

# Beauty & Wellness 10 Trends for 2020

*Patient-tested and Physician-recommended products and services. Personalized Anti-Aging options are on the horizon. It's where East meets West, Tradition meets Technology.*

WRITTEN BY DR. ELAINE CHIN



1

**1 | Personalized Wellness with Health-in-a-Box:** Cheek swab to reveal genetic risks affecting skin health. Finger prick to determine food sensitivities and nutrient levels. Self-testing kits done in your home. Review with health pro. **At physician offices and online.\* Ranging from \$250-\$750/test. [healthinabox.com](http://healthinabox.com)**

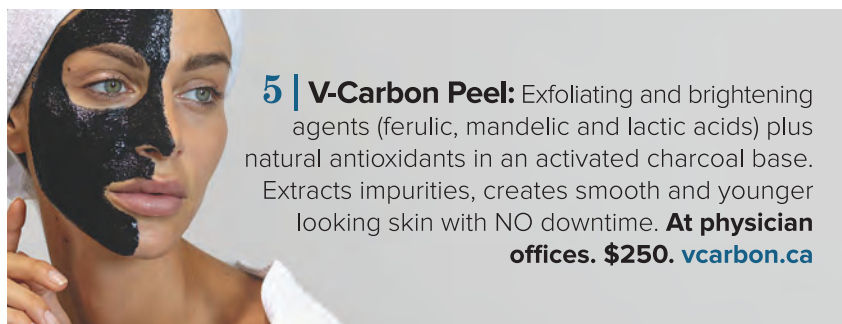
**4 | Truly Bespoke Skincare:** Tailor-made skincare from professionals based on photo driven AI software and skin status. 19 active ingredients for 8 main skin functions. **At medical clinics.\* \$225. [universkin.com](http://universkin.com)**



4

**2 | Skin Nutrient Needs:** Fatty Acids (hydration), Vitamin D (healing & repairing), Vitamin Bs (anti-inflammatory), Vitamin C (antioxidant), Amino Acids (cellular matrix). **Get tested & review with Naturopathic Doctor.\* From \$250.**

**3 | Flawless Skin Facial:** Customized to address genetic-based skin problems. Integrates science-based growth factors and bioactive serums with microneedling. Optional add-ons: acupuncture and IVs. **Facial plus home treatment program.\* \$350. [executivehealthcentre.com](http://executivehealthcentre.com)**



**5 | V-Carbon Peel:** Exfoliating and brightening agents (ferulic, mandelic and lactic acids) plus natural antioxidants in an activated charcoal base. Extracts impurities, creates smooth and younger looking skin with NO downtime. **At physician offices. \$250. [vcarbon.ca](http://vcarbon.ca)**



6

**6 | Premium Facial Masks:** High potency nourishing masks are critical to achieving healthy skin. Green Tea Masks for antioxidation, Hyaluronic Acid Masks for hydration. **At health professional locations.\* \$15.**

**7 | ZOE™ Bliss:** If you own an electric toothbrush, you'd never go back to a manual. So why use a washcloth to clean your face? It's time to upgrade! Meet ZOE™. A pulsating medical grade silicone device to cleanse, exfoliate, and massage the skin. Suitable for all skin types. No replacement brush head needed. **At health and beauty locations.\* \$225. [zoecanada.ca](http://zoecanada.ca)**



7

**8 | Researched Active Ingredients:** Juvinity™ delays auto cell death by limiting oxidative stress and telomere shortening. Renovage™ repairs oxidative lesions and protects apoptosis after UVB radiation exposure. **TelomereFx serum or cream.\* \$250. [skingenesrx.com](http://skingenesrx.com)**




8

**9 | Next-Gen Platelet Rich Plasma:** Blood is drawn, processed for serum rich in Growth Factors, and reinjected for hair restoration and facial rejuvenation. Use Arthrex™ - free of anti-coagulants and anesthetics. **At physician offices.\* \$750/treatment.**

**10 | Facial Acupuncture:** Increases blood flow, oxygen and nutrients to skin boosting collagen to diminish wrinkles, tighten muscle tone, reduce inflammation, soften fine lines, and brighten skin tone. **With specialized acupuncturists.\* \$100/30 min.**

**ELAINE CHIN, M.D., M.B.A. FOUNDER, CHIEF MEDICAL OFFICER**

North American trailblazer in Precision Medicine. Founder of Executive Health Centre, a Medical Wellness and Anti-Aging Clinic. Medical expert on CitylineTV and in Good Housekeeping Magazine's GH Institute.

 EXECUTIVE HEALTH CENTRE

4120 Yonge Street, Toronto ON M2P 2B8

\* [ExecutiveHealthCentre.com](http://ExecutiveHealthCentre.com)