



Marc, My Words

Volume 08-09

TOPICS

- Anti Aging In Your Twenties
- Anti-Aging in Your Thirties

"Personal beauty is a greater recommendation than any letter of reference."

- Aristotle



Anti Aging Part II

Let's get back to our chronological skin care timeline. We will focus on our twenties and thirties in this issue. You don't need to be on such a vigilant pimple patrol as you did in your teens but it is still very important to follow proper skin care guidelines.

Twenties- Your focus of attention has gone from acne alert to pore patrol. Your skin's cell renewal process is beginning to slow down and you'll notice your skin starting to look a little more mature. This is nothing to be alarmed by it's just the natural process of aging. Be careful though, now is the time to manage the aging process of your skin. If you do nothing to prevent it your skin will begin to look older faster, meaning larger pores and more noticeable creases, and no one wants that. Continue your twice daily cleansing ritual, once in the morning and once at night. As hard as it might sound ladies, never go to bed before removing the makeup from your face. It's more important now to use quality face cleansing, toning and moisturizing products than before. Body wash and hand lotion just weren't created for the delicate skin on your face and they won't provide the proper care your face needs. Keep a small bottle of sunscreen with you at all times. Thirty minutes before going outside apply a small amount to the areas of your skin that will be exposed to the sun regardless of the season. This will moisturize your skin while protecting it from harmful UV rays.

To maintain proper hormone levels, which are mandatory for healthy skin, be sure to exercise regularly and take mineral vitamin supplements to ensure proper nutrition.

Marc Ward
Master Formulator, Chemist

Anti-Aging in Your Thirties

Thirties- Once again your attention has changed focus from pore patrol to wrinkle watch. Lines and wrinkles are expected in your thirties. The definition of those lines and wrinkles will be determined by the amount of sunscreen applied when you were younger. Your personality type will also play a big role in the amount of wrinkles and lines you have. Someone who is more animated with their facial gestures will tend to have more lines around their forehead, eyes and mouth. Your metabolism is slower now so we'll introduce a few new tricks into your daily skin care regimen.

Maintain the same regimen you followed through your twenties but now add a weekly glycolic acid exfoliation. This will help your skin rebuild collagen, which keeps skin tight and youthful. Gradually increase the frequency of your glycolic acid exfoliation to two or three times per week, as needed.

Your face isn't as forgiving as it once was. Partying and dancing through the night will be manifested in dark circles and sagging eyes and cheeks the next morning. Your body needs a good night's sleep even more than it used to. Try

using facial exercises. You can find a number of them online. Yes, they sound (and look) ridiculous but they will tone the muscles in your face keeping your skin tighter longer.

Now is a good time to see your dermatologist. Get checked for skin cancer and ask for personalized tips for maintaining healthy skin. The old saying is true- an ounce of prevention is worth a pound of cure.



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