

"The eyes are a canvas that paints the emotions of life - fatigue, anger, youthfulness, age, wrinkles, and crepey lines"

Morning:

- 1. Apply Eye Cream or preferred oil (no wash)**
- 2. Perform 1-3 exercises.**
- 3. Gently cup under eyes 5-10 strokes.**
- 4. Wash Face**
- 5. Apply Serum. Wait 1-2 minutes. Apply Patches (leave on 20-30 minutes)**
- 6. Apply Eye Cream and Face moisturizer**
- 7. Tinted SPF Sunscreen Face only**



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For **Eyes** only



Acne was the reason why I became passionate about skin care. I worked for a dermatologist and became fascinated with changing people's lives. For over 30 years, I have enjoyed helping people to understand their skin. I have learned that, although we call it "beauty," there is more to that. The word "healthy" is easily confused with beauty. Healthy skin means it is free of imperfections such as acne, wrinkles, discoloration, eczema etc. Seeking advice from a professional is essential. With the right skin care products, proper guidance, to the right facial, it can make a difference on peoples' faces.

Lorena Padilla Coello



Consult your doctor for medical diagnosis and if facial or skin care is right for you. This booklet is for information and to maximize your skin results for the ultimate glow.

What options?

Options to consider for a more youthful look:

Alternatives:

- Microcurrent
- Eye care – Serums, Creams
- Eye patches
- Eye exercises
- Fibroblast

WHY DO WE AGE?

It is a natural process that begins with the core of cell damage or deterioration. This occurs on a daily basis as the skin is exposed to many factors in our everyday life. Most of the skin's damage has occurred before the age of 18 but shows up by the age of 40.

Unfortunately the skin breaks down like a domino affect which in turn, signs of aging appear. There is no permanent cure to stop aging. However, with the latest technology there are so many wonderful ways to reverse the damage and slow down the aging process so your skin looks and feels younger.

Wrinkle relaxers (paralyze the muscle) & injection fillers (HA for fat replacement) performed by medical practitioner, may help reduce signs of aging more rapidly. Ultimately using a combo of listed above is necessary

Eye care can be tricky... due to different delicate areas that have different issues that need to be addressed:



•Dark circles

•Puffy eyes

•Wrinkles



Firming Eye Cream - Ultra retexturizing cream relaxes and fills lines from within, signals cells to act younger. Infused with intensive ingredients and antioxidants



Eye Fiber Mask mask is the ultimate in surface hydration, rejuvenation and healing - results are immediate and very noticeable! Lines and wrinkles are substantially diminished. Contains freeze dried collagen and special active ingredients. Suitable for all skin types and skin conditions.



How to use Eye Fiber Mask:

1. Under the eyes, either apply serum or wet with cotton.
2. Apply Fiber mask like “tape”
3. Using soaked cotton pat water to soak fiber mask & roll off
4. Leave 20 minutes. Remove



Experience the rejuvenating sensation of using our anti-aging therapeutic skin massaging cupping set



- Facial cupping is an inexpensive, non-invasive, safe alternative to surgery or chemical treatments
- The suction applied to lift facial tissues stimulates blood circulation and draining of the lymph nodes, which results in a fresh supply of oxygen and nutrients
- Reduces fine lines and puffiness, enhances skin glow, helps product soak in, lightens skin imperfections, and shrinks the size of pores
- The set should be used for 5-15 minutes at a time and comes with two different cups for different areas of the face



Circulatory Health

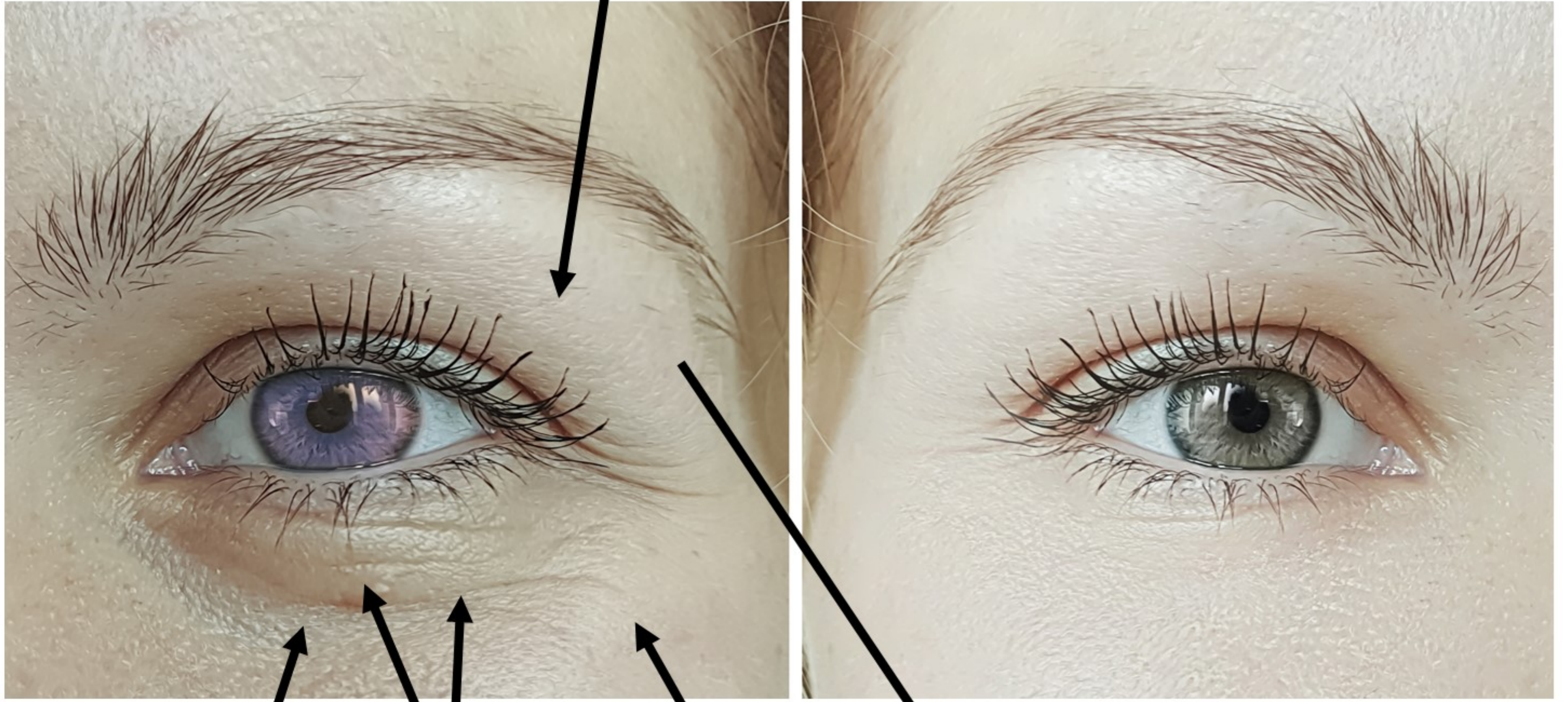
Spider Veins

Rosacea

Dark Under eye Circles

Vitamin K helps the above conditions by strengthening the connective tissues in veins and capillary walls. Many of these conditions appear as we age and they sometimes cause us to appear older than we really are. However, by adding some Vitamin K to your daily skin care regimen, you will turn back the clock on your age and develop a more youthful and well-rested appearance.

Excess upper eye lid



Hollows

Puffy eyes

Dark circles

wrinkles

Crepey skin

For educational and informational purposes. Consult your doctor for proper diagnosis and if this is right for you

Hollows: The delicate skin **under** your **eyes** that appear dark, and sunken. Hollow **eyes** are usually just a result of aging, dehydration, or not getting enough sleep or could also be a sign of a medical condition.

Excess upper eye lid: A condition, defined as an excess of skin in the upper or lower eyelid, also known as "baggy eyes."

Dark circles: May be caused by allergies, Oversleeping, extreme fatigue, not sleeping enough, natural aging process, poor circulation, dehydration or could be an underlining medical condition . Dark circles appear as *dark* tissue and blood vessels beneath your skin to show through.

Puffy Eyes: Bags puffiness and swelling under eyes, are common with aging. The tissue structures and muscles supporting your eyelids weaken. Normal fat that help support the eyes can then move into the lower part of the face. Fluid also may accumulate to cause a temporary puffy appearance. Causes may be genetics, allergies or could be a medical condition.

Wrinkles: With aging, the skin becomes thinner, drier, less elastic and more vulnerable. This leads to wrinkles, creases, and lines on the skin. It loses elasticity and collagen. Causes may be sun exposure, smoking, dehydration, some medication, environmental factors and facial expressions, such as smiling, frowning, or squinting.

Brows: brows have the ability to give proportion to our face, enhance our features and frame our eyes beautifully. Low and heavy brows can make the face look tired or sad, high and arched can make you look stern, too fair and it can lack the definition needed to pull attention towards your eyes.

Crepey skin may be a result from aging, a lack of moisture, excessive weight loss, or any combination of these. The UV light in the sun's rays break down collagen and elastin in skin that help it stay tight and wrinkle-free. Other factors include pollution, stress and smoking. As skin ages, less collagen, elastin and oil is produced. Moisture loss can be temporary depending on the day or season.



Eye Exercises

Initial: Perform 2 times a day for 2 weeks

Maintenance: 3 times a week

“Fit them as they best feel right”

Exercise #1

using ring finger & middle finger to tap around eyes including brows

Exercise #2

Pinch brows lightly



Exercise #3

Move eye in circles, and draw figure 8's

Exercise #4

Anchor the corner of the eyes, squint lightly

Exercise #5

Open and close eyes widely

Go to videos for demos on face exercises: These are Lorena's favorites.



<https://personalizedskincareresolution.com/exercisesfacelifting/>

Signature Facial

- Advanced Facial
- Enzyme Peel
- LED Light Therapy
- Microdermabrasion
- Extractions
- Lymphatic Drainage

Face and Neck Rejuvenation

- Package Deal -
- Enzyme Peel
- Special Peel (acne)

MicroFusion

- Microdermabrasion
- MicroChannel
- LED



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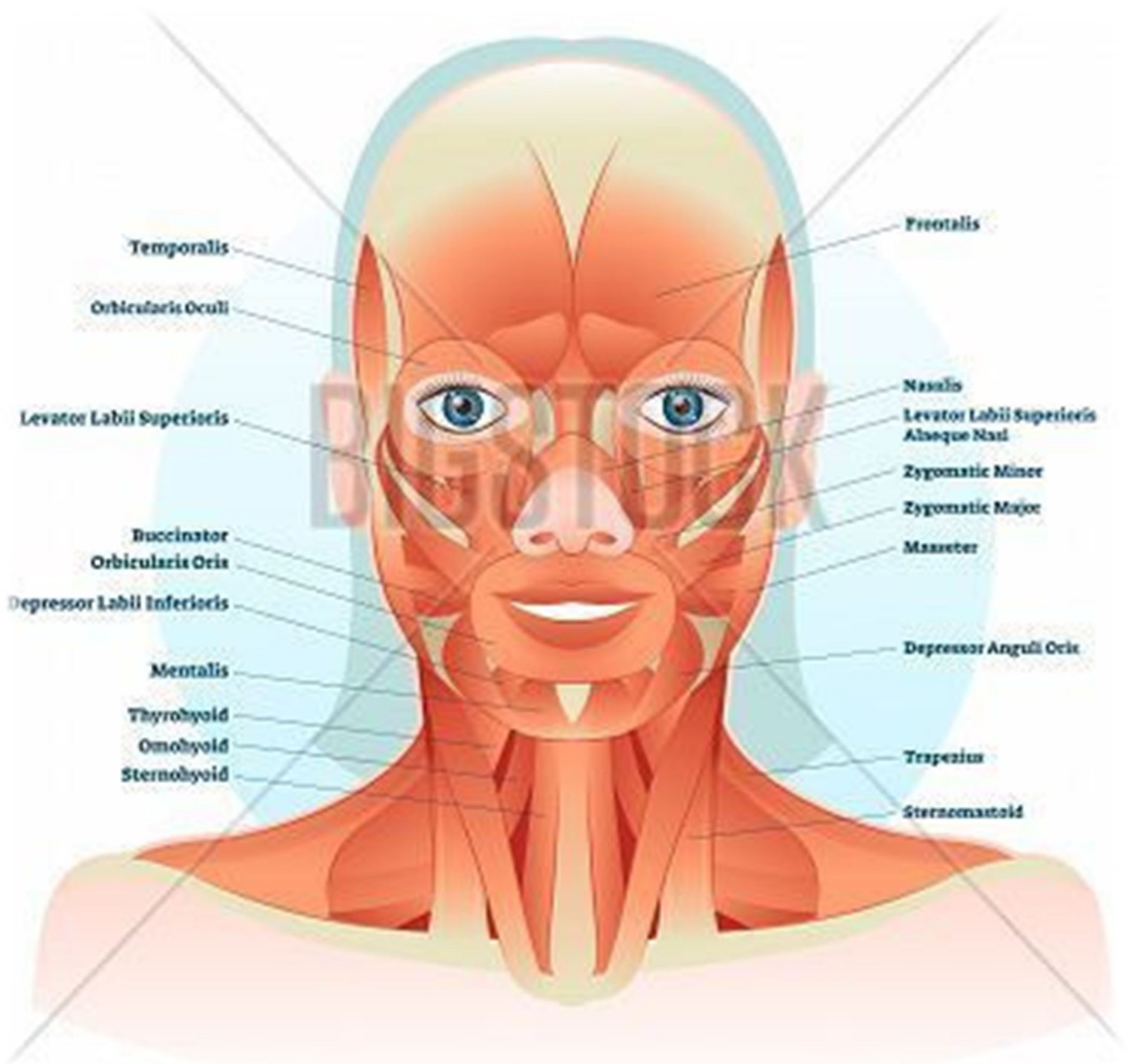
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“Work those muscles”



Just like the body, the muscles of the face need exercise to maintain a youthful structure. Especially the EYES. The eyes are what give away the appearance of tired, aged and unhealthy look.