

## UNDERSTANDING *your skin*

What are some things you love about the skin you are in?

What are some things you want to improve?



## COMMON *skin issues*

### REDNESS

Redness comes from a variety of things but most are rooted in inflammation.

RECOMMENDED PRODUCTS: Yarrow/Pom, Correct-X®, Frankincense, Helichrysum



### SCARS

Scars usually fade over time; however, most desire to minimize the color and size, as well as speed the healing process.

RECOMMENDED PRODUCTS: Geranium, Yarrow/Pom, Frankincense Touch™, Neroli



### BREAKOUTS

Breakouts are often associated with food sensitivities, hormones, or bacteria.

RECOMMENDED PRODUCTS: Tea Tree, HD Clear®, Rose Touch



### BROWN SPOTS

Brown spots can be caused by sun exposure, aging, and other hormonal pigmentation.

RECOMMENDED PRODUCTS: Frankincense, Lavender, Sandalwood, Black Spruce



### AGING

Aging is evident by fine lines, wrinkles, and loose skin. The goal is to age more gracefully using natural products to support this process.

RECOMMENDED PRODUCTS: Immortelle®, Neroli, Myrrh, Frankincense



# ESSENTIAL Skin Care

BEAUTY *from the inside out*

Healing, protecting, and revitalizing your skin begins from the inside out. Our skin is reflecting 80% of what is going on inside our bodies, and 20% of what is going on outside of our bodies.

## FOUNDATIONAL SKIN NUTRIENTS

Lutein	Riboflavin	Biotin
Zeaxanthin	Niacin	Vitamin C
CoQ10	Panthenic Acid	Vitamin E
ALA	Cobalamin	Vitamin K
Vitamin A	Pyridoxine	Copper
Carotenoids	Folate	Zinc
Thiamine	Vitamin D	Linoleic Acid



All of these nutrients can be found in Life Long Vitality!



ADDITIONAL *internal support*



### YARROW|POM

- Grapeseed and Vitamin C are essential for collagen production
- Melon enhances glowing skin



### TERRAZYME™

- Supports proper elimination chimneys
- Calms angry, red skin (i.e., eczema)



### PB ASSIST+®

- Pre + Probiotics
- Balances bacteria for optimal health
- Soothes gut inflammation



### WATER

- Drink at least 1/2 your body weight in ounces, per day
- Add Lemon or Grapefruit to improve detoxification benefits

CHOOSE *a skin care line*



**VERAGE®**  
All Natural Ingredients  
Ideal for aging skin



**HD CLEAR® FACIAL KIT**  
Supports clear, smooth skin  
Ideal for acne prone skin



**COMPLETE ESSENTIAL SKIN CARE**  
Ideal for any age

*wellness box suggestion:* \$200 & 150pv



**FREE** Oil of the Month!

*my wish list:*

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