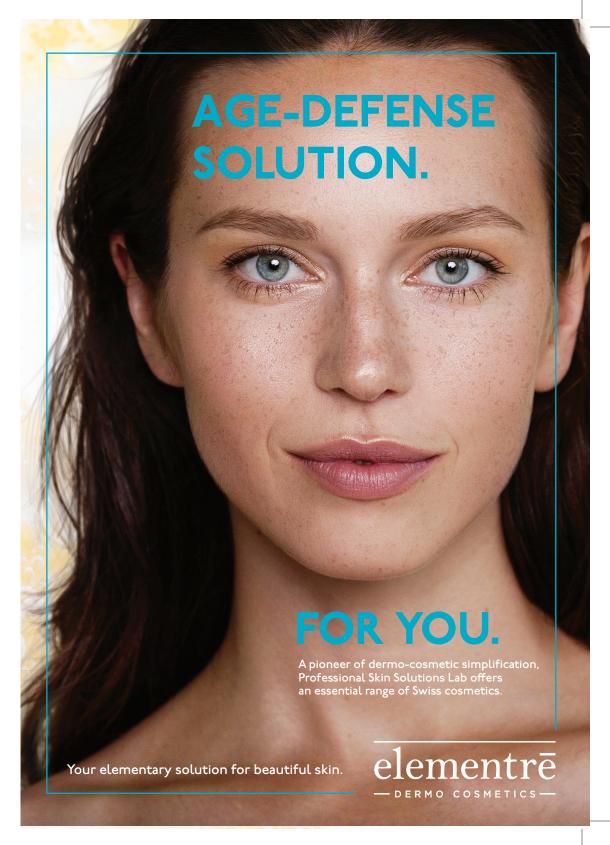
THE ESSENTIAL.





SIGNS OF SKIN AGEING

How your skin ages depends on a variety of factors: your lifestyle, habits, diet as well as your genes.

As you grow older, your skin ages and becomes slacker and loses subcutaneous support (fatty tissue between your skin and muscle). Your skin's appearance becomes spotted, with wrinkles. For elderly people your skin becomes tougher and more fragile, as well as somewhat transparent. This can be referred to as your natural skin ageing.

Environmental factors such as pollution and exposure to sunlight are the biggest culprits of 'premature skin ageing'. The sun's ultraviolet (UV) light

damages elastin fibers in the skin and free radicals can cause damage to skin cells: once-healthy molecules become overactive and unstable. This causes the skin to prematurely sag, stretch and lose its ability to regain its position.

Both natural skin aging and premature ageing are responsible for fine lines, wrinkles, age spots and sagging skin.

Protecting your skin from the sun and making lifestyle changes (reduce smoking and drinking, adopt a balanced diet) will result in healthier and better-looking skin. Topical creams and in-clinic procedures can help decrease the appearance of visible signs of skin ageing.

HOME PROTOCOL: SELECT FROM EACH STEP



AGE-DEFENSE FACIAL PROTOCOL



I - PREPARE your skin

Deep cleanse and soothe your skin with 3.5% Glycerin Cleansing Gel or 2% Micellar Water. Glycerin increases skin hydration and leaves a smooth finish.

Gently exfoliate your skin with **3% Papaya Enzyme Peel Gel**. Papaya removes the superficial layer of skin and damaged keratin.

2 - CORRECT your skin concerns and imperfections

Massage in 15% Vitamin C Brightening Serum or 0.5% Retinol Revitalizing Serum on your face and neck. Vitamin C protects against photoageing and brightens skin.

STAR INGREDIENT: Retinol prompts surface skin cells to turn over, making way for new cell growth underneath.

3 - ENHANCE your skin vitality and beauty

Firming and Lifting Face Massage with **8% Peptides** & **H.A. Lifting Cream** on your whole face and neck.

STAR INGREDIENT: Peptides trigger skin cell to build collagen and elastin.

Hyaluronic Acid increases skin moisture. Use a sunscreen (SPF50+) when needed.

CAN BE COMBINED WITH PROFESSIONAL DEVICES

The elementre dermo cosmetics range has been developed to be combined with professional protocols and devices for advanced in-clinic treatments.

- Hot towel or steam machine: to open pores and promote blood circulation
- Micro-needling roller or pen: to help activate the blood circulation and stimulate the cellular functions
- Cooled stone or metal roller: to appease the skin, reduce inflammation and improve skin complexion
- Galvanic current: to deepen the cream penetration

