

SUMMER-FALL 2022

BOTANICAL

Rush®

POWERFUL
AGE-DEFYING SKINCARE



What others love about Botanical Rush...

My whole family has fallen in love with your products. My husband, mom and dad are now requesting as gifts. So I'm stocking up for gifts. Thank you for creating amazing effective product

Renee ~ Alameda, CA

I Love the products I ordered!!! It is so exciting to have beautiful skin products that I can actually see and feel the difference on my skin! And thank you for the wonderful sample

Debra ~ Centennial, CO

I've used Obagi and Skincuticals and this product is superior!! Love it and my skin looks great.

Rimini H.

My skin has never felt and looked better!! And I get compliments on how supple my skin looks, Thank you Botanical Rush!!

Marian ~ Austin, TX

I love the C Perfection Serum! I work at a health food store and we carry your products. They are amazing! I am on my third bottle and it usually lasts me around 4-6 weeks. My acne scars have faded and my skin looks so healthy and young. I refuse to buy anything else.

Loreal W.

Why choose Botanical Rush?

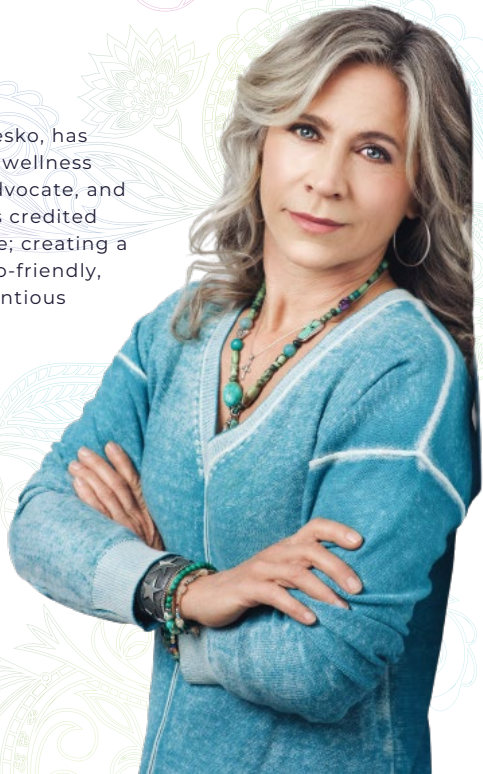
At Botanical Rush we pride ourselves on providing exceptional skincare with the ultimate in **powerful nutrients at affordable prices**. Our clean formulas are not just powerful, they are carefully formulated for the most efficacious results combining synergistic nutrients.

Meet the Founder

Beauty expert and healthy aging coach, Myra Mesko, has been enthusiastically involved in the health and wellness industry for decades. As a longtime consumer advocate, and founder of MyChelle Dermaceuticals LLC, Myra is credited with being a pioneer of clean & effective skincare; creating a highly successful, complete line of non-toxic, eco-friendly, cruelty free, and efficacious formulas for conscientious consumers to enjoy.

“Beautiful skin starts with a positive attitude & gratitude, and commitment to honoring your skin by caring for it on a daily basis. At Botanical Rush we have made it easy and enjoyable with our experiential formulas. It is our hope that you will take the time to care for your skin which does so much for you around the clock. See for yourself what our powerful formulas can do for your skin.”

Celebrate your Skin!
Myra Mesko



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Removes impurities from skin & preps skin for nutrient absorption.

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Clear & Bright Cleanser (p.5)

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Supports restoration of collagen matrix.

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Replenishes skin with nutrients that support balance and immune function.

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Helps to restore proper hydration levels and moisture barrier.

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Daily nourishment for skin's resilience.

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Natural mineral SPF to protect skin from UV and blue light (from computer screens)

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CLEANSE & PREP

Great skin starts with cleansing. Your skin is constantly shedding dead skin cells and toxins from within. In addition, we apply sunscreens, makeup, and collect environmental pollutants from the air surrounding us throughout the day. Therefore, how and what you use to cleanse will make a difference in prepping your skin for ultimate absorption and radiant skin.

FRESH START CLEANSER™ - Soft Mint

A sulfate free, highly concentrated, bubbly cleanser and skin primer for maximum absorption of nutrients you apply after cleansing. Perfect for all skin types and a great choice for removing makeup, and as a shaving medium for men.

- Sulfate Free
- Deep Cleansing & Prep
- Cellular Boosting
- Calming Mint



CLEAR & BRIGHT CLEANSER™ - Hint of Citrus

A lightly bubbling gel cleanser, it is perfect for those who suffer from unruly skin. Bellis perennis (Daisy) flower extract, totarol, flower acids, and salicylic acid work synergistically to remove dead skin cells, break up, and neutralize propionibacterium causing acneic infection.

- Sulfate Free
- Clarifying
- Brightening
- Bacteria Neutralizing



RESTORE

CROW BE GONE™

A peri-orbital serum with proven peptides, stem cells and extracts, smooths fine lines and crow's feet, while supporting firmer skin. Additional extracts inhibit the enzyme elastase (responsible for destruction of elastin), promote natural collagen synthesis, and brighten skin. May be used under Peptide Eye Cream or Beautiful Eye Cream for ultimate results.

- Minimizes Wrinkles
- Firms Skin
- Collagen Supporting



Key Ingredients

SNAP-8 (Acetyl Octapeptide-3) 10% (clinical efficacy 3%): A unique peptide that is an elongation of Acetyl Hexapeptide-8, has properties that help to address wrinkle formation mechanisms and improve the appearance of expression wrinkles; Ingredient Study: 63% maximum wrinkle reduction value over 28 days (applied twice daily).

Inylin® (Acetyl Hexapeptide-30, Arginine) 5% (clinical efficacy 2.5%): A molecular cosmetic hexapeptide specifically designed to help lessen expression wrinkles, aids in smoothing skin surface by targeting a post-synaptic approach, programmed to generate an effect which aids in limiting facial movement repetition which has shown to cause the formation of fine lines and wrinkles; Ingredient Study: significant reduction in wrinkle depth with a mean decrease of 14.9% after 28 days.

Antarcticin® (Pseudoalteromonas Ferment Extract) 3% (Clinical efficacy 3%): A glycoprotein exopolymer from the Antarctic Sea, cryoprotective and helps to improve skin texture and soften the appearance of wrinkles, especially around the eye area.

C PERFECTION SERUM™ 14%

C Perfection Serum is formulated with clinically established Vitamin C potency to facilitate collagen production, combat visible signs of aging, and help repair UV and blue light (computer screen) damage. In addition, topical Vitamin C supports skin healing and evens skin tone.

An exceptional value in 1oz versus .5oz by other brands.

- Collagen Supporting
- Potent Antioxidant
- Helps Repair UV and Blue Light Damage



Key Ingredients

L-Ascorbic Acid 10% (10% is the efficacious, clinically studied potency): A powerful antioxidant which works to help produce & strengthen collagen and has the potential to address defense mechanisms while brightening skin and smoothing appearance of texture. Higher potency can cause irritation and over exfoliation of skin.

Magnesium Ascorbyl Phosphate (MAP) 3% (efficacy studies at 1%): A water soluble derivative and stable form of Vitamin C that is utilized as an antioxidant (free-radical scavenger) and helps to support natural collagen performance and melanin-inhibiting properties (brightening effect). Great for sensitive skin types who can't tolerate L-Ascorbic acid.

BV-OSC (Tetrahexyldecyl Ascorbate): 1% (synergistical component): Oil soluble form of Vitamin C, consists of antioxidant and brightening properties, supports collagen production, and inhibits Matrix Metalloproteinase (MMPi). Easy skin penetration for absorption and utilization. Great for those with sensitive skin.

Vitamin E (D-Alpha Tocopherol): A powerful antioxidant protecting the skin from oxidative stress.

In Nature Vitamin C never resides by itself, it is always accompanied by other antioxidants and nutrients. C Perfection™ Serum offers a therapeutic & stable trifecta of three forms of Vitamin C plus Vitamin E.

MAXI PEPTIDE SERUM™

A peptide duo to support collagen production, relax mimic lines, and improve skin texture, while providing antioxidant protection. A must in any age-defying skin care program.

- Relaxes Expression Lines
- Improves Skin Texture
- Collagen Supporting



Tip - Use under favorite nourishing cream

Key Ingredients

Matrixyl™ Synthe'6 (Palmitoyl Tripeptide-38) 9.5% (efficacious potency 2%): Palmitoyl tripeptide-38 is a compound that regulates cell activity, wound repair and collagen tissue remodeling. It stimulates six major constituents of the skin matrix and the dermal-epidermal junction to plump fine lines and boost skin repair while addressing the support of synthesized macromolecules that are essential for skin texture improvement. **2% was used in clinical trial to demonstrate efficacy.**

Argireline® (Acetyl Hexapeptide-8) 10% (efficacious potency 3%): A unique anti-wrinkle neuropeptide that has been shown in significant testing to be effective against the development of skin wrinkling, being a topical alternative to Botulinum Toxin A. to be incorporated in cosmetic formulations where removal of the deep lines or wrinkles in the forehead and around the eyes is desired.

Camellia Sinensis (White Tea) Leaf Extract: Rich in polyphenols, prompts natural fixative properties, high-powered antioxidant helps to defend against environmental stressors and Reactive Oxygen Species (ROS), while assisting in the improvement of collagen which helps to reinforce firming and plumping properties.

Boswellia Carterii (Frankincense) Oil: Aromatic, helps to calm the senses while providing anti-age properties that help to improve complexions.

Santalum Austrocaledonicum (Sandalwood) Wood Oil: Aromatic, antioxidant properties that help to clarify and address areas of inflammation concerns

Lavandula Angustifolia (Lavender) Oil: Aromatic, helps to calm the senses and possible inflamed areas

TRANSFORM EGF SERUM™

A powerful boost of liposome-encapsulated Epidermal Growth Factor (EGF) peptides to support Dermal-Epidermal Junction (DEJ). EGF is a strong promoter of fibroblast proliferation which supports collagen production.

Essential fatty acids from coconut recondition skin and improve barrier strength, while essential oils provide pore minimizing, age-defying properties. Great for all skin types.

- Enhances Lipid Barrier Function
- Strengthens Thin, Aging Skin
- Collagen Supporting



Tip - Use before Retinal Renew night cream for amplified results

Key Ingredients

Sh-Oligopeptide-1 – (Epidermal Growth Factor aka EGF) 1% (efficacy studies at 1%):

A peptide that has shown to fast-track the development of anti-aging properties by addressing natural skin exfoliation, turn-over and proliferation which in turn helps to soften the appearance of fine lines and wrinkles, while also working synergistically to boost healthy complexion results. EGF is capable of thickening tissue layers while enhancing barrier function.

ChroNoline™ (Caproyl Tetrapeptide-3) 3% (efficacy studies at 0.3 – 2.5%):

A peptide derived from a growth factor, helps to support Dermal-Epidermal Junction (DEJ) components, aids in boosting collagen, and softens the appearance of fine lines. Skin benefits include wrinkle reduction, skin rejuvenation, evenness of skin texture, and firmer/smooth skin.

REPLENISH

DEEP C RESTORE OIL™

Oil-soluble VIT C boasts brightening and antioxidant properties, supports natural collagen synthesis, and inhibits Matrix Metalloproteinase (MMPi). Combined with Neossance® squalane from sugar cane, radish root ferment extract, and essential oil of neroli, this unique formula supports precious moisture balance by improving natural barrier function, while delivering age-defying and anti-wrinkle properties.

- Collagen Supporting
- Improves Lipid barrier
- Brightening



Key Ingredients

Neossance® (Squalane): Sourced from Sugar Cane, it helps to enhance skin's barrier function with defense features and improvements towards skin's ability to retain moisture while also addressing anti-wrinkle properties.

BV-OSC (Tetrahexyldecyl Ascorbate) 5%: Vitamin C has many functions as a cosmetic ingredient, including skin lightening, promoting collagen synthesis and inhibiting lipid peroxidation. BV-OSC is stable at high temperatures and has good solubility in oils. BV-OSC exhibits excellent percutaneous absorption and effectively converts into free vitamin C in the skin to perform various physiological functions. **Skin trials established efficacy formulating with 2% potency.**

Radish Root Ferment (Leucidal®): Skin moisturizer with antimicrobial activity.

Neroli Essential Oil (Citrus Aurantium): Promotes cell regeneration and elasticity of the skin. This beautiful, aromatic oil is perfect for acne-prone, irritated, oily, sensitive, environmentally damaged or mature skin types.

In addition, Neroli essential oil is valued for its calming and relaxing aroma.

DIVINE BEAUTY OIL™

A beautiful blend of highly nourishing seed oils such as pumpkin, cranberry, and pomegranate, including potent full spectrum **hemp extract** and terpenes for a healthy, radiant skin experience. This nutrient dense, concentrated oil leaves skin soft and supple. Total THC per container is less than 0.3%.

- Age Defying
- Deeply Nourishing
- Powerful Antioxidant
- Restorative



Tip - Use at night under your favorite cream for ultimate nourishment

SIMPLY NOURISHED™

This simple, unscented, timeless cream improves hydration levels, smooths & softens complexions. Squalane from olives provides moisturizing properties and enhances natural barrier function while fructooligosaccharides from sugar cane and beets promote healthy probiotic bacteria supporting skin balance. The perfect cream for those using Restorative Serums or Replenishing Oils and wish to use a simple, cost efficient, yet beautiful cream thereafter.

- Replenishing
- Protects Moisture Balance
- Great for Sensitive Skin



Tip - Use with Deep C Restore Oil for restorative barrier nourishment

Key Ingredients (Simply Nourished continued...)

Caprylic/Capric Triglyceride: Plant sourced fatty acids. Helps to improve the skin's natural barrier function, while aiding in the restoration of moisture concentration.

Glycerin: Sourced from vegetables. Helps to improve hydration levels while consistently promoting attributes that help to soften and smooth complexions.

Squalane: Sourced from olives, this plant-based ingredient has moisturizing properties which help to enhance the natural barrier function while aiding in improving moisture retention.

Fructooligosaccharides (D-beta): Naturally occurring carbohydrates derived from cane or beet sugar, fructooligosaccharides help promote healthy probiotic bacteria.

HYDRATE

FRESH HYDRATING MIST™ - Soft Mint

More than an ordinary toner, this hydrating and refreshing mint formula contains beautiful active botanicals to address inflammation and sluggish turnover, which is a leading cause of aging skin.

Organic ingredients such as mint, white willow bark, sugar cane, bilberry, lemon peel and cranberry are loaded with anti-aging actives. Perfect for all skin types and formulated to complement all Botanical Rush formulas. Mist frequently for beautiful skin.

- Calming
- Pore minimizing
- Hydrating



Tip – Keep on your nightstand and mist before sleep and first thing in AM.

BEAUTIFUL EYE CREAM™

A luxurious, hydrating moisture boost for the delicate peri-orbital area. Nutrient packed jojoba, primrose, and Vitamin E deeply nourish and condition skin to maintain optimal moisture balance and lubrication.

- Hydrating
- Nourishing
- Plumping



Tip - Use Crow Be Gone before applying for ultimate wrinkle treatment

ULTIMATE QUENCH SERUM™

This beautiful formula, loaded with carrot seed oil, CoQ10, vegan hyaluronic acid, and alpha-lipoic acid hydrates, nourishes and revitalizes thirsty skin. In addition, 50mg of full spectrum **hemp extract** and powerful terpenes provide additional nutritional value to this exceptional formula. Total THC per container is less than 0.3%.

- Hydrating
- Revitalizing
- Balancing



Tip - Men love this formula after shaving with Fresh Start Cleanser

HYDRO LOCK™

A beautiful, light, everyday cream for optimal moisture balance. CoQ10, Vitamin E, astaxanthin, and organic sea buckthorn to provide superior antioxidant protection and leave skin nourished, hydrated, and silky smooth to the touch.

- Moisture Boosting
- Replenishing
- Antioxidant Rich



Tip - Use Deep C Restore Oil before applying for restorative barrier nourishment

NOURISH

PEPTIDE EYE CREAM™

A triple peptide action wrinkle repair and ultra-nourishing cream. Chronoline™, Argireline®, and Leuphasyl® peptides support structure and function of youthful skin while supporting collagen synthesis and relaxing mimic lines. Borage seed oil and vegan hyaluronic acid deeply hydrate and nourish delicate skin. A must for every age-defying skincare program.

- Minimizes Fine Lines
- Renews & Fortifies
- Collagen Supporting



Tip - Use with Crow Be Gone for amplified results

Key Ingredients

Argireline® (Acetyl Hexapeptide-8) 5% (efficacious potency 3%): A unique anti-wrinkle neuropeptide that has been shown in significant testing to be effective against the development of skin wrinkling, being a topical alternative to Botulinum Toxin A. to be incorporated in cosmetic formulations where removal of the deep lines or wrinkles in the forehead and around the eyes is desired.

Leuphasyl® (Pentapeptide-18) 5% (efficacious, studied potency 3%): Peptide that helps to improve the depth of wrinkles caused by the contraction of facial expression muscles.

Indinyl® (Cassia Angustifolia Seed Polysaccharide) 2.5% (efficacious, studied potency 2.5%): Extracted from the seeds of the Indian Senna plant, this polysaccharide possesses similar properties to Hyaluronic Acid and helps to provide film forming, conditioning & emollient benefits. Great source of flavonoid compounds quercimeritrin, scutellarein, and rutin, all of which help the skin's surface against damage from airborne pollutants and other sources of environmental stress.

C + PEPTIDE REPAIR CREAM

An extraordinary cream with multi-functional 3-O-Ethyl Ascorbic Acid and Magnesium Ascorbyl Phosphate (MAP) to inhibit melanin production, brighten skin, and encourage collagen production. Ergothioneine (L) and camu camu extract provide additional antioxidant activity, while Matrixyl® Synthe'6 peptide and Citristem™ stem cell support collagen synthesis, improving skin texture and firmness.

The performance of the Vit. C duo, peptide, and stem cells make this formula the ultimate partner in an age-defying skincare ritual.

Use this cream with Transform EGF Serum™, Maxi Peptide Serum™, Crow Be Gone™, and/or C Perfection Serum™ to amplify results.

- Collagen Boosting
- Brightening
- Antioxidant Rich



Tip - Use with Transform EGF Serum for amplified results

Key Ingredients

3-O-Ethyl Ascorbic Acid 5% (efficacy studies at 2 – 3%): Multi-functional Vitamin C derivative and antioxidant, contains properties that help to inhibit melanin production (brightening effect), improve natural collagen synthesis, and fade the appearance of redness typically attributed to inflamed skin. Great for sensitive skin types who cannot tolerate L-Ascorbic Acid.

Magnesium Ascorbyl Phosphate (MAP) 3% (efficacy studies at 1%): Water soluble derivative and stable form of Vitamin C, utilized as an antioxidant, free radical scavenger, and helps to support natural collagen performance and melanin inhibiting properties (brightening effect). Great for sensitive skin types that can't tolerate L-Ascorbic acid.

Key Ingredients (continued)

Matrixyl™ Synthe'6 (Palmitoyl Tripeptide-38) 2% (efficacious potency 2%): This much-studied tripeptide regulates cell activity, wound repair and collagen tissue remodeling. It stimulates six major constituents of the skin matrix and the dermal-epidermal junction to plump fine lines and boost skin repair while addressing the support of synthesized macromolecules that are essential for skin texture improvement. It has shown to even out skin relief and smoothes wrinkles from the inside by rebuilding the skin where it is needed, particularly on the forehead and crow's feet.

Citristem™ [Citrus Aurantium Dulcis (Orange) Callus Culture Extract] .5% (efficacy studies at .1 - .3%): A plant Stem Cell, helps to organize and add density to skin by aiding in the improvement of collagen properties, also aids in the natural renewal process of Extracellular Matrix (ECM), which addresses the improvement of complexion brightness and assisting with the softening of fine lines.

VELVET DEW™

Bring your skin to life with this silky-smooth, nourishing cream. Infused with 50mg of full spectrum **hemp extract**, silk peptides, organic jojoba, coconut and neem oils, Vitamin E, and powerful essential oils. Total THC per container is less than 0.3%.

- Nourishing
- Collagen Supporting
- Balancing



Tip - Use with Maxi Peptide Serum for ultimate results

NECK & DÉCOLLETÉ™

Experience rapid nourishment of the delicate skin on the neck and décolleté. Healing essential oils, nut butters, and full spectrum **hemp extract** support this uniquely different skin.

Many of our loyal customers use it as a night cream for the face, as well, as night cream enthusiasts desiring a deeply nourishing cream with a bit heavier feel. Total THC per container is less than 0.3%.

- Nourishing
- Balancing
- Collagen Supporting



TREAT

RETINAL RENEW™ – Night Treatment

Youth-promoting Retinaldehyde® cream for rapid dermal rejuvenation. Patented, stable Retinaldehyde® (Retinal 0.1%) performs like Retinoic Acid in a topical application, providing an ultimate age-defying experience. Paired with plant peptides, stem cells, and botanical extracts, this formula supports cellular turnover and skin rejuvenation while diminishing the appearance of hyper-pigmentation in 28 days with nightly use.

- Dermal Rejuvenation
- Fades Hyper-Pigmentation
- Pore Minimizing

Tip - May be used with C Perfection Serum™ or Deep C Restore Oil™ for amplified results.



Key Ingredients

Retinal (Retinaldehyde) 0.1%: Patented stable Retinaldehyde, performs closest to Retinoic Acid in a cosmetic topical, providing the ultimate anti-age properties, helps to soften fine lines.

FLOWER POWER PEEL™

A cellular boosting, exfoliating mask/treatment with powerful hibiscus flower extract yielding citric and pyruvic acids combined with additional beautiful flower extracts yielding AHA's (glycolic, malic, lactic, tartaric) to soften weathered, sun damaged skin. Salicylic acid from willow bark extract is an excellent exfoliator with clarifying benefits. Slight tingling effect may be experienced.

- Exfoliating
- Cellular Boosting
- Antioxidant Rich



Tip – Follow with Fresh Hydrating Mist, Maxi Peptide Serum, and favorite nourishing cream

Key Ingredients

Salix Alba (Willow) Bark Extract: Natural source of salicylic acid, a non-irritating exfoliator with clarifying benefits.

Flower Acids® (Hibiscus Sabdariffa Flower Extract): A bio-fermented extract with AHA-like activity due to citric acid and pyruvic acid content. Increases moisturizing effect compared to an AHA and helps to aid the cellular turnover & renewal, while working to soften fine lines and the appearance of wrinkles.

Fruit Mix® [Vaccinium Myrtillus (Bilberry) Fruit/Leaf Extract, Saccharum Officinarum (Sugar Cane) Extract, Citrus Aurantium Dulcis (Orange) Fruit Extract, Citrus Limon (Lemon) Fruit Extract, Acer Saccharum (Sugar Maple) Extract]: A bio-fermented extract of five plant species that, when combined, provide five of the more commonly used AHAs: Glycolic, Lactic, Citric, Malic, and Tartaric Acids.

Eclipta Prostrata Extract: Pink hue of formula is due to the Eclipta prostrata extract. This extract has potent antioxidant and skin-calming properties. Also known as false daisy, this non-fragrant plant is a member of the sunflower family. Pink hue of formula is due to the Eclipta Prostrata extract.

SEA FIRING GEL MASK™

An oceanic age-defying firming treatment with algae extracts and fish collagen, providing long term effects by promoting properties that help to strengthen skin. Nourishing sea buckthorn yields omega-7 fatty acid, tocopherols, carotenoids, and phytosterols while promoting calming benefits. In addition, the array of algae extracts encourage skin vitality and provide antioxidant protection.

- Firming & Tightening
- Antioxidant Rich
- Nourishing
- Cooling/Calming



Tip – Follow with Maxi Peptide Serum for ultimate firming support

Key Ingredients

Pepha®-Tight (Pullulan, Nannochloropsis Oculata Extract): A unique algae-based skin tightener: It tightens the skin immediately and at the same time provides a long-term effect by strengthening the skin's connective tissue.

Hydrolyzed Collagen (fish): Helps to enhance the appearance of dry or damaged skin by promoting a more supple and hydrated complexion.

Hippophae Rhamnoides (Sea Buckthorn) Extract: High content of Omega 7 Fatty Acid, Tocopherols, Carotenoids, and Phytosterols. This extract is deeply nourishing and helps to enhance natural renewal properties while promoting calming benefits.

Algae Active Concentrate (Dunaliella Salina Extract, Algin, Carrageenan, Glucosamine HCl, Hydrolyzed Actin): A microalgae concentrate that helps to encourage skin vitality, strengthen cutaneous protection, address hydro regulation while helping to improve Adenosine Triphosphate (ATP) levels and skin's natural renewal, in turn promoting a brighter, softer, improved tonality, and more hydrated complexion.

Spirulina Platensis (Phycocyanin) Extract: A natural blue pigment derived from Spirulina, a blue-green algae, with potent antioxidant and calming properties.

PROTECT

TINTED SPF 30

- SILKY LIGHT
- SILKY MEDIUM
- SILKY DARK

An all-natural broad spectrum mineral sunblock that protects your skin from damaging UV rays and blue light emitted from digital, high-tech lifestyles.

- Non-Nano Particles
- Natural Mineral Tint
- Eco & Reef Safe



Note: these formulas are very concentrated with mineral pigments. Apply sparingly and smooth over face. Wait a minute and let the minerals “set” before you make a decision on the correct tint for your skin.

SKIN AGING

As we age, the most noticeable changes to the skin are:

- decreased skin elasticity
- uneven pigmentation
- pore size and skin texture
- pronounced mimic lines
- overall thinning of the muscle and fat below the skin in face

Most aging is due to genetics, lifestyle, sun exposure, and how you take care of it. Using topical skincare formulas with Vitamin C, retinoids, and powerful peptides & stem cells will do wonders, if you start now and are committed to taking care of your skin. Using a micro-needling tool is also a great way to increase collagen production. There are many sizes available, start with a lower depth needle and be sure you sterilize between use.

There are also wonderful lasers that will rejuvenate your skin beyond what topical formulas can do. I recommend a laser treatment at least once a year for mature skin (usually in fall or winter when the sun is not that intense) such as Fractional, Erbium, CO2, and IPL (intense pulsed light) lasers.

FEED YOUR SKIN FROM WITHIN & WITH LIFESTYLE

Using Botanical Rush formulas for healthy skin is a great start to healthy, radiant skin. But your skin's health is affected by more than what you put on it. Eating a healthy diet rich in antioxidants, healthy fats, low sugar, and high fiber is only going to get you your *Best Skin Ever* faster, and you will feel great, too!! And maybe adjust your lifestyle a bit to protect your future skin.

Here are just a few tips:

- Start your day with gratitude and a glass of pure water & lemon
- Have your first meal at 10am (for intermittent fasting)
- Consume organic fruits and vegetables daily (avocados are excellent!)
- Eat high fiber foods such as whole grain breads, chia seeds, and beans & squash
- Add high quality olive oil to your salads or over steamed vegetables
- Eat your biggest meal mid-day, and last meal of the day at 6pm
- Remove yourself from stress
- Wear a hat and sunglasses to avoid excess sun exposure
- Use a non-toxic SPF daily
- Limit your alcohol consumption
- Don't smoke

There is much more, but I think you get the point.

BOTANICAL
Rush®



SOLAR
POWERED
COMPANY



MADE IN
USA



A Woman-Owned & Operated Company