

fashion, food, fitness,

# wellrounded

## Vichy Healthy Skin Centre

So you all know I am a big fan Vichy. Why? Read this [post](#), or this [post](#), or even this [post](#)! I had never really thought of Vichy as a brand that would be suited for me but after reading a [rave review](#) of the 3-in-1 Micellar Cleansing Solution by BEAUTEZINE, I practically ran out to the store to pick it up and I've been loving Vichy ever since. Heart.

I was extremely excited to stop by the week-long Vichy Healthy Skin Centre setup in the Eaton Centre. It is located on the lower level outside of Aritzia – you really can't miss it.



Loved the set-up. Even the walls were educational.



When I arrived I met Eugene, who told me I was going to have my skin analyzed. He took me through a series of questions including my skin concerns, skin type and sensitivity.

**YOUR PERSONALIZED SKIN DIAGNOSIS**

With over 80 years of skin science, combined with extensive dermatological research, we've built a proprietary skin analysis system. With a series of simple questions, we can identify your skin's unique concerns and help you achieve the best possible results.

The following information can help you understand your skin's unique needs and how to best care for it.

**QUESTIONNAIRE**

**What are your skin concerns?**

- Flaking/dry, roughness
- Red, irritated
- Rough, uneven, flaking skin
- Wrinkles
- Loss of firmness
- Loss of skin barrier
- Uneven skin tone/texture

**Which age group do you belong to?**

- Less than 20 years old
- Between 21 and 30 years old
- Between 31 and 40 years old
- Between 41 and 50 years old
- More than 50 years old

**What's your skin type?**

- Normal: Soft and supple without particular problems
- Combination: Oily T-Zone, dried pores, fine lines
- Oily: Shiny skin, dried pores, blackheads, blemishes
- Dry: Uneven, rough, dull and flaky skin surface

**How sensitive is your skin?**

- Not very to slightly sensitive
- Sensitive
- Very sensitive - reactive/intolerant

**How often you experience breakouts?**

- Yes, always
- Often
- Sometimes, not often
- No, not at all

And then, the assessment commenced. Not going to lie, these skin analysis tools freaked me out. They look like something capable of taser-ing. Zap. (Just to be clear, you don't feel a thing.)

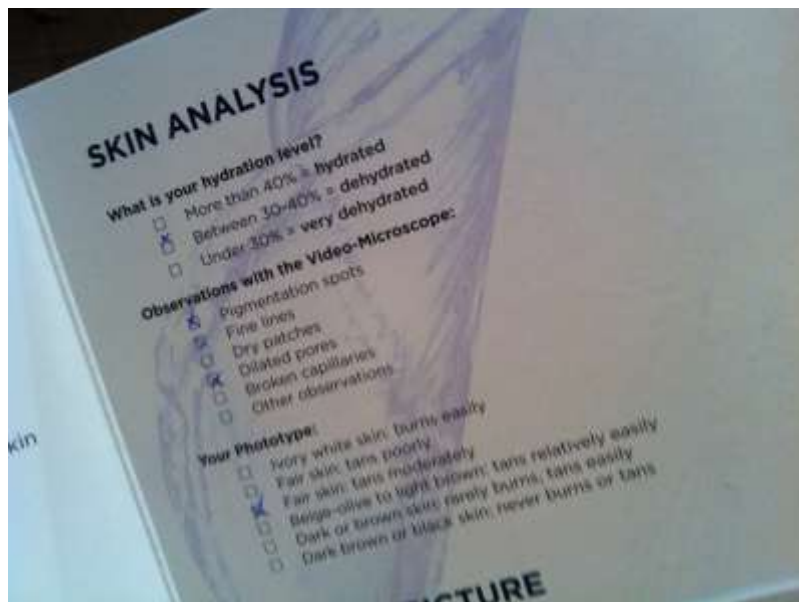


The tool on the left is the video microscope, which gives you an up close look at your skin. The tool on the right is the hydrometer, which tells you how hydrated your skin is.

Eugene first took me through my skin hydration assessment. As it turns out, my cheeks are less hydrated than my forehead. This gave me a good picture of where I really had dry patches. Now I know where to focus my moisturizer! My skin was between 30 to 40% hydrated. Anything above 40% is considered hydrated while below 30% is considered very dehydrated. So I was sitting between hydrated and dehydrated. This was a shock considering I drink a ton of water and moisturize daily.

Next up was the video microscope. Talk about getting up close and personal. I saw into my pores, got an in-depth look into my dark spots and even saw what Eugene called, "fine lines". \*GASP\* FINE LINES? Also known as wrinkles. I saw them with my own eyes. The conclusions from the video-microscope scan were that I have pigmentation spots, fine lines and dilated pores. Oy.





On a side note, Eugene explained to me that the hydration and video microscope skin assessment tools are available wherever Vichy products are sold. In other words, retailers selling Vichy products (like Shoppers Drug Mart) should be able to conduct these assessments for you.

As if my mind hadn't been blown enough, I was off to have my UV picture done. This shows you how much sun damage you have underneath the skin. I was super nervous to have this done as I rarely (i.e.: maybe once a year) wear sunscreen. I used to frequent tanning beds (see [tannerexic](#)) and have spent my summers on the sunny shores of Lake Huron since the age of 10. Disclaimer, this next photo may frighten you.



The dark spots show where skin damage has occurred. I almost screamed until I saw the UV photo of an older guy who had been a life guard as a teen. His face was pretty much one big dark spot. It is probably safe to say that is the direction I'm headed if I keep up my current sun-loving habits. I really think this is awesome that Vichy included this as it is truly an eye opener for skin damage and is an awesome tool for skin cancer awareness and prevention. Pass the sunscreen!

After Eugene walked me through the hydration assessment, video microscope scan and UV picture, we discussed my current skin care regimen and what Vichy products I may benefit from. There is no retail at the site of the Vichy Healthy Skin Centre, which is great because you don't feel like they are trying to sell you anything. Instead they give you sachets and deluxe size samples of products that may help address your skin care concerns.



I really can't say enough about the awesomeness of the Vichy Healthy Skin Centre. Since I started getting hormonal breakouts, I have been experimenting with every skin care line on the market. This experience will definitely allow me to put my trial and error tactics aside and save money in the process.

If you have a chance this week, I highly recommend putting aside 20 minutes to go learn more about your skin at the Vichy Healthy Skin Centre. As I mentioned, you can find it in the lower level of the Eaton Centre near Aritzia. It is **only there for a week** (until Sunday March 25, 2012) so don't miss out. This pop-up is exclusive to Toronto, so take advantage of it!

I am so excited to start my new skincare regimen. Stay tuned to hear how it pans out...