



SKIN TIP TUESDAY

COLLAGEN

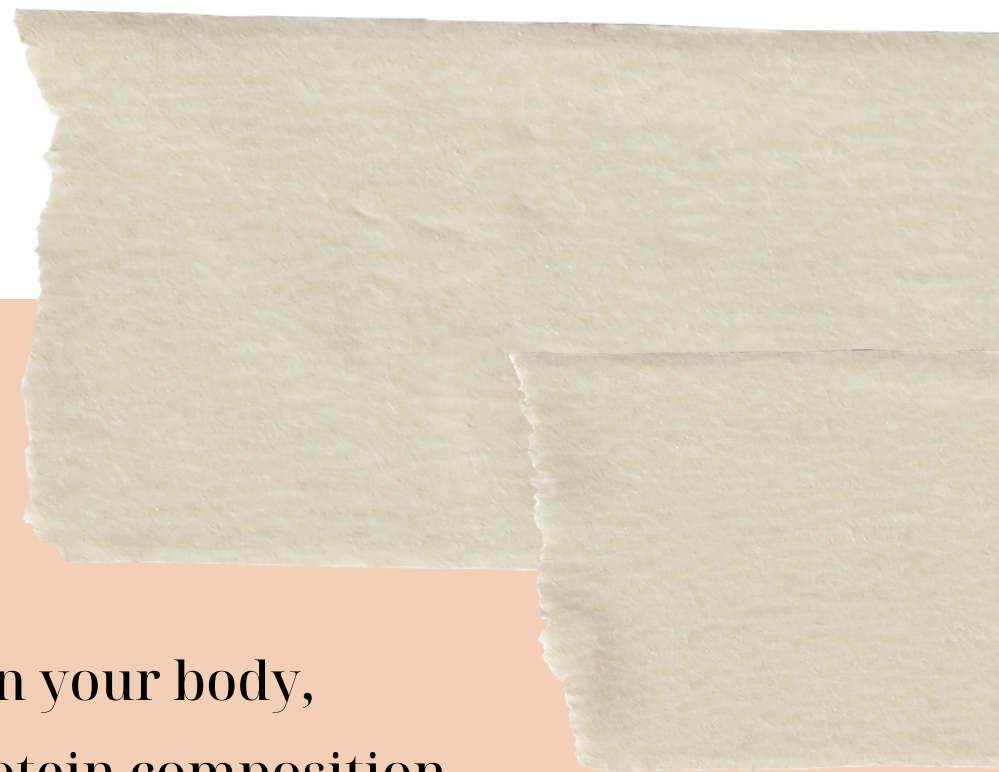
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What Is Collagen?

Collagen is the most abundant protein in your body, accounting for about one-third of its protein composition.

It's one of the major building blocks of bones, skin, muscles, tendons, and ligaments. You can think of it as the "glue" that holds all these things together. In fact, the word comes from the Greek word "kólla," which means glue.

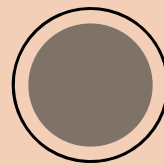
There are at least 16 types of collagen. The four main types are type I, II, III, and IV. Type I makes up 90% of the collagen in your body and provides structure to skin, bones, tendons, fibrous cartilage, connective tissue, and teeth.



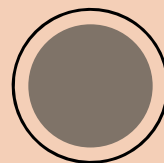
Collagen Production and Your Diet

**All collagen starts
off as procollagen.**

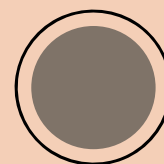
Your body makes procollagen by combining two amino acids — glycine and proline. This process uses vitamin C.



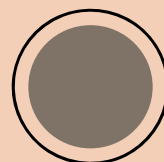
Vitamin C: Large amounts are found in citrus fruits, bell peppers, and strawberries



Proline: Large amounts are found in egg whites, wheat germ, dairy products, cabbage, asparagus, and mushrooms



Glycine: Large amounts are found in pork skin, chicken skin, and gelatin, but glycine is also found in various foods

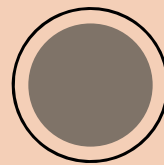


Copper: Large amounts are found in organ meats, sesame seeds, cocoa powder, cashews, and lentils

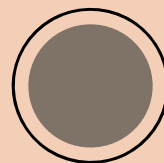
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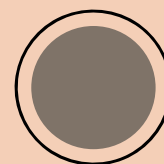
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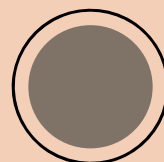
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Collagen Treatments at YogaFace & Body Spa

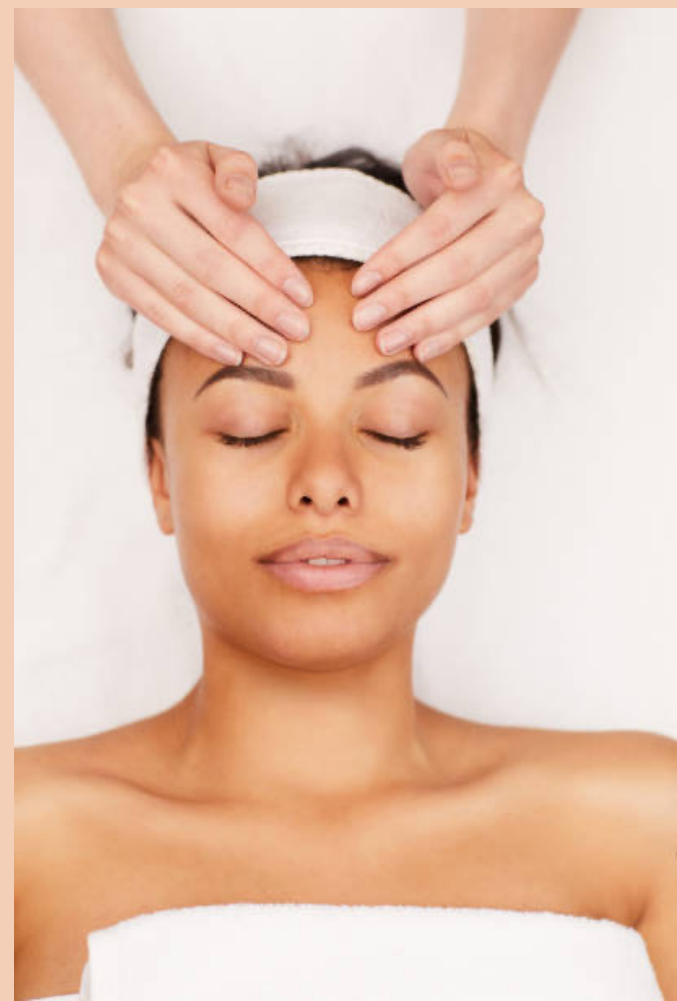
4% Retinol PCA Peel \$150

This strong exfoliation reduces age spots, melasma, acne scarring, wrinkles, and pore size; while stimulating collagen and elastin production.

Collagen & Elastin Ultrasonic Anti-Aging Facial \$95

This facial combines a unique formulation that combines collagen and elastin to regenerate, rehydrate, and revitalize the skin.

Excellent for combination and dry/mature skin.



Collagen Treatments at YogaFace & Body Spa

30 Minute Facial Cupping & Facial Massage \$55

This relaxing facial treatment increases circulation, lymphatic drainage, reduces inflammation, builds elastin & collagen, helps to penetrate antioxidant serum, and plumps the skin!



Book an Appointment!

YogaFace & Body Spa
product partners

PCA Skin
Dermalogica

Skin Script
Mad Hippie

Book an appointment with one of our certified
professional estheticians to rejuvenate your skin

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