

Skin Types & Traits

White / Light Skin

White skin is typically thinner than other skin types and has less melanin.

- Be careful of the sun. Use a moisturizer with SPF 15 (Daytime Moisturizer SPF15)
- White skin is prone to Rosacea. A product with Ester C can be helpful ("C" U-Later Wrinkles Serum)
- Microdermabrasion or acid peels are okay as white skin does not scar easily.

Brown / Dark Skin

Brown skin has high melanin which can trigger the release of chemicals that attach & break down elastin. Needs TLC!

- Brown skin tends to be more oily
- More susceptible to inflammation & acne
- Avoid lasers, deep peels, & microderm treatments because it is more susceptible to scarring.
- AHA treatment is okay but avoid prescription Retin-A that can discolor skin

Asian / Yellow Skin

Asian skin has excessive amounts of melanin which gives it yellow undertones. This can protect against skin cancer.

- Skin will show discolorations, dark spots, freckles, hyper-pigmentation before it will show wrinkles & loss of skin elasticity.
- More prone to acne as skin produces more oil, which can clog pores & cause breakouts
- Sensitive & prone to irritation, so avoid skin care products with fragrance.
- Pores can be larger than other ethnicities, therefore exfoliation should be part of your daily routine. Larger pores have a higher susceptibility of getting clogged.
- Cleanse skin 2 times per day with oil-free, fragrance-free cleanser. Exfoliate 2 times per week for beautiful & healthy skin.
- Rejuvenate T.R., Retin-AL, & Sunscreen are also recommended.

How to Get Started Some Basic Advice

Starting Out with Skin Care

A.M.

1. Buffing Cleanser
2. Rejuvenate T.R.
3. Daytime Moisturizer
4. Firm & Fade Eye

P.M.

1. Buffing Cleanser
2. Rejuvenate T.R.
3. Firm & Fade Eye

Aging Skin with Some Wrinkling

A.M.

1. Buffing Cleanser
2. "C" U-Later Wrinkles
3. Rejuvenate T.R.
4. Daytime Moisturizer

P.M.

1. Buffing Cleanser
2. "C" U-Later Wrinkles
3. Rejuvenate T.R.
4. Lift-In-A-Jar

Dry Skin

A.M.

1. Buffing Cleanser
2. "C" U-Later Wrinkles
3. Rejuvenate T.R.
4. Daytime Moisturizer

P.M.

1. Buffing Cleanser
2. "C" U-Later Wrinkles
3. Rejuvenate T.R.
4. Advanced Hydration Complex



"Do not be overwhelmed. Good Skin Care is EASY and AFFORDABLE! You can reverse what you don't like. I am living proof! Call me if you need more help." ~ Barbara Hoffman
Author, Good Skin Care Made Easy

Skin Care Tips

- Glycolic Acid & Vitamin C are very compatible and when used together your skin will appear rejuvenated, firmer, more glowing & youthful.
- When exfoliating, if your skin gets dry and flaky it is getting used to the new level of exfoliation. Use some extra moisturizer while the skin is getting acclimated. If your skin gets red and irritated, use the product less frequently (once a day instead of twice, or 2-3 times weekly instead of daily). The desired result is exfoliation, not irritation.
- When using AHA's you should use a moisturizer with SPF-15 or above.

What about spa treatments & facials?

Spa Treatments are lovely and you will look great afterward, but it is just like getting your teeth cleaned. If you do not brush everyday, you will not have bright, healthy teeth. For your skin, continuous home care will give you better results than a spa treatment.

About NHS

With our products you can repair your skin without lasers, peels, or injection! Our **physician-strength** formulas contain the latest anti-aging ingredients available and are **Paraben-Free!** We rival any products on the market. We work at it just for you!

We care about you, your skin & your finances, so we bring you the best science has to offer at affordable prices. We want to help you have skin that you love.

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YOUR Skin Care GUIDE



New Healthy Skin



- Common Skin Conditions & How to Repair Them
- Skin Types & Traits
- Daily Skin Care Regimens

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What is Your #1 Skin Concern?

Specific Skin Conditions & How to Repair Them

Only 5% of skin aging is hereditary. 95% is due to NEGLECT. Good products are the key!

Fine Lines / Wrinkles

Fine Lines & Wrinkles are a result of age-related weakening of the skin's collagen and elastin, the fibers that keep the skin FIRM.

TO REBUILD COLLAGEN & ELASTIN

1. Choose a Vitamin C product, particularly Ester C, such as our "C" U-Later Wrinkles. It is proven to stimulate collagen production and can dramatically reduce wrinkles.
2. Use a Retinol product (Retin-AL) which works on both fine lines & deep wrinkles. "C" U-Later works from the inside out. Retinol works from the outside in.
3. Use a product containing Dermaxyl, a natural peptide proven to reduce wrinkles, up to 98% (Nightly Renewal Crème)

Skin Discoloration / Age Spots

Blotches, in which small patches of skin appear to have a different color than the main skin area become common as we age. The skin will not reflect light and you can look older than a person who has even more lines & wrinkles than you do.

FOR AGE-RELATED OR HORMONAL SPOTS OR DISCOLORATIONS

1. Use a good bio-identical progesterone crème such as ProHELP / Menopause Moisture Creme
2. Use a "C" product to even out skin tone.
3. Use a glycolic acid product after the "C" product.
4. You can also add a Retinol product, the purest form of Vitamin A (Retin-AL). It evens skin tone & gives a rosy glow.
5. If necessary, add a skin bleaching product directly on prominent or stubborn spots. Kojic acid works best.
6. For deep (dermal) pigmentation, photo-laser treatment can be your answer.

Thinning Skin

The skin of older individuals often becomes papery thin. As the stratum corneum thickens, the epidermis and dermis get thinner. Oil gland activity decreases. This can also be due to hormonal decline.

TO IMPROVE ELASTICITY

1. Use a bio-identical progesterone crème such as ProHELP or Menopause Moisture Crème.
2. Use a Retinol product to increase cellular strength and new cell development deep within the skin. (Retin-AL)
3. Use a product with Dermaxyl (Nightly Renewal Crème) to repair cellular structure.

Dry / Dull Skin

As we age, skin becomes drier. Up to the age of 14, the skin on the face exfoliates naturally every 14 days. This quick rate of renewal leaves youngsters with a healthy-looking, glowing complexion. By the age of 25 the skin will exfoliate every 28 days or so. The resulting build-up of dead skin cells can leave the skin looking dull or grey.

TO HYDRATE DRY SKIN

1. Exfoliate the outer layer of the skin either by buffing and/or with a glycolic acid product. Cleansers with micro-beads will gently exfoliate the skin and remove dead skin cells and uncover glowing skin beneath. **It is a myth that exfoliation makes skin dryer.** People with dry skin have more loose dead cell layers than others and therefore MUST exfoliate. Buffing Pearls Cleanser is great.
2. Use an AHA glycolic acid product. AHA stands for Alpha Hydroxy Acid and the best form is glycolic acid which is made from sugar cane. (Rejuvenate T.R.) It penetrates the deep dermal layers to bring about the most dramatic changes.
3. **Glycolic Acid:**
 - ~ Removes build-up on top layers of the skin
 - ~ Allows healthier cells to come to the surface
 - ~ Vastly improves skin's texture and color
 - ~ Has water binding properties, retains moisture in skin, increasing hydration
 - ~ Improves effectiveness of all other skin care

For Extra Moisture: Hyaluronic Acid (Advanced Hydration Complex) is an amazing moisturizer.

Rough Skin

Rough skin is commonly caused by the accumulation of dead skin cells on the skin's surface. This causes the skin surface to appear bumpy and rough. Complexion will appear dull & lifeless.

TO SMOOTH SKIN

1. Use a Retinol product—lessens roughness as well as blotches. (Retin-AL)
2. Use Glycolic Acid (Rejuvenate T.R.).
3. Hyaluronic Acid (Advanced Hydration Complex) will make skin soft & smooth.

Acne

Acne is caused by a disorder of the sebaceous glands which block pores. This produces pimples or blemishes.

TO TREAT / PREVENT ACNE

1. Glycolic acid unclogs pores and minimizes their appearance (Rejuvenate T.R). Glycolic acid can also reduce acne scarring and prevent future acne.
2. Benzoyl Peroxide has AMAZING anti-acne properties. BP is the "gold standard" for treating acne. Vivant Skin Care has a great BP acne line that we carry.
3. Always use a toner after cleansing, before applying other products. It clears skin of contaminants.

Thin Lips

DMAE applied directly on the lips can make them fuller & also give a lift to above-the-lip skin in a very short time. (DMAE is found in our Lift-In-A-Jar)

EVERYONE: GLYCOLIC ACID IS YOUR "MUST-HAVE" PRODUCT!

Glycolic acid thickens the dermis and thins the stratocorneum (as in baby's skin). Results are dramatic! It helps with almost everything:

Fine Lines & Wrinkles	Sun Damaged Skin
Hyper-pigmentation	Acne & Acne Scarring
Reducing Pore Size	Resurfacing Skin
Stimulating Collagen	Hydration

Glycolic Acid acts as a delivery system for all of your other skin care products!

Enlarged Pores

- Glycolic acid reduces the size of enlarged pores & resurfaces the skin.
- Buffing Pearls Cleanser is excellent for pores

Sagging Skin / Jaw Line

- Choose a Vitamin C product like "C" U-Later Wrinkles or Peter Lamas Pro-Vita C Infusion Complex. Facial contours will begin to appear tighter.
- Products containing DMAE ("Lift-In-A-Jar") can actually re-define facial contours. Smooth on face and neck with upward strokes. Can also be used on tip of nose, upper eyelids and above lips!

Eyes: Dark Circles / Fine Lines

- Research has shown Haloxyl (a natural enzyme complex) reduces under-eye circles and reduces fine lines (found in our Firm & Fade Eye Cream).
- Vitamin C, particularly Ester C, can stimulate collagen in the under-eye area.
- Vitamin C also brightens area under the eye.

Rosacea

- Glycolic Acid is very helpful (Rosacea is a disease of reaction, not sensitivity, so using acids is fine).
- A good Vitamin C product - reduces redness and reduces dilated capillaries.
- Avoid products containing botanical ingredients which can cause reactions.

Hydration / Extra Moisture

- Apply a product containing hyaluronic acid AFTER all other products (Advanced Hydration Complex)
- Hyaluronic acid can hold up to 1,000 times its weight in water in 1 molecule.

Scar Reduction

- A scar is a loss of tissue.
- Glycolic improves mild to moderate scarring; it lightens the interior surface of the scar. Results can be dramatic!
- Ester "C" can help stimulate collagen
- Try a product containing Aloe Vera which has given people great results.