



SEPTEMBER'S SKIN & WELLNESS TIP

Wearing sunscreen every day, **whether sunny or cloudy** (whether hot or cold), really is the number one rule for slowing down the signs of aging skin!

It's the most important anti-aging product you can use.

In fact, until you are using it daily, there is almost no point doing anything else to your skin.

And, while protecting your skin from the damaging, aging rays of the sun is critical, **daily SPF does something more!** After applying a broad-spectrum SPF 30 sunscreen daily for a year, before-and-after photos repeatedly show that skin texture, clarity, and hyperpigmentation improve significantly, by as much as 50% in some cases, according to studies.

So, wear your SPF 30 or higher sunscreen daily!

And, join our **30 Day Change Your Habits, Change Your Life & Skin Challenge**. It begins Monday, 9/16. Ask for details.