

A composite image featuring a close-up of a woman's face on the left, with her hand gently touching her cheek. The right side of the image is filled with a close-up of dried, golden-brown grasses. A light gray rectangular box with a brown border is positioned in the upper right, containing the text 'Skin Tip Tuesday' and 'Anti - Aging'. A brown rectangular box with a white border is at the bottom, containing the text 'Moisturize, Moisturize, Moisturize *with SPF'.

Skin Tip Tuesday

Anti - Aging

Moisturize, Moisturize,
Moisturize *with SPF

Be Gentle

With a Gentle Cleanser

- Cleansers with a high pH, like natural soaps are harsh and can leave your skin and can irritate the skin.

- Cleansers with low pH work to maintain optimal skin balance.

- You also don't need to buy cleansers with fancy, active ingredients.

- Those active ingredients are more useful in later steps, like when you apply serum.

Pat, don't rub, on your anti-aging serums

- Serums contain a higher concentration of active ingredients than a moisturizer

- The best anti-aging ingredients to look out for are vitamin C and vitamin A derivatives known as **retinoids**.

- As well as increasing collagen in your skin, they also act as antioxidants to soak up the biological and environmental oxidative stress that builds up to cause aging.

Moisturize, Moisturize, Moisturize

With SPF

- With age also comes less sebum. This means your skin will dry out more easily.

- One of the big reasons for fine lines is inadequate skin hydration.

- Look for a moisturizer that contains water-binding humectants like glycerine and hyaluronic acid.

- A daily application of a broad-spectrum SPF 30 is a must.

Professional Skincare Products
Available on our website

yogafacespa.com

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