



OCTOBER'S SKIN TIP

(Continuing from last month's tip to best fight the signs of aging.)

IF you are wearing your sunscreen daily, **THEN** there are two must use products if you want to maximize the minimization of signs of aging.

Primo for anti-aging... vitamin C and retinol. A daily sunscreen worn over a good Vit C product, then retinol worn nightly just might prevent invasive procedures like injectables, facelifts, etc. later in life.

Vitamin C fights free radical damage, inflammation, brightens skin tone, promotes skin repair & collagen synthesis, and is simply the **BEST** product for overall skin health.

Retinol is a vitamin A derivative that is a superstar for helping increase collagen, the protein that makes up your skin's support structure. It can lessen the look of fine lines and wrinkles, **AND** increase the number of cells that make collagen AKA fibroblasts – prolonging your skin's lift, plumpness, and firmness.

If pregnant, have sensitive skin, and/or wanting to avoid the toxicity and potential side effects of retinol, Eminence Organics products offer a natural retinol-alternative that studies show are as effective, if not more effective, than traditional retinol. There are many options like our Bamboo Firming Fluid, Marine Flower Peptide products, Arctic Berry Peptide products, Rosehip Triple C+E Firming Oil and more.

All products take time to show results, so always give everything a minimum of 3 months. Be patient and diligent!