



Marc, My Words

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"Compliments invite the person who is complimented to embrace a new perception of him or herself. And just as layers and layers of nacre form a pearl over an irritating grain of sand, so compliments collect around us, developing us in all our beauty."

- Daphne Rose Kingma



Wrinkle In Time

Although some wrinkles are cute, many people spend a lot of time and money trying to get rid of theirs. There are creams and serums on the market that are extremely effective in wrinkle reduction. Unfortunately they also come with a large price tag. Here are a few tricks to preventing wrinkles in your future.

Stop Rubbing Your Eyes:

Allergies and burning eyes from lack of rest are the main reasons many of us rub our eyes. The heavy forceful rubbing that alleviates our painful eyes can also break down the tissue of our eyelids which leads to the fine lines and wrinkles we're trying to avoid.

Keep It Covered: We've all seen the old leathery man at the beach and we've all vowed to never let that happen to us. Use sunscreen everyday to protect your skin. Exposure to the sun's UV rays not only drastically ages our skin but leaves us susceptible to more serious skin conditions including cancer.

Don't Worry, Be Happy: Furrowing your brow is a great way to cause unsightly wrinkles and lines in your forehead and around your eyes. This trick is much easier said than done but if you can catch yourself every time you furrow your brow it could make a world of difference.

Shade Your Eyes: Whether it's with sunglasses or a brimmed hat, keeping yourself from squinting will take years off your eyes. Sunglasses with total UV protection are ideal even though the same can't be said for the tan lines they may leave behind.

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Skin and Your Diet

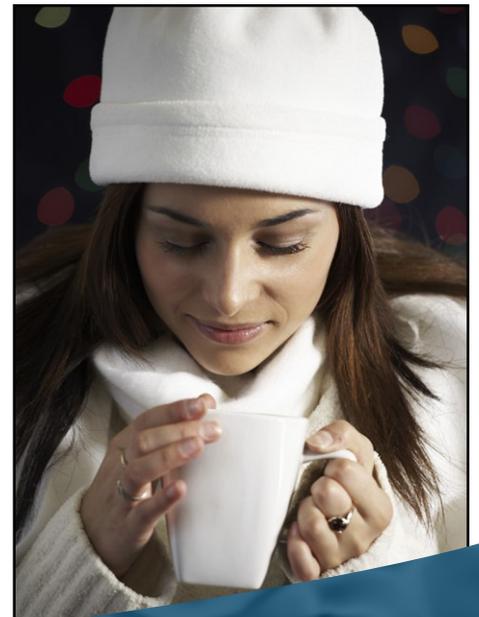
Is your skin telling your secrets? Your skin reveals more about you than you might think. Aging, as we perceive it, has less to do with our actual age than with our appearance. Many things can cause our skin to age prematurely. Unfortunately, many of these aging culprits are the popular indulgences of society. So how can you keep a youthful look without giving up everything you enjoy? Test these tips to see if the reward really is worth the sacrifice.

1. Limit your coffee intake. Actually, coffee shouldn't be singled out here. Tea, caffeinated sodas and even hot chocolate have the same effects on your skin. Caffeine, among other things, prevents your body from processing the vitamins and minerals that come from the food you eat. Keep your caffeinated drink intake to less than 3 per day to avoid possible skin spots or greasy skin.

2. Give up smoking! It is understandably one of the hardest addictions to kick but when you understand more about how it can affect your body you just might find some extra will power. Nicotine attacks the blood vessels that provide your skin with the nutrients and oxygen it needs to stay healthy and keep a youthful

appearance. Those same blood vessels won't be able to rid your skin of its impurities causing even more rapid aging effects. Other substances in cigarettes attack your nail beds and hair follicles.

3. Keep the alcohol consumption to a minimum. Yes, Liquid Courage does take a toll on your skin. That's not to say you have to eliminate alcohol completely from your life, just keep the weekly consumption to under 21 units (a unit is equivalent to a glass of wine or a half pint of beer).



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