

SKINCARE GUIDE
SERIES
Issue 1



Skincare that cares for me than just today

3 STEPS TO ULTIMATE SKIN HEALTH

∞Anti Aging Tips∞

Do you want to look younger for as long as possible? Are you starting to notice your skin aging? Do you think it's too late to start looking after your skin?

It's NEVER too late, most of the damage can be reversed! It's just a matter of knowing how and why...

The most important process in skin care that very few know about is the exact steps to take to ensure your skins health. These are defence against aging, then repairing what has been damaged and finally maintaining skins health and a youthful complexion.

Your skincare regime is to act as a defence against aging and to repair already damaged skin cells. Your lifestyle choice and habits determine how well you maintain your skins youthfulness and repaired skin.

Cosmetiq e skincare does not contain sunscreen because it acts as a barrier to protect sensitive skins from the chemicals contained in sunscreen.

STEP 1 - Sun Protection

The most important step in skin care and skin health is sunscreen. It protects your skin from the harmful UV rays from the sun and keeps skin young and plump for as long as possible.

To make the most of the protective qualities of sunscreen, and to keep skin from getting wrinkles, saggy and sun spots is to use a minimum of 30 SPF, broad spectrum sunscreen. Broad spectrum sunscreen contains both UVA and AVB protections factors. (Ask your pharmacist to recommend a broad spectrum sunscreen) This will prevent all UV radiation from penetrating your skin. It is also recommended to use an oil free sunscreen because the oil can cause the sunscreen to be light sensitive and degrade in the sunlight.



Apply a whole tablespoon of sunscreen to your face and a shot glass to your body if you're going to the beach. Apply this amount during the day starting with every morning before leaving your house and on work days, re-apply before the commute home. If you are out and about all day, keep re-applying every 2-3 hours. This is important because; due to the nature of certain ingredients of sunscreens, they tend to degrade during the day with exposure to the sun. If absorbed into your skin it can cause further damage if it has been degraded by sunlight.

This may sound like a lot of work, but it will slowly become habit. To truly keep your skin as young as possible for as long as possible you must train yourself to see your skin as the couch that sits in the sunny room everyday and begins to fray after a few years of sun exposure. Your skin ages the same way. You must avoid the sun wherever possible or where sunscreen to protect your face when you cannot avoid the sun.

STEP 2 - Skincare Regime

Because sunscreen is only for the prevention of aging and the protection, the skin needs a skin care regime to repair any damage induced during a day in the sun, whether with or without sunscreen.

Skin care ingredients that both soothe the skin and repair damage are the following:

- **Vitamin e** – the number one, natural anti-oxidant for skin health that is a complete cure for any skin damage, whether sun induced or injury induced. It heals scars, stretch marks, sunburn, sun spots, wrinkles and many other skin conditions such as psoriasis.
- **Allantoin** – a moisturising active ingredient, increasing the water content of the skin and the smoothness. After a day or a few hours in the sun the skin is dehydrated and the skin cells are irritated.
- **Azulen** – a chamomile extract to soothe sensitive skins. Also a powerful anti-oxidant and anti-inflammatory.
- **Vitamin A** – (Retinoic acid) maintains skin health by switching immature skin cells into mature skins cells making the removal of dead surface cells faster and rejuvenating the skin. Vitamin A also reduces the size of sweat glands and regulates sweat secretion.
- **Muccopolysaccharides** – an essential part of skin health, giving skin strength and elasticity. It also retains moisture in the skin making ti supple and soft.
- **Collagen** – helps skin regenerate proteins necessary to hold the skin together and conserve it tension and elasticity and texture. It is important as a building block of the body.

Cosmetiq e skincare contains all ingredients necessary to repair the skin and reverse the effects of aging.

Skin care containing these important anti aging ingredients must be used daily underneath sunscreen. Not only will it repair the skin while the sunscreen protects the skin, it will also act as a barrier between the sunscreen and the skin. This is

because the sunscreen contains chemicals that may irritate sensitive skins and it may degrade in the sunlight once absorbed into the skin. This type of skin care repairs and rejuvenates the skin.

STEP 3 – Lifestyle and Diet

Your lifestyle and diet drastically influences your skins health. A proper diet of anti aging foods and exercise will help maintain your youthful complexion. Your diet must include the following anti aging foods:

- Almonds
- Spinach
- Cooked tomatoes (with olive oil)
- Olive oil
- Spinach
- Dark chocolate
- Chilli
- Berries

Foods to avoid, that cause aging are the following:

- Refined sugars
- White bread
- Margarine and butter
- Foods containing trans fats (fast foods)
- Alcohol
- Smoking

To maintain excellent skin health every meal must contain the three C's; Colour (a wide variety of colour on your plate); Crunch (fresh, raw ingredients) and Creativity (a varied diet, trying new things and not eating the same things everyday). You should also fortify your diet with supplements and vitamins that prevent aging. To find out more about these vitamins, visit our website to learn how they can reverse aging in women especially!

To keep your skins health optimal over and above proper eating habits, drink 8 glasses of water per day and **only water!** Tea and coffee is acceptable in moderation, but sodas and fruit juices contain sugars and preservatives. Water is number one!

To eliminate toxins and stress induced aging, exercise is very, very important. It should form part of daily living even if you only have 25 minutes per day to devote to it. This will drastically improve circulation of blood to your face and will remove toxins from your skins surface. Even a brisk walk will do.

Implementing the 3 steps

This three step process is easy to implement. But the most important aspect of this process is your attitude towards anti aging. Do you feel as if you can do it? Can you commit to preventing aging and looking after the skin that was given to your in pristine condition? This is your opportunity to love and appreciate your skin; if you do it will reward you in many ways.

For more information or to learn more about how to reverse the aging process and continually maintain your youth, visit our website or email us with your questions. Our advice is free of charge.

This advice can be applied to all skin types and will be effective in slowing and reversing the aging process.



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