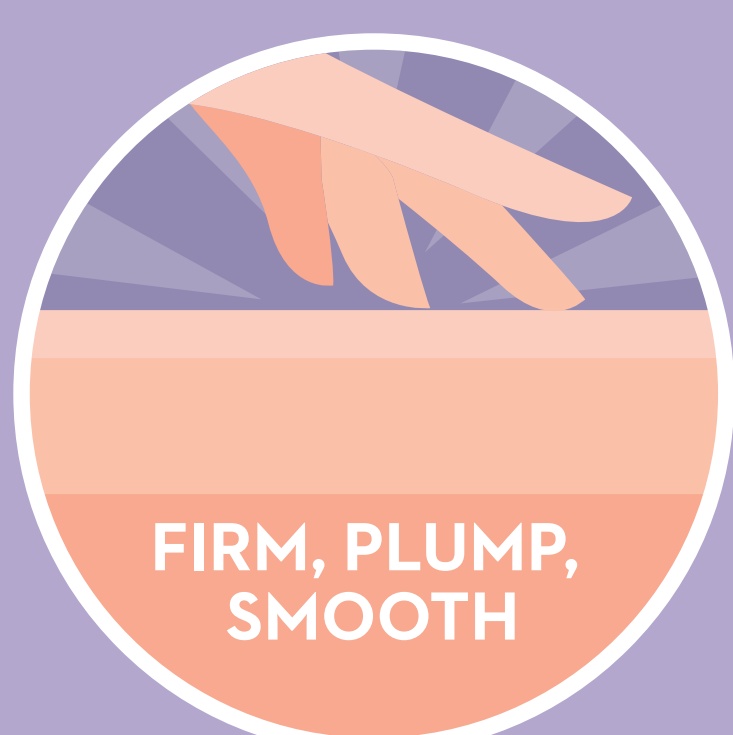


HOW YOUR SKIN CHANGES WITH AGE



YOUR SKIN **GLOWS** MOST WHEN...
THE HORMONE ESTROGEN IS ELEVATED, TYPICALLY WHEN WE YOUNGER.



By Increasing collagen (the building block of skin)

IT KEEPS THE SKIN:

&



By Lowering the activity of your oil glands and reducing inflammation

YOUR ESTROGEN LEVELS DECREASE...



1. DURING THE WEEK OF YOUR PERIOD

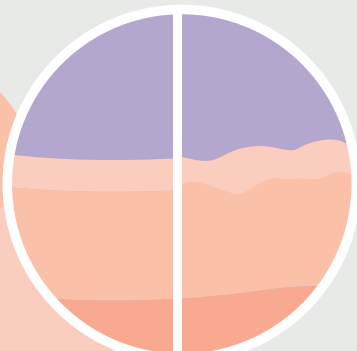


2. AS YOU AGE

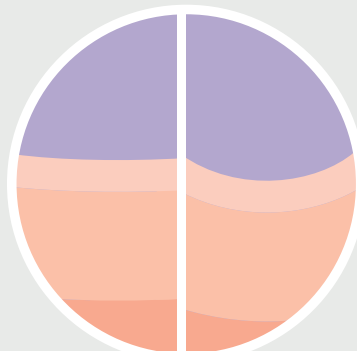


3. AND AS MENOPAUSE APPROACHES

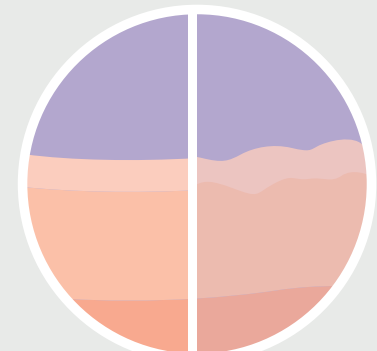
YOUR LEVEL OF ESTROGEN + YOUR INCREASED AGE CHANGE YOUR SKIN'S...



TEXTURE

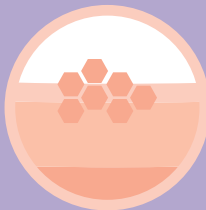
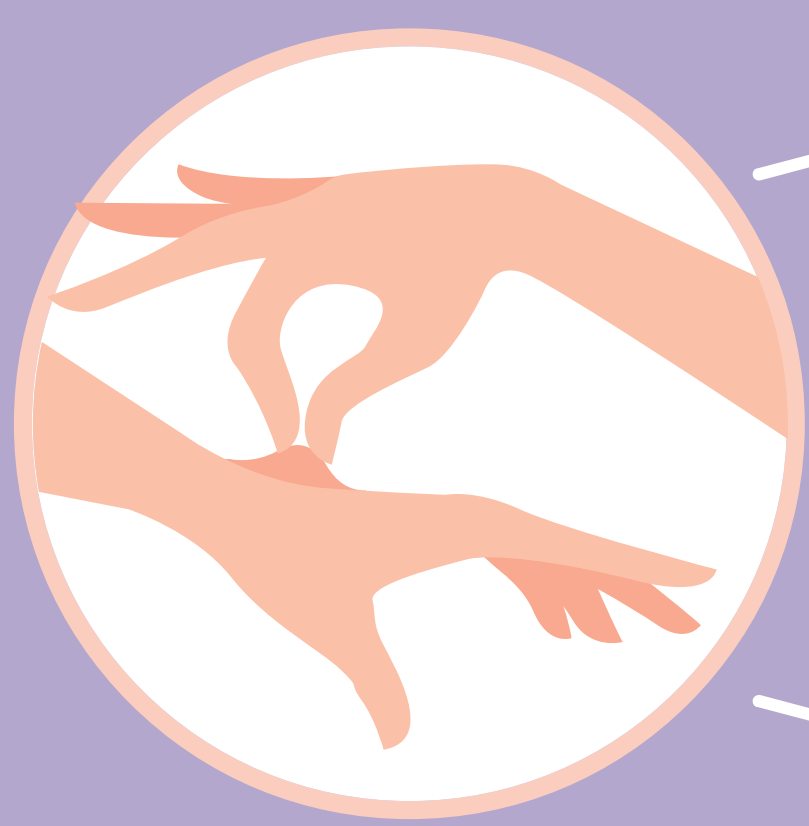


RIGIDITY

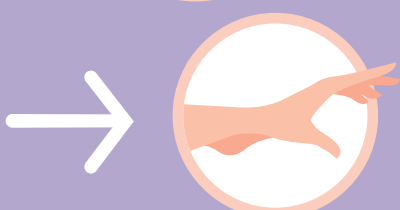


COLOR

WHEN YOU ENTER YOUR 30'S...



• You may develop lesions, such as benign tumours on your skin

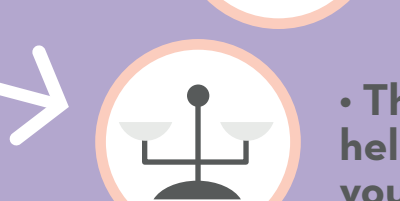


• You start to lose elastic tissue (elastin) which leads to sagging



• Your ability to regulate your skin's pH decreases

This happens due to a decrease in sebum and sweat production

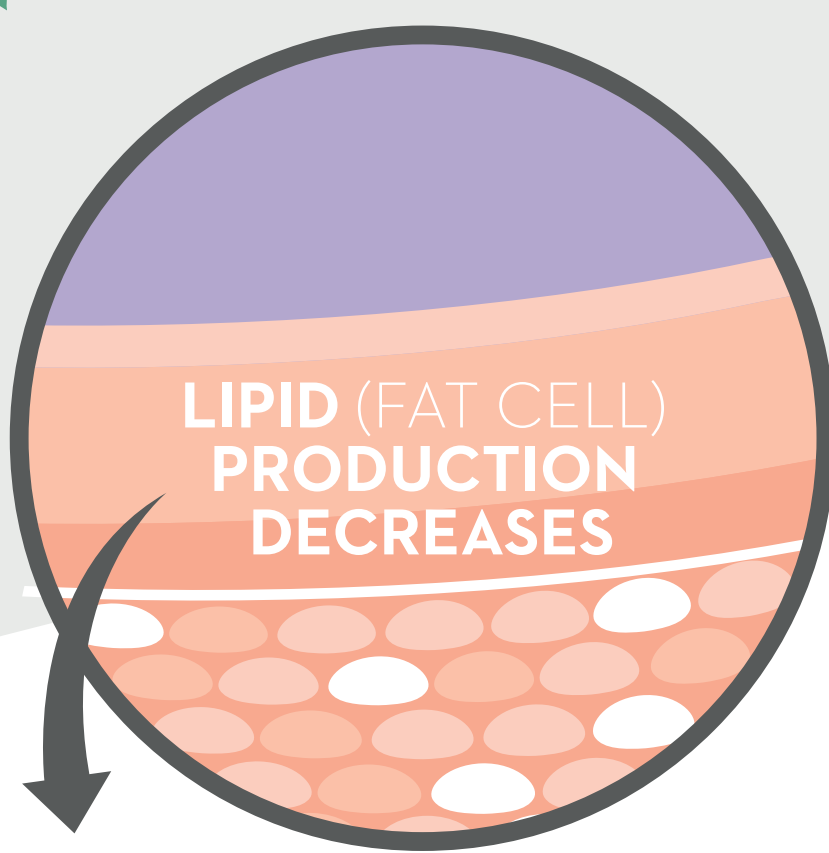


• These two mechanisms are what helped you maintain balance in your younger years



Tip: A skin care system rich in nutrients such as antioxidants, vitamins, and essential fatty acids will give your skin the fuel it needs boost collagen and elastin production.

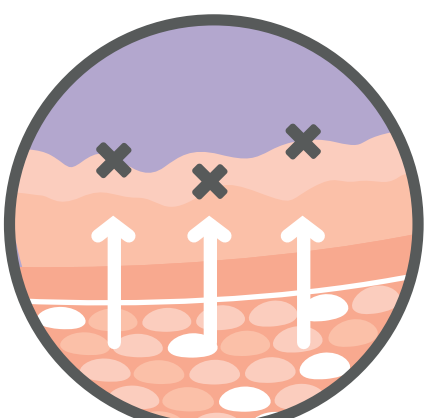
WHEN YOU BECOME 40 YEARS-WISE (AND BEYOND!)...



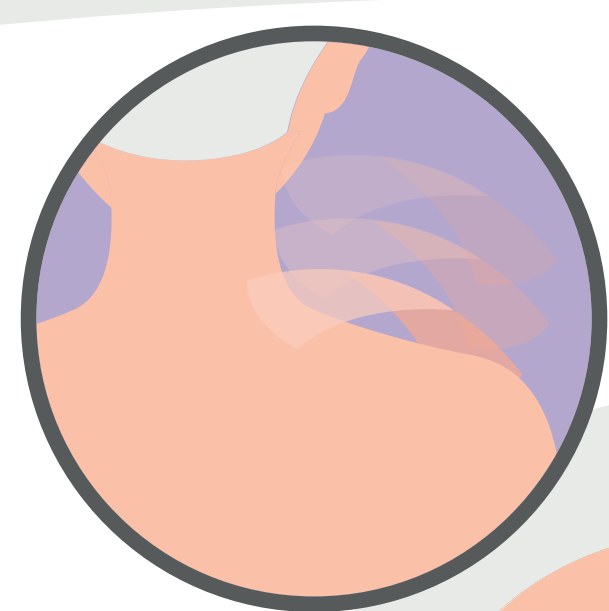
WHICH LEADS TO...



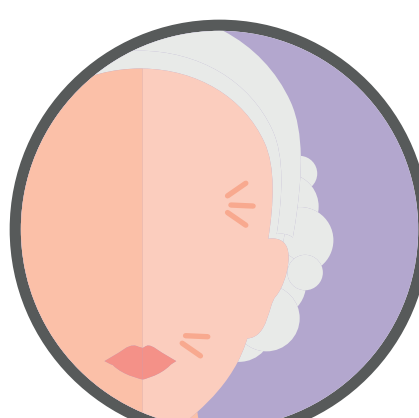
Poor nutrient delivery in the deeper layers of your skin



Inability to fill-in damage to the outer and middle layers of your skin



WHICH RESULTS IN...



An increase of wrinkles



Sunken eyes

Tip: By exfoliating gently and regularly, you actually increase your skin's thickness. Twice daily exfoliation will promote thicker skin due to cellular turnover.

