



## ROMANCING THE SKIN

Dr. Arnold Breitbart, a plastic surgeon, vintner, and chocolatier, recognizes the skin health benefits of antioxidants found in wine and chocolate, which led to his creation of Chocovin. Here, he talks about the new skincare line.

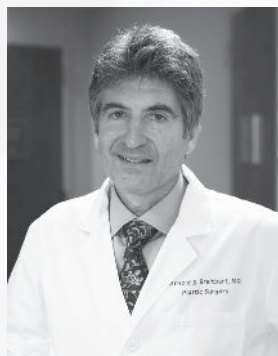
As a vintner and winemaker, I understand the health benefits of red wine—I have a small backyard vineyard at my home in Great Neck, NY, and enjoy making wine from my grapes as well as from grapes sourced from California and South America. Red wine contains a powerful antioxidant, resveratrol, which has been shown to have cardiovascular benefits by protecting the blood vessels of the heart from cholesterol buildup and atherosclerosis, which can block those vessels.

I also love chocolate, and enjoy making my own chocolate truffles. Not only is chocolate (especially dark chocolate) delicious, it's also rich in antioxidants, including epigallocatechin gallate, and good for your cardiovascular health.

Two of nature's most powerful antioxidants, resveratrol found in red wine, and epigallocatechin gallate found in dark chocolate, have beneficial effects on skin health: They diminish visible wrinkles and improve skin texture.

Resveratrol has been demonstrated to have protective effects against ultraviolet radiation-induced skin damage. Studies have also shown that resveratrol protects skin cells from oxidative damage, decreases skin swelling, and lowers the incidence of skin cancer.

Epigallocatechin gallate protects skin cells against sun damage, improves the appearance of skin wrinkles and



skin rosacea, reduces inflammation, and accelerates wound healing.

As a plastic surgeon who enjoys wine and chocolate, and understands their skin health benefits, I sought to develop a skin care line incorporating the powerful antioxidants found in these two universally beloved indulgences. In my own clinical studies, I have found that using resveratrol and epigallocatechin gallate together provides better skin benefits than using either one alone.

Most of my current practice is cosmetic, and both my New York City and Long Island patients seek a variety of cosmetic procedures. As a plastic surgeon, I've always felt that it's important to provide a natural look. The trend has generally been toward less invasive procedures, particularly in facial rejuvenation. Botox and fillers have also become increasingly popular. Technologies such as lasers, ranging from skin treatments to laser-assisted liposuction, have also innovated plastic surgery.

My product line, Chocovin, consists of a day cream, night cream, and eye cream. (I'm looking to add a serum, toner, cleanser, mask and other products.) The trend in skin care has been toward natural, rejuvenating products. Combining beneficial antioxidants from wine and chocolate could have a very desirable impact—your skin will thank you for the VIP TLC. [chocovin.com](http://chocovin.com) 🌿