

AT-HOME BOTOX ALTERNATIVES

I believe everyone has the right to make an INFORMED decision and give INFORMED consent.

READ AN INFOGRAPHIC ON BOTOX [HERE](#).



RED LIGHT THERAPY

Red light activates the mitochondria inside our cells which leads to increased ATP production. ATP=Energy! A cell with more ATP can function better. For the skin, this means increased collagen production and rejuvenation! Not to mention it will aid in recovery and reduces inflammation. I love my red light mask and use it almost daily!

CODE: JESSIE15 FOR 15% OFF THROUGH THIS LINK ONLY!

[LINKED HERE](#)



COLLAGEN

Collagen is the most abundant protein in the body! Collagen is the glue that holds everything together. It makes up our skin, bone, teeth, hair, nails, eyes, connective tissues, organs, and cartilage. Collagen improves elasticity/hydration, increases fat loss and muscle gain, reduces joint pain and stiffness, supports cartilage health, improves bone mineral density, and bone growth, and reduces tendon/ligament injuries.

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VITAMIN C

When applied topically, vitamin C accelerates the production of both collagen and elastin, which help keep the skin plump and firm. Topical vitamin C can help prevent premature aging of the skin, restoring a youthful, smooth appearance to the skin. I have linked my favorite CLEAN/NON-TOXIC Vitamin C!

CODE: JESSIEHARMANBCN

[LINKED HERE](#)

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ADEQUATE PROTEIN

Protein supplies the body with the amino acids it requires to make keratin – one of the structural proteins in our skin, hair and nails. To boost your body's natural keratin production, you need to consume an adequate amount of protein. Protein is one of the building blocks of skin tissue. Adequate intake of protein is essential for plump, healthy skin. Protein also contains two amino acids, namely L-lysine and L-proline, that support the body's production of collagen.

CODE: JESSIE

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EXFOLIATION

Regular exfoliation helps to stimulate collagen synthesis to improve the skin's texture, integrity, and keep the skin looking plump, tight, and young. Dead skin cells can also reduce the penetration and absorption of your skincare routine products like moisturizers, serums and sunscreen. Exfoliating actually offers anti-aging benefits, which might be why so many people swear that it helps lessen the appearance of fine lines and wrinkles. I absolutely LOVE this Microderm Scrub!!

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MOISTURIZER

Daily moisturizing traps water in the skin, which can reduce the appearance of fine lines and make your skin look brighter and more youthful overall. I absolutely LOVE the Dime Beauty Dewy Day Cream and Restorative Night Cream! I have linked that set here for you!

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SUPER FIRM SERUM

Reduce the appearance of fine lines, wrinkles, and sagging skin with our Super Firm Serum! Due to a unique blend of peptides, results can be seen immediately and over time when used consistently. This serum promotes and accelerates hydrated skin, providing you with a more youthful look!

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HYDRATION

Water keeps your body hydrated and refreshed and helps maintain your skin's elasticity. People who drink large amounts of water are less likely to suffer from scars, wrinkles, and soft lines and they won't show as many signs of aging as those who drink little amounts of water. I am linking my favorite electrolytes for added hydration and my water filter! PLEASE DO NOT DRINK TAP WATER!

**CODE: JESSIE15
WATER FILTER**

**15% OFF
ELECTROLYTES**



FROWNIES

Frownies are awesome! They are designed to significantly reduce the appearance of fine lines and wrinkles that can be caused by aging, sun damage, and repeated facial movements. You simply wear them overnight and take them off in the morning.

[LINKED HERE](#)



FACIAL CUPPING

Facial cupping is meant to increase blood circulation and stimulate the facial cells that are responsible for collagen production. In turn, this can brighten your skin, minimize the appearance of scars, fine lines and wrinkles, and tone your chin, jawline, and neck by decreasing puffiness. I love this set and that silicone scrubbie works well with the Microderm Scrub I linked above!

[LINKED HERE](#)

[HOW TO VIDEO](#)



GUA SHA

Facial gua sha is known to stimulate circulation, produce collagen, decrease puffiness and inflammation, tighten skin, brighten complexion, release tension and shape facial muscles. This is done through the promotion of blood circulation and lymphatic movement.

[GUA SHA STONE](#)

[HOW TO VIDEO](#)



ICE THERAPY

Rubbing ice all over your face after a hectic day can give you instant stress relief. It boosts blood circulation to your face and makes it radiant. Rubbing ice on your face also reduces signs of aging and the appearance of wrinkles. My obsession with this refillable ice roller is REAL! I LOVE IT SO MUCH!

[LINKED HERE](#)

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