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Protect your skin from the sun

UV rays from the sun damages fibres in the skin called elastin. When these fibres break down, the skin starts to sag, stretch and lose its ability to go back into place after stretching. This causes lines and wrinkles to appear.

Too much sun also causes irregular colouring or pigmentation of the skin. Some areas of the skin appear darker, while other areas look lighter. Age spots are also the result of sun exposure resulting in uneven looking skin tone.

- Wear a broad-spectrum sunscreen daily. Sunscreen designed for the face is lighter in coverage while still protecting the skin and can be worn under makeup for women.
- Restrict sun exposure between 11am and 3pm.
- Be sure to reapply your sunscreen every two to three hours and wear a hat to protect your face while outdoors.

5

Get enough sleep

Sleep is nature's most potent beauty treatment when the cells in our body (including skin cells) undergo their deepest recovery. Ensure you get 8 hours a night to best support your heart, weight and mind, detoxify, better manage stress and achieve healthier, brighter looking skin.

6

Drink enough water

Apart from keeping our digestion working at its best and flushing out toxins, water keeps skin supple and plump from the inside out and works to remove the impurities that can lead to congestion and blemishes. Researchers disagree on how much water is enough to stave off dry skin, but the general consensus is 8 cups (equivalent to 2 litres) of water a day to keep hydrated.

7

Raise a sweat when you exercise

Sweating is a great detoxifier for the skin which will start to show on your face with regular exercise. Make sure to wash straight after, removing the toxins so they don't sit on the skin, even if it means wiping your face with a warm face cloth.

8

Consume good oils

Eat nuts and fish³ which contain the healthy oils shown provide the essential nutrients we need to counteract external stress and today's nutritionally-challenged diet. Almonds have the calcium and magnesium that your body needs to protect your skin from the harmful effects of the environment. Omega-3 helps to keep your hair shiny, your nails and teeth strong, and your skin clear.

9

Don't stress

It's easier said than done, but we often hear how detrimental stress is on our health. This is so true as stress is said to be the primary cause of disease. When we stress, our bodies produce chemicals that act as natural defences. We need to flush these chemicals out as if they were toxins or they will eventually become visible on our health, and on our outer appearance.

10

Less sugar

Rather than cutting out sugar from your diet entirely, cut back on the refined sugars found in soft drinks, chocolate and sweets that cause inflammation and enzymes which break down collagen and elastin in the skin. If you are a chocolate lover opt for a dark variety high in cocoa.

Want more copies of this Skin Assessment?

Download from Resource Library using this link: <http://library.mannatech.com/7686>

³ If that's not possible, consider supplementing your diet with an Omega 3 fish oil. Ask your Mannatech Associate for more information about our Omega 3 with Vitamin D3 product.



Considering the factors that can contribute to the overall health of your skin, especially your face, we've put together a quick assessment. The higher your score, the healthier your skin!

① Hydration

Hydrated skin can often be confused with oily skin. Think of hydrated skin as a plump grape full of moisture, which becomes a raisin when it loses its water. It contains oil on the surface whether it is a grape or a raisin, and the same can apply to skin.

How hydrated is your skin? Rate your skin using a scale of 1 being dull and dry/dehydrated, and 5 being well hydrated. Give yourself points corresponding to your answer.

1 2 3 4 5

Points (1-5): _____

② Congestion

Excess oil, pollution and makeup can cause congestion within the pores of the skin, also known as clogged pores. Dirt and bacteria sitting in the pores overtime will make them enlarged. Contrary to common belief pores do not close, they can be tight or congested. Symptoms of clogged pores includes oily skin, breakouts (like acne) or blockages (blackheads and whiteheads).

Fair skin tends to be drier and has less oil secretion so will have less of a problem with excess oil. Darker skin tends to secrete more oil which can result in enlarged pores.

How congested are your pores? Rate your skin using a scale of 1 being very congested and 5 being not congested. Give yourself points corresponding to your answer.

1 2 3 4 5

Points (1-5): _____

3 Your skincare routine

How satisfied are you with your current skincare routine? Rate your routine using a scale of 1 being very dissatisfied and 5 being very satisfied. Give yourself points corresponding to your answer.

How many products do you use in your skincare routine? _____

1 2 3 4 5

Points (1-5): _____

4 The elasticity of your skin

Elasticity is the ability of the skin to snap back in place once it is stretched. In order to test the elasticity of your skin, grab a mirror and pinch the skin of your cheek and pull it to a moderate tug. Let go of that skin and examine it to see how quickly it returns to a normal position.

On a scale of 1-5, how 'elastic' is the skin on your face (1 being saggy and 5 being very elastic)? Give yourself points corresponding to your answer.

1 2 3 4 5

Points (1-5): _____

5 Protection from the sun

Some safe exposure to the sun is important to help the body make Vitamin D. However, the cumulative effects of sun exposure puts us higher risk of cellular damage, early wrinkling of the skin, age spots, uneven skin tone and many other challenges.

If you answer "yes" to the following questions, give yourself one point.

- Do you use a sunscreen with an SPF of 30 or higher?
- When directly in the sun, do you reapply your sunscreen every two to three hours?

Point: _____

Point: _____

6 Your lifestyle

If you answer "yes" to the following questions, give yourself one point.

- Do you have a minimum of 7-8 hours sleep on most nights of the week?
- Do you drink a minimum of 2L water a day?
- Do you supplement your diet with antioxidants and Omega 3 oils?
- Do you raise a sweat when you exercise?
- Do you clean your face and remove all traces of makeup before you go to sleep? (Leaving makeup on overnight can age your skin by an extra three days than if it is removed)
- Do you apply a face cream immediately before going to sleep? (You should let your face cream absorb into your skin rather than into your pillow)

Point: _____

Point: _____

Point: _____

Point: _____

Point: _____

Point: _____

How healthy is your skin?

Add up your total points from your skin assessment and place your total score in this box

Scoring

20-28 points

Congratulations, you have great skin care habits! Keep up the good work to maintain beautiful skin.

10-19 points

Good, but you need to be more aware of how you can improve taking care of your skin.

9 points and below

Good start. At least you are interested in how to take care of your skin. Let the information soak in and find the skincare product that works best for you.

10 tips for looking younger

1 Hydrate:

Lack of hydration can lead to dull and dry skin which can be avoided by following these simple steps:

- Drink at least 8 glasses of water per day (equivalent to 2 litres)
- Use a gentle cleanser instead of soap (which can strip the skin of its natural oils)
- Exfoliate once a week to remove dead skin cells¹
- Moisturise twice daily after cleansing. The best moisturisers penetrate through top layers of the skin whereas many products on the market are superficial, staying on the top layer. Use a richer moisturiser during winter when cold weather and air-conditioning can dry the skin out.
- Avoid any skincare products containing alcohol or parabens
- Avoid prolonged contact with hot or chlorinated water
- A humidifier also helps keep skin hydrated when it's cold outside.

2 Keep your pores clean

Contrary to common belief, pores do not close. They stay open, but the dirt from congestion can cause them to enlarge. Cleansing is the most effective way to remedy congestion and tighten pores by removing excess oil and dirt.

- Use your preferred cleanser morning and night to remove excess oil and dirt which can cause pores to be blocked and enlarged.
- If you wear makeup, try double cleansing at the end of the day. Use a makeup remover to clean any product off the skin first, followed by a mild cleanser that works deeper down to target dirt and impurities.
- If blocked pores are an area of concern, choose a mild cleanser containing lactic or glycolic acid (no detergent or soap) that works harder to remove dead skin cells. Lactic acid, which is found naturally in the skin, works well.
- Use a facial cleansing brush that is gentle on the skin yet provides a more thorough clean. There are many on the market however ensure you buy yours from a reputable stockist.

3 Develop a healthy skin routine

The ideal daily skincare routine includes cleansing, toning², moisturising and nourishing.

TIP: It's best to apply your moisturiser while your skin is still damp so that it can trap some of the surface moisture on your skin. Incorporate exfoliation into your skincare once a week to remove dead skin cells which can lead to dull skin.

¹ Facial scrubs and exfoliating washes are good, but if your skin is already dry these can often contain chemicals that are designed for more oily skin and will make your dryness worse. Look for scrubs aimed at dry skin. Do not over-exfoliate as this can lead to inflammation and sensitivity.

² Consider including a good toner into your routine which brings the skin back down to its correct pH in preparation for moisturising.