

Latina on a Mission

to inspire and empower

Skincare Tips for Latinas

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Latinas come in all hues. We are as diverse in our skin complexions, as we are in our dance moves. Yet one thing remains the same, how Latinas' respond to skin treatments.

Last week, I had the opportunity to speak with Dr. Yager. His spa, the YSPA located in Washington Heights, New York City, caters to Latinas; as a result, he is considered an expert in Latina skin.

Having quoted him before on Latina On a Mission, I knew Dr. Yager would give me some great pointers. Below are what he's discovered since treating Latinas.

- Latinas are more susceptible to melasma. Melasma is a dark skin discoloration that appears on sun exposed areas. Avoid the sun or wear a sunscreen to prevent melasma.
- Latinas are more prone to hypertrophic keloid scars. As a result, we must be more careful in the treatment of skin injuries, even pimples so no picking or popping!
- Women with darker skin tones do *not* absorb enough Vitamin D from the sun; as a result a Vitamin D supplement should be taken to promote bone growth and prevent osteoporosis. Vitamin D also lowers the risk of colon cancer by 50%, breast and ovarian cancer risks by 30% and lowers the risk of cardiovascular diseases.
- Skin cancer can occur, even in darker skin complexions. Protect your skin from UV rays, avoid excessive sun, and most importantly **wear a daily product with SPF of at least 25 year round.**
- Before treating a mancha/dark spot, make sure you treat the *cause* of the dark spot. If its caused by acne, medicine or hormonal imbalance, treat the cause so that it does not come back again. Treating the symptom and not the cause may actually make it harder for a Doctor to prescribe the right treatment.