



## The Do's and Don'ts of Face Care

When it comes to our outside appearance, everyone wants to look their best. Here are some basic and easy tips to remember to keep your face looking young and healthy:

**Don't:** Lean your face on objects or touch your face with unclean hands. Doing so will cause bacteria to spread on your face and enter your pores, making it irritated and prone to acne.

**Do:** Wash your hands before applying makeup or removing it from your face. Also remember to use an upward and outward motion to apply or remove products on your face, to keep it from sagging and developing lines.

**Don't:** Rub your eyes when you get tired or sleepy, or when your eyes get itchy. The skin on your eye area is thinner than the rest of your face, making it more sensitive to movements. Rubbing your eyes will cause drooping eyelids, and wrinkling in its surrounding areas.

**Do:** Get enough sleep to avoid puffy eyes, and wear sunglasses with UV protection when under the sun—not only will it protect your skin from harmful UV rays, it will also help you to avoid squinting due to brightness—and reduce developing “crow's feet”.

**Don't:** Go to bed without caring for your skin first! Despite the tiredness and sleepiness that a whole day at work brings, don't sleep with an unclean face—it will cause bacteria to thrive in your pores. Skin regeneration also happens while you sleep, so keep your skin calm and refreshed in the process.

**Do:** Care for your skin morning and night with a complete set of products that deliver safe and effective ingredients. The ageLOC Transformation Set is Nu Skin's most advanced anti-aging system ever, and is a complete skin care system that cleanses, purifies, renews, moisturizes, and reveals younger looking skin in eight ways—for a more youthful, healthier looking you now and in the future.



My strenuous work as a teacher developed lines and discolorations from pimples and wrinkles on my face. Desiring change, I hesitated at first because of the price, but decided to give ageLOC Transformation and ageLOC Galvanic Spa II System a try. Truly, its name “Transformation” lived up to my expectation. Friends and even strangers began complimenting my “glowing skin” commenting, “You're blooming!” But one compliment I will never forget came from another Nu Skin distributor. She asked, “Are you a student?” “You must be only 20 years old!” I revealed my real age, and she exclaimed, “You're kidding me!” Thanks to Nu Skin, I can look 12 years younger!

Jennifer Sia, 33 years old, Teacher, Philippines

Disclaimer: Individual results may vary.