

Daily Regimen

Morning:

- 1. B-5 cleanser**
- 2. Stem Cell C (wait 1 minute) all over**
- 3. Tinted Sunscreen (may not be included)**

Evening

- 1. B-5 Cleanser**
- 2. Volcanic Scrub (Start 3 times a week) (may not be included)**
- 3. Stem Cell C- (allow a minute)**
- 4. Restore Sleeping Mask**

Shop for Products



2223 N. Harbor Blvd. Fullerton, CA 92835

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Healthy and Glowly Skin Care Set



Acne has always been the reason why I became passionate about skin care. For over 30 years, I have enjoyed helping people on how to understand their acne. I worked for a Dermatologist and became fascinated with changing people's lives. I have seen that acne does not discriminate age, color or gender. Since I opened in 1993, I have had clients as young as 11, all the way up to their 80's. However, teenage acne has a special place in my heart because of the affects that it has on the self esteem, confidence and day to day life. I have witnessed kids come in slouched down and embarrassed, young girls hiding their faces with their hair. Only a couple of months later I have seen a transformation within themselves. Unfortunately, I have also witnessed that there is no distinct cure for acne, there is hope. With the right skin care products, proper guidance to the right facial 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.



Aging Gracefully skin care system includes:

- B5 Cleanser (**FREE**)
- Stem Cell C
- Vocanic Scrub (not included)
- Sunscreen (Sample size)





B-5 Cleaner Gel - Mild foaming cleanser for all skin types. For Make up removal, after exercise work out, & oily skin. .

Stem Cell C Serum is a revolutionary anti-aging serum formulated with stem cells of a rare Swiss apple, protects longevity, combats chronological aging, and preserves a youthful look. Rich in phytonutrients, proteins to provide an anti-wrinkles.



Restore Cream- A three-in-one luxurious wash-off hydrating masque, hybrid sleeping masque and moisturizing crème that infuses the skin with powerful antioxidants as it delivers maximum hydration and encourages skin's barrier restoration upon application or while you sleep.



Use at the end of your basic skincare routine before bed. Apply an even layer on face and neck during your PM routine in lieu of a moisturizer. May apply a thick layer of the masque over all other products. Let masque set for five minutes and massage gently into the skin before going to sleep. Leave on overnight 2. Wash-off mask: 1-3 times a week, smooth a generous amount of masque over clean for 15 minutes.



Volcanic Polish- This multitasking Black Mud-based facial polish, fortified with Activated Charcoal and natural micro grains, purifies, exfoliates, and improves the skin's texture as it polishes *away impurities and poredwelling environmental pollutants.*

Mandelic Acid 15%

A gentle exfoliant with Niacinamide serum used for exfoliation of dead skin cells. This serum has been specially formulated with Mandelic Acid, Lactic Acid and Niacinamide, a form of Vitamin B3 that helps to protect the skin. It helps to reduce the appearance of fine lines and wrinkles and leaves skin feeling smooth and soft.



(NOT INCLUDED)



Tinted Gentle SPF 20 - A light-weight sun-screen formulated especially for sensitive skin. Non-irritating Zinc oxide & Titanium dioxide based. Infused with Japanese Green tea and chamomile extract for anti oxidant properties for soothing absorption instantly.

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. Plastic surgery is now considered acceptable, appropriate and is maintained with the use of proper skin care. Wrinkle relaxers & injection fillers help reduce signs of aging more rapidly. **Skin care is just as important as caring for your teeth, hair, and physical health. Healthy skin is the first sign of youthfulness and with proper understanding of the skin, you can achieve a younger, more healthy appearance.**

Possible contributing factors

Free radicals— radical active oxygen molecules are normally produced in the body. When produced in excess, it can accelerate the skins aging process. This contributes to unhealthy, sallow sagging, uneven color, dehydrated, and wrinkled skin. **Factors that contribute to free radicals are: Stress, ozone in the air, auto exhaust, cigarette smoke, radiation, sunlight, impure water, processed food, toxic metals, industrial chemicals, and both recreational & medicinal drugs.**

Stress— causes hormone change in body that rapidly alters cellular malfunction in the skin. Stress makes you breathe less and burn more energy.

Sugar— Sugar may contribute to the skin appearing less soft.

Sunlight— A major culprit for aging skin due to UVA & UVB rays. UVA causes wrinkles, sunburn, skin cancer, loss of collagen and elastin which supports the structure of our skin, and reduces the cell's ability to repair itself. Also causing weakening of capillaries. Even when cloudy

Environment— Smoking, alcohol, pollution all form free radicals causing an inflammatory response which weakens the healthy cell production.

Hormones— A decline of hormone levels have a direct impact on the skin's thinness and youthful appearance.

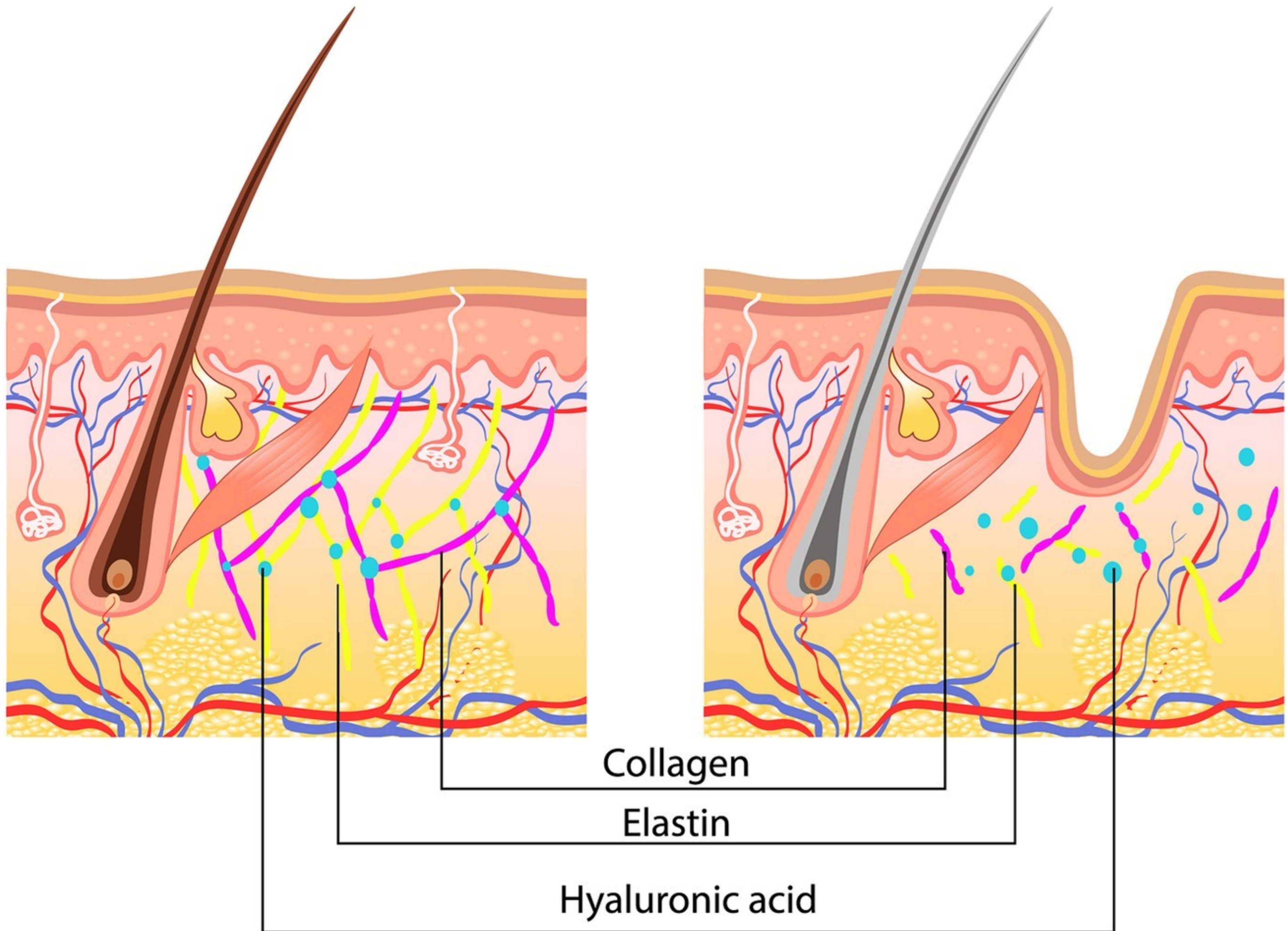
Diet— The body needs the essential vitamins, nutrients and fatty acids which most of the meals today don't have. Excessive coffee is known to increase the stress hormone cortisol.

Health — Immune suppression; the skin relies on the body's immunity system ability to repair itself, fight disease and bacteria.

Genetics- Genetic predisposition is a factor, however, the skin's appearance of aging can be diminished by speeding up the reproduction of cells.

YOUNG SKIN

OLD SKIN



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

SKIN CARE TIPS

Water Drink 8 to 10 glasses of water daily.

Exercise helps to eliminate toxins and circulates the blood, therefore giving you healthier skin.

Peptides They are made up of amino acids that are the fundamental building blocks of skin. It helps the skin to remain intact with firmness and reduces appearance of fine lines and wrinkles. It also helps to soften the texture and gives the skin bounce with elasticity.

Sunscreen Always protect your skin from the sun with sunscreen with both UVA and UVB protection. Whether it is overcast or not. Avoid direct mid-day sun from 11-4 pm: This is when the sun rays are the strongest. Should you be in direct sun use protective clothing and/or reapply sunscreen every two hours. Sunscreen must be applied 30 minutes before sun exposure

Anti-oxidants impede the free radical damage allowing the cells to form regularly. anti-oxidants like Vitamin C, known to stimulate nerve function and the muscles to contract, tighten under the skin and combat free radical scavengers.

Vitamin A (retinol) -reprograms the cell to a healthier and more productive state.

Facials and chemical peels skin care treatment regularly will help to eliminate dead skin cells and boost the skin's immunity level.

Essential fatty acids besides it being a great "brain food", EFA produce lubrication in the skin that water by itself may not always provide.

Facial exercise with exercise you will be able to tone and strengthen the facial muscles so that your face will be sculptured and younger looking

****NOTE**– General information provided is not making medical claims you must consult with your doctor any serious concerns.

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What gives away old looking skin?

- Crepe Skin due loss of Collagen & Elastin
- Fat loss
- Sun spots
- Skin growths: skin tags, freckles,
- Large pores
- Thinning brow hair
- Droopy, jowls and skin
- Eyes: dark circles, puffy eyes, hollow eyes



Options to consider for a more youthful look:

- **CRT**– Collagen Rejuvenation Treatment (microneedle)
 - IPL, Laser, **LED therapy**
 - **Radio Frequency**
 - **Chemical peels** (not necessarily deep)
 - **LED**– light therapy stimulate collagen & elastin
 - **Lymphatic Drainage**: Flush out toxins to healthy skin
 - **Microcurrent**: Facial, neck & eye toning
 - **Skin irregularity treatment** (skin tags and more)
 - **Microblading**– 3D fine brow hair design
 - Wrinkle relaxers (Botulinum) for deep lines
 - Inject fillers: (Collagen, Hyaluronic, Fat) for volume
- (*underlined are offered at Personalized Skin Care)

Important ingredients in skin care:

Scrubs: when used correctly help to manually remove the dead skin to allow other products to penetrate better and allow new cells to function properly.

Retinol: Helps nutrients to penetrate better, retexturizes the skin.

Peptides: The magic building blocks to anti aging

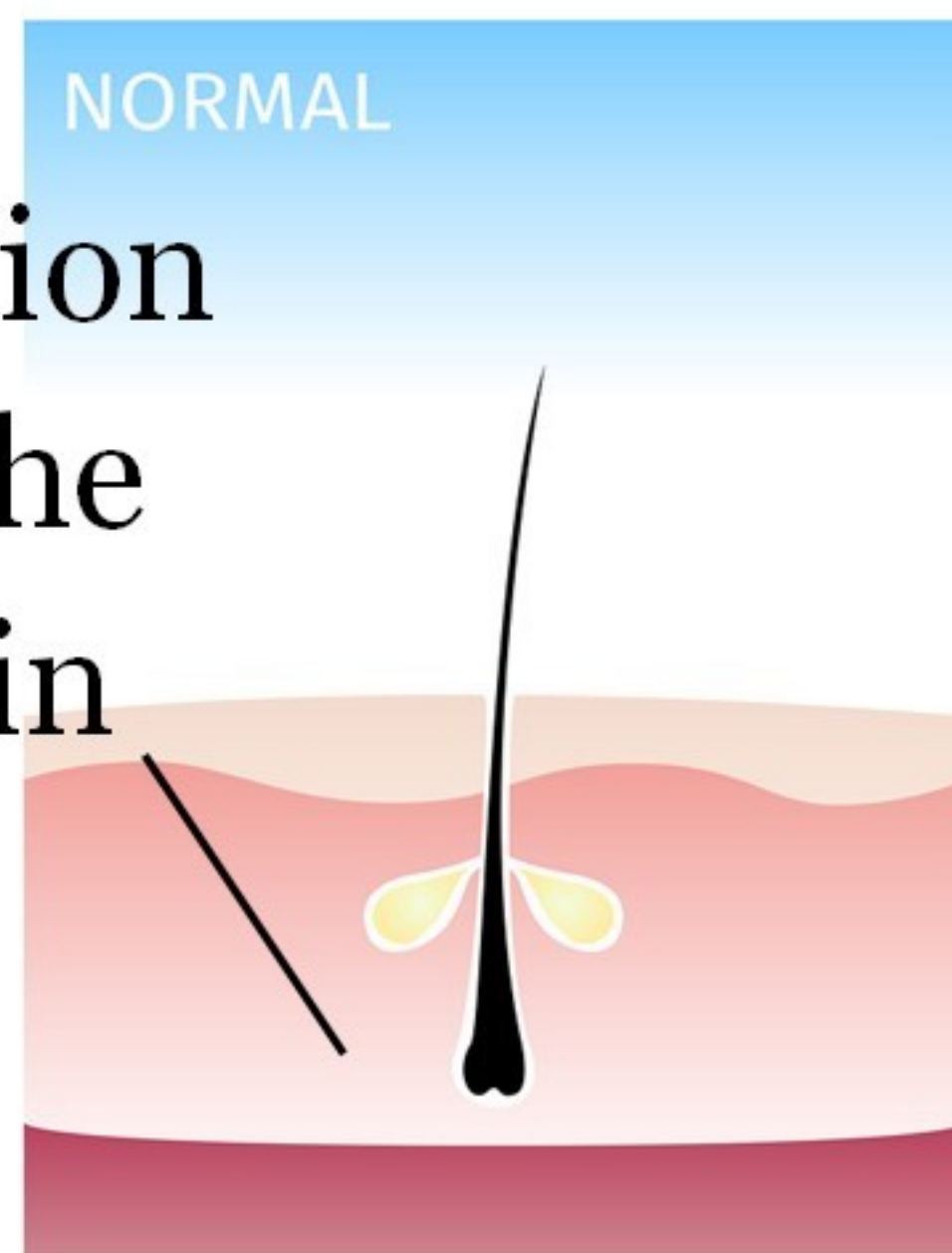
Lipid Barrier repair: to help retain moisture & repair skin

Eye repair: baggy skin, dark circles and crepe skin

Vitamin C antioxidant: protect the skin from pollution

ACNE

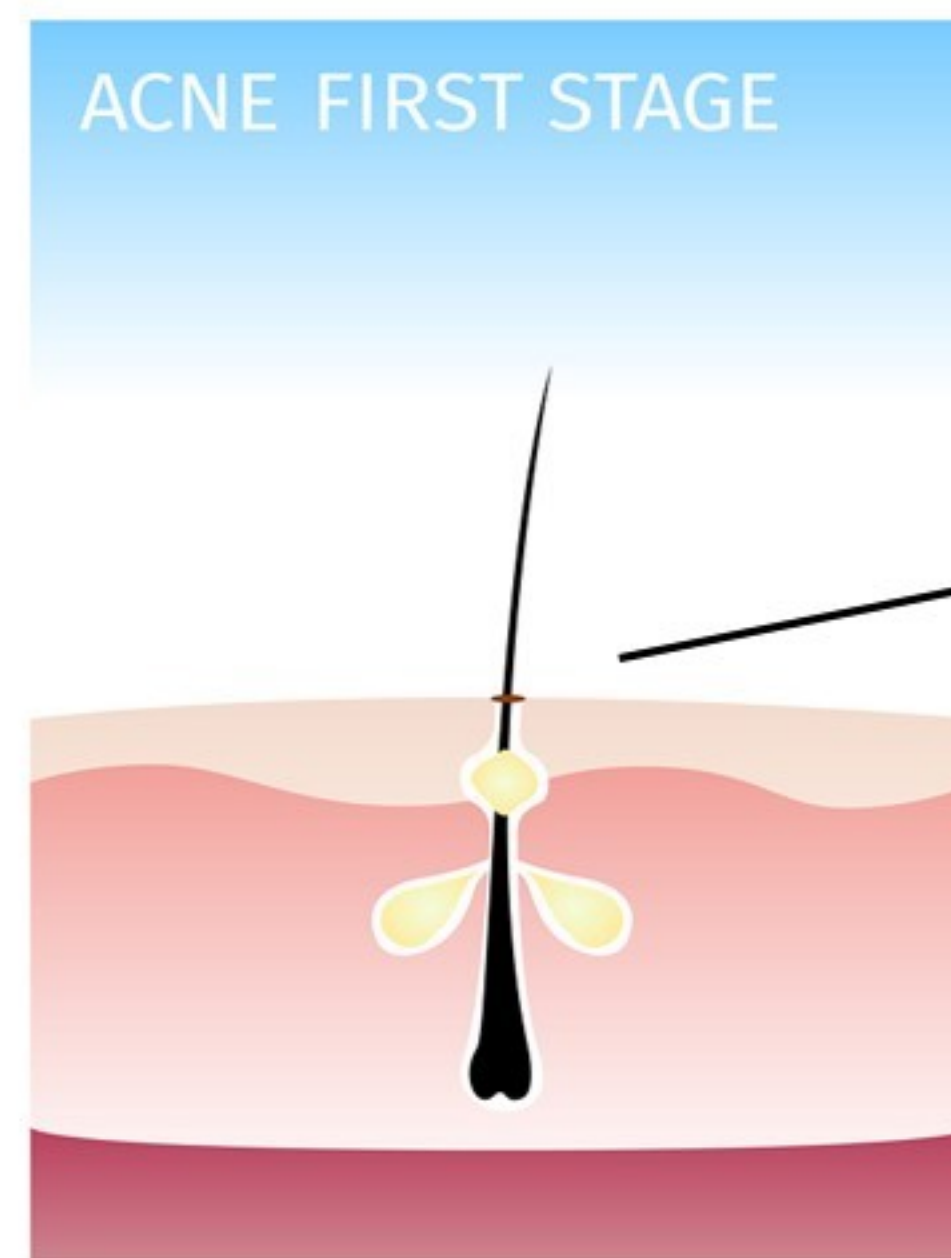
Oil production lubricates the hair and skin



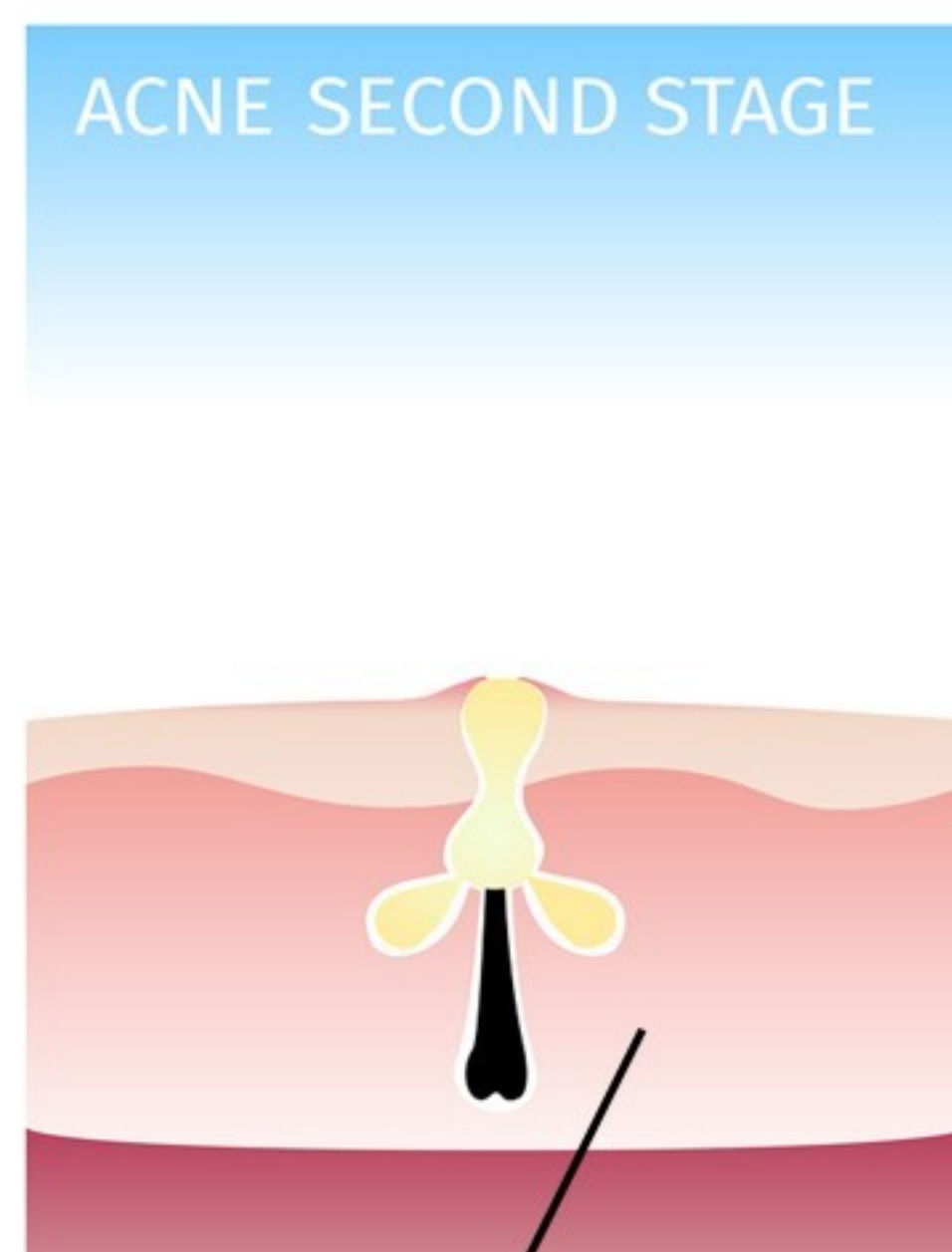
NORMAL

Oil becomes sticky and begins to

accumulate with dead skin and bacteria

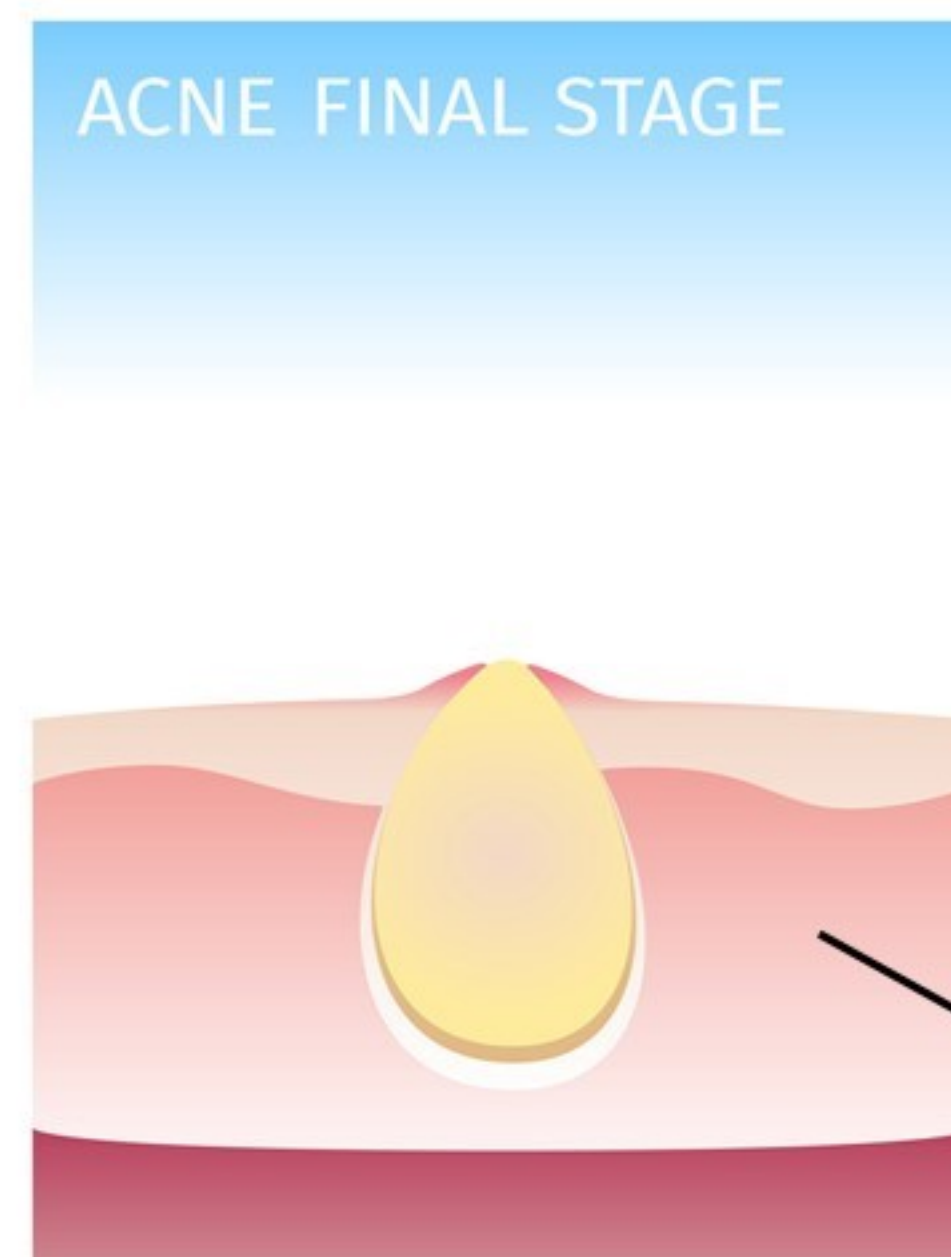


ACNE FIRST STAGE



ACNE SECOND STAGE

Follicular wall begins to become irritated



ACNE FINAL STAGE

Walls break - Eruption occurs with inflammation and fills with pus



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AGGRAVATING FACTORS

Stress- It is largely a contemporary problem, compounded by work pressure, city life, and lack of sleep.

Sunlight- Sun exposure causes undesirable scaling and drying, it also damages the follicle, exacerbates dark spots, may cause skin cancer, premature aging, "Solar Acne" later in life.

Climate- Heat and humidity causes swelling of the skin which could possibly exert enough pressure on the follicles to further complicate an already existing condition.

Pressure/Friction- Acne Mechanica affects athletes who wear headbands, baseball caps, and/or football helmets, etc.

Picking- Picking nervously without realizing or attacking minor lesions can create huge macular sores and disfiguring scars.

Food- Though most foods are not associated with acne flare-ups, salty foods containing iodine such as fast foods, salty snacks, and dairy products can cause flare-ups. Other foods that are high in iodines include some types of shellfish, kelp, squid, and asparagus.

Industrial Factors -Exposure to constant amounts of occlusive grease or airborne grease such as fast food restaurants and mechanics may notice flare-up in their condition.

Cosmetics -Some ingredients in skin care products such as bar soaps may have substances which cause dead skin, oil and bacteria to stick together leading to pore clogging. Also, old make-up may have gone rancid which could cause bacteria in the pores.

Hormone changes and imbalances- Consult with your doctor for medical advice to check if probable cause of breakouts