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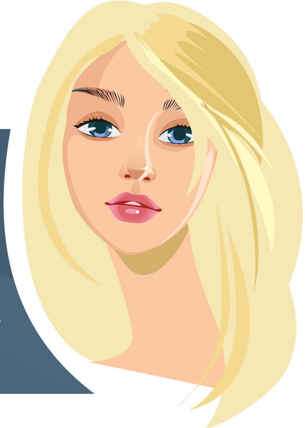
5 Secrets
To Youthful Skin



1. Cleanse

Cleansing removes dirt, oil and other debris, boosts hydration through maintaining the proper pH of the skin, helps prevent breakouts and helps the skin absorb other skin care products more effectively.

Do:

- ✓ Cleanse morning and night. Your skin creates oil and picks up debris from your pillow and environment even at night.
- ✓ Use warm water (NOT hot).
- ✓ Use a mild cleanser.
- ✓ Lightly pat dry.

Don’t:

✗ Over dry, especially if you have dry skin.

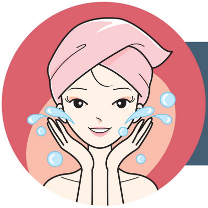
✗ Scrub or dry aggressively.

✗ Use soap meant for the body or a cleanser that contains alcohol or harsh products like benzoyl peroxide or salicylic acid unless recommended by your dermatology provider.

Recommended Products:

☑ Dry/Sensitive Skin: Revision Papaya Cleanser

☑ Normal/Oily Skin:
a) Revision Skin Brightening Cleanser
b) Skin Medica AHA/BHA Exfoliating Cleanser



2. Apply an Antioxidant

Antioxidants, such as Vitamin C, A, E and green tea help keep skin healthy by protecting it from oxidative damage caused by exposure to UV rays, pollution and other environmental toxins. They can also brighten and even skin tone, replenish skin lipids and improve the appearance of fine lines and wrinkles.

Do:

- ✓ Apply antioxidant to dry skin after cleansing.
- ✓ Choose a product that contains antioxidants for an even more powerful effect.
- ✓ Use a medical grade antioxidant recommended by a licensed skin expert. Ingredient quality and quantity vary and are not regulated in over-the-counter products. Spend your dollars on products that really work.
- ✓ Apply Vitamin A in the form of retinol or retinoid (prescription form) at night, unless the product specifies that morning application is ok. Most forms of this antioxidant break down with sun exposure and can make the skin more sensitive to UV rays.
- ✓ Apply a gentle moisturizer after your antioxidant to soothe potential irritation.

Don’t:

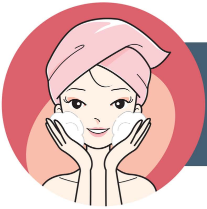
- ✗ Purchase an antioxidant unless it’s sold in an opaque, airtight or air-restrictive container. Antioxidants break down when exposed to light and air.
- ✗ Use antioxidants past their expiration date, as they do break down with time, will no longer be effective and could cause irritation.
- ✗ Expose your skin to the sun without SPF 30 broad spectrum protection.

Recommended Products:

☑ Dry Skin - IS Clinical Vitamin C Serum

☑ Sensitive Skin -Skin Ceuticals CE Ferulic

☑ Normal/Oily Skin:
a) IS Clinical Super Serum
b) Vivier CE Peptides



3. Moisturize

Moisturizers help maintain the balance of the skin, protect the skin barrier from irritation and other potentially damaging processes, create a smooth appearance and help enhance the benefit of other products and procedures.

Do:

- ✓ Apply morning and night.
- ✓ Think lightest products first, so apply on top of lighter serums and gels.
- ✓ Apply in light upward strokes.
- ✓ Tap around sensitive eye area.
- ✓ Use a product with additional anti-aging ingredients, such as peptides and growth factors.

Don’t:

- ✗ Don’t forget the neck.
- ✗ Use an oil-based formula if you’re acne prone.

Recommended Products:

- ☑ Vivier Daily and Nightly Age-Defying Moisturizer
- ☑ IS Clinical Extreme Protect
- ☑ Skin Medica Dermal Repair Cream

4. Eye Cream

Eye creams are formulated specifically for the delicate area around the eyes. Depending on the ingredients, eye creams can help reduce puffiness, dark circles and soften fine lines and wrinkles. The sensitive eye area is exposed to sun and environmental damage and loses elasticity due to the process of making less collagen as we age.

Do:

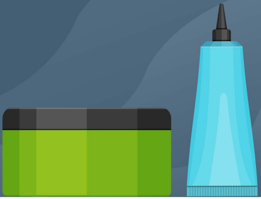
- ✓ Apply eye cream to brow bone area of lid.
- ✓ Use your ring or middle finger to tap the product into place.
- ✓ Give your eye cream a minute to absorb before applying make-up.

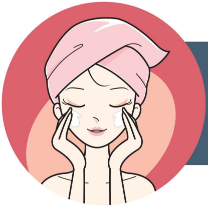
Don’t:

- ✗ Tug at your skin.
- ✗ Use too much product. A pea sized amount around each eye is plenty.

Recommended Products:

- ☑ IS Clinical Youth Eye Complex
- ☑ SkinMedica TNS Eye Repair





5. Sunscreen

(if not already included in other skin care products):

Sunscreens are used to protect the skin from harmful UV rays. This can decrease your risk for developing skin cancer, prevent premature aging, maintain even skin tone and prevent damaging sunburn.

Do:

- ✓ Use a broadspectrum sunscreen that protects against both UVA and UVB rays.
- ✓ Use an SPF 30 or higher.
- ✓ Apply sunscreen to sun exposed areas daily, even in the winter months. Harmful UV rays can penetrate windows both in the car, home and work anytime of year.
- ✓ Look at the ingredients. Choose a physical sunscreen with zinc oxide or titanium dioxide for the best protection and least chance of irritation.
- ✓ Apply ½ tsp to your face and neck.

Don’t:

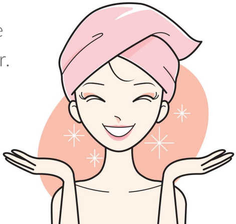
- ✗ Don’t forget to reapply every 2 hours, especially when in direct sun.
- ✗ Use sunscreen as an excuse not to wear other means of sun protection, such as hats and sunglasses when in direct sun exposure.
- ✗ Use a sunscreen marketed for ‘body’ on your face. There is a difference, and facial skin is more sensitive.

Recommended Products:

- ☑ Revision IntellishadeTruPhysical SPF 45 (acts as light make-up, anti-aging and sunscreen)
- ☑ IS Clinical Extreme Protect SPF 30
- ☑ SkinMedicaTotal Defense and Repair SPF 34

Most products mentioned are available at LifeTime MediSpa locations in Edina and St. Louis Park in Minnesota. If you are not local, please check the brand website for the location nearest you. These products are typically sold in MediSpa or licensed health care provider.

For More Secrets to Youthful Skin:
www.lauradavidsonpac.com

* Please do not use or distribute images or verbiage herein without written permission.