. It's a big deal.