

- Women—health and hygiene

Future-proofing women's health

Introducing the new era of self-care

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Self-care used to mean face masks and bubble baths. While those still have their place, modern self-care is about something deeper—taking charge of how we age, how we feel, and how we show up in the world. It's about investing in longevity, not just beauty.

Today, we have access to cutting-edge science that helps us look and feel our best, from skin-rejuvenating biostimulators to energy-based treatments that erase years of damage. But true self-care goes beyond aesthetics. Strength training, daily movement, and even smart supplementation play a role in aging well. The goal? To future-proof our bodies and skin so we can feel vibrant at every stage of life.

Biostimulators: The next generation of skin care

There was a time when dermal fillers were the go-to solution for aging skin. But the new focus isn't just on filling—it's on stimulating. Instead of temporarily plumping the skin, biostimulators encourage collagen production over time, helping the skin naturally restore itself. Think of it as If you're serious about keeping your skin youthful, biostimulators are one of the smartest long-term investments you can make.

training your skin to rebuild from within, rather than relying on a quick fix. Here's what's leading the charge:

- **Sculptra** – A favorite for women noticing sagging or volume loss. This polyl-lactic acid injectable triggers collagen production, gradually restoring youthful contours over months.
- **Radiesse** – A two-in-one treatment: it provides an instant lift while kickstarting collagen and elastin production. Bonus? It works beautifully on the hands, neck, and décolletage—often the first places to show aging.
- **Belotero Revive** – A hydration powerhouse, this combines hyaluronic acid and glycerol to smooth and plump skin. Perfect for preventing fine lines before they set in.
- **Rejuran (Baby Skin Booster)** – Made from salmon DNA (yes, really!), it's a skin healer that repairs damage, reduces inflammation, and deeply hydrates. Great for sensitive or stressed-out skin.
- **Plinest** – Uses polynucleotides (PN) to repair and firm the skin, making it a go-to for sun damage and loss of elasticity.

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Energy-based treatments: High-tech skin rejuvenation

While biostimulators work at a deep level, lasers and energy-based treatments refine the surface of the skin—erasing pigmentation, boosting collagen, and even preventing acne.

- **Picoplus & Picosure Pro** – These ultra-fast lasers zap away pigmentation, acne scars, and fine lines, making them ideal for treating melasma and stubborn postinflammatory hyperpigmenta-

tion (PIH).

- Ultraclear Laser – A “cold ablative” laser that resurfaces the skin without excessive downtime. It tightens pores, smooths texture, and softens fine lines— all in one go.
- Aviclear – The first Fda-approved laser that specifically targets acne at its root, reducing oil production and preventing breakouts. A game-changer for younger women struggling with hormonal acne.
- Regular laser treatments aren't just about fixing issues — they're about preventing them. If you start early, you can slow down the visible effects of aging before they even begin.

Strength, sleep, and smart supplements: The real anti-aging formula

Looking youthful isn't just about what you put on your skin—it's about how you take care of your body from the inside out. The right habits can slow aging at a cellular level, keeping you strong, energized, and healthy for years to come.*

1. Strength training: The most powerful anti-aging habit

Women naturally lose muscle mass as they age, which leads to slower metabolism, increased fat storage, and weaker bones. Strength training three to four times a week can:

- Keep your metabolism high and prevent age-related fat gain
- Improve bone density, reducing the risk of osteoporosis
- Boost insulin sensitivity, lowering the risk of diabetes

Lifting weights isn't just for aesthetics—it's about longevity. Staying strong means staying independent and active as you age.

2. Walking six kilometers a day: The easiest way to burn fat and reduce stress

There's a reason the world's healthiest people walk every day. Regular walking—8,000-10,000 steps a day—can:

- Reduce visceral fat, the deep belly fat that increases heart disease risk
- Lower cortisol (stress hormone), which contributes to weight gain
- Improve heart health circulation

It's simple: walking keeps your body lean and your mind clear. and

3. The power of melatonin & metformin for longevity

- Melatonin – We think of it as a sleep aid, but it's also a powerful antioxidant that protects cells from damage. Getting good sleep is one of the most underrated anti-aging tools.
- Metformin – Originally a diabetes drug, metformin is now gaining attention for its anti-aging benefits—improving insulin sensitivity, lowering inflammation, and supporting overall cellular health.

Not all supplements are created

equal, but these two have strong scientific backing when it comes to longevity.

Self-care, but make it future-proof

The new era of self-care isn't just about feeling good in the moment— it's about making choices that support your body and skin for years to come. Biostimulators, laser treatments, strength training, and metabolic health optimization aren't just trends. They're science-backed tools that help women look and feel their best for the long haul.

Aging is inevitable, but how you age? That's in your hands.