

# The Dilemma of Aging Skin - What Can You Do?



It's frustrating sometimes.

Every look in the mirror is a reminder - decades of your life have come and gone and left you with fine lines around the corners of your eyes and mouth.

Where did all the time go?

Life has taken a toll on your skin. The stress of a hectic work life and the constant exposure to sunlight can damage your skin and accelerate aging.

**The result? Your skin looks thinner, dull, and loses its youthful glow.**

As we age, our skin begins to lose its ability to hold moisture. It starts to dry out, leaving behind wrinkles as proof of our age - like rings on a tree trunk.

**Want to keep plump and healthy skin? Then you need two things: hydration and moisturization.**

**Humectants** promote cell hydration. Considered *hygroscopic*, humectants can draw moisture from your surrounding and deeper skin layers to keep your skin hydrated.

*Hyaluronic acid* is a humectant that functions as a skin lubricator, helps skin elasticity, and reduces wrinkles by tightening your skin.

Other humectants include *natural glycerin, honey, and aloe vera*, all of which help your skin maintain a youthful appearance.

And then you have occlusives.

**Occlusives** have two jobs:

- (1) build a seal that protects your skin from losing moisture
- (2) protect your skin from outside harm, such as skin irritants.

Occlusives include *shea butter, jojoba oil, grape seed oil, and rosehip oil*.

Our Kanapa™ line products were designed to provide skincare that hydrates and moisturizes your skin. From hyaluronic acid to witch hazel, essential fatty acids, to babassu butter and aloe vera, we want you to get skincare for *all* your needs.

While we can't bring back time, Xtend-Life can help you put the brakes on aging by finding skincare that works - *for you*.

## Moisturizers vs. Hydrators

Understanding your skin type is key in deciding on the best skincare routine. *Moisturizers* offer oil-based ingredients to seal your skin's surface, while *hydrators* draw and retain moisture. Both help - but in different ways.

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## Nourishing Skincare - For a More Youthful Look

Designed to nourish your skin and slow down skin aging, the blend in our Kanapa™ skincare line is clinically proven and sourced from premium ingredients.



### Ultra-Hydrating Serum for Plump, Soft Skin

Containing hyaluronic acid and vitamin C, our Kanapa™ Luminous Facial Serum deeply penetrates the skin, reducing age spots and bringing back youthful, plump skin.

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### For Men - Soothe Your Skin and Counteract Fine Lines

Who said skincare is just for women? Containing witch hazel and key fatty acids, our Hydrating Facial Fluid was specifically designed for men. Made for rough and irritated skin, it also supports collagen production.

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### Rejuvenate Your Skin with Aloe and Babassu Butter

A cream that rejuvenates your skin and is formulated with nourishing ingredients, including aloe and babassu butter. Ultra-Light Sheer Day and Night Cream promotes collagen production and gives you a more even skin tone.

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## Missed our last Newsletter?

Looking for ways to support a more positive outlook and sense of calm? Switch off from stress and get out of that funk by following our three Rs.

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**Three Easy Ways to Find Your Inner Calm**

Dr. Amanda Wiggins, PhD, Xtend-Life Chief Research Scientist

