

Healthy Aging Skincare Focus Guide





WHAT IS AGING WELL?

We'd be remiss if we said that aging well meant to only care for the appearance of our skin. It's so much more — it is embracing what is naturally and beautifully yours, thoughtfully fueling your body, staying engaged with personal growth, and empowering yourself by doing what you love; it's about caring for yourself from the inside out and the outside in with balanced nutrition and an effective, consistent skincare regimen.

LET'S TALK BODY!

The air we breathe, the food we eat, the place we live, the job we do, the sun's radiation, medications that we need to take, chemicals that we are exposed to, and pollutants all have an effect on the aging process.

How does this happen? These things can expose us to free radical damage which can negatively impact our cells and their ability to repair themselves.

Free radicals are molecules with an uneven number of electrons causing them to easily react. Think of rusting iron – the rust is oxidative stress triggered by free radical damage. Oxidative stress is the imbalance between the exposure to free radicals and exposure to and consumption of antioxidants. It can contribute to or even enhance things you can see, but wish you couldn't, like wrinkles.⁽¹⁾

HELP YOUR BODY AGE WELL WITH YOUR DIET

Practice care for your body with whole food, nutrient-rich, high-antioxidant food choices, consistent hydration, and daily application of mineral SPF.

Antioxidants are self-sacrificing little molecules that help combat and quench free radical and oxidative stress on our skin and in our body. The body produces an armory of antioxidants to help defend itself by neutralizing or "mopping up" free radicals that can harm our cells. ⁽¹⁾

Eating brightly colored foods will help to provide your body with antioxidants along with super beneficial phytonutrients. Include supplements containing vitamin C, vitamin E, CoQ10, selenium and beta-carotene.

Some of these nutrients, particularly vitamins C and E, are also ingredients that you can look for in your skincare to help support your skin from the outside. Antioxidant production declines with age, so supplementing the diet with whole foods with properties or ingredients that have antioxidant properties helps increase levels to maintain your good health!



⁽¹⁾ <https://www.ncbi.nlm.nih.gov/pubmed/18977456>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5476783/>

BEAUTY FROM WITHIN



Probiotics: The digestive system naturally has billions of bacteria, like the skin. Probiotics provide strains of beneficial bacteria to help support the digestive tract.



Digestive Enzymes: Help the body process foods effectively and the digestive system function normally.



Hyaluronic Acid: Helps retain moisture to support and maintain smooth-looking skin.



Biotin: Helps support and maintain healthy skin, hair and nails.



Vitamin C: Helps provide antioxidant protection and support collagen production.



Healthy Fats: Minimize trans and saturated fats that could contribute to an unhealthy vascular system, which may impact other parts of the body, such as the skin. Instead, switch to healthy fats like olive oil, coconut oil, avocados, nuts, and omega-3-rich seeds.

“Beautiful and healthy skin starts with a healthy inside-out approach in addition to using high quality products on your skin. Eating, sleeping, and moving right is what makes the difference for lasting health so that we age well instead of simply aging.”

– DR. RAJA SIVAMANI, MD
MS AP BOARD CERTIFIED DERMATOLOGIST AYURVEDIC PRACTITIONER





LET'S TALK SKIN

No matter what our age, we all want smooth, soft skin that looks radiant and healthy. But the reality is, our skin is aging every day.

FACT: It's easier and less expensive to target the signs of aging by caring for your skin at an early age than trying to minimize the signs of aging after they appear on your face. Here's how:

- Stay away from harsh cleansers that can cause over-drying of the skin.
- Use products that are appropriate for your skin type and needs.
- Rain or shine, help protect your skin every day with a broad spectrum SPF product.
- Don't forget your neck and chest. While you're logging in cell phone time, your neck starts to show premature folds and wrinkles thanks to the angle you hold your head.
- Drink plenty of water throughout the day to keep your skin hydrated from the inside out.

Collagen is a protein found in muscles, bone, skin, ligaments, the digestive system, and blood vessels. It's what gives our skin its elasticity and it acts like glue for our ligaments. Our collagen stores naturally decline with age, which can cause our skin to show changes including wrinkles, sagging and decreased elasticity. Even before we can see these changes, lower collagen and hyaluronic acid levels can begin to change the integrity of our skin's structure.

Elastin is the "rubber band" that gives skin strength and bounce. But as we lose elastin over time, our extracellular matrix weakens. This causes fine lines and wrinkles, particularly where we make repeated facial expressions. It's important to help support our skin's extra cellular matrix because it's the essential physical scaffolding for the skin and all its cells.

MID-20s	▶ Cell turnover begins to slow
	▶ Beginning of baby lines
	▶ Premature aging: uneven skin tone, freckling

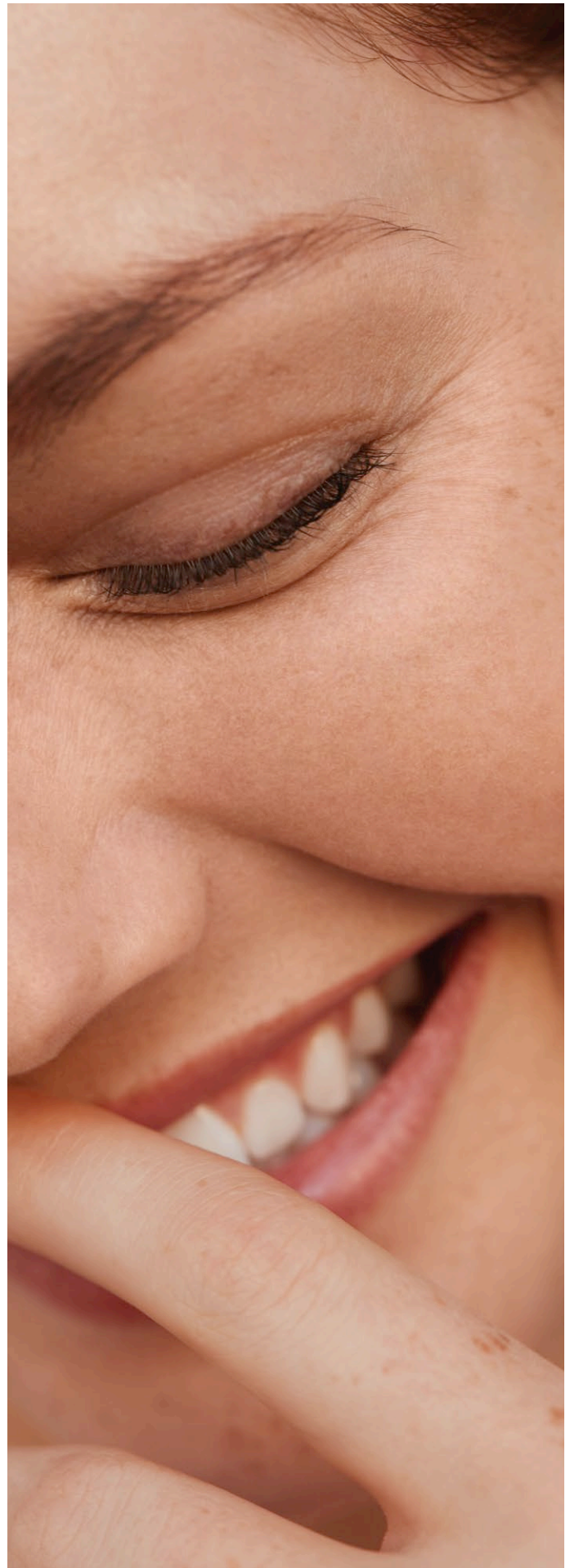
30s	▶ Collagen, elastin production slows
	▶ Fine lines & wrinkles around eyes, forehead
	▶ Skin loses resilience and radiance

NOTE: Skincare in your 20s to early 30s may still be focused on combatting acne breakouts or minimizing the appearance of acne hyperpigmentation or scarring. More importantly, this is the time to get a proactive jump on premature skin aging by adopting healthy skincare and eating habits.

40s	▶ Cell turnover hits a sluggish point
	▶ Collagen, elastin continues to decline
	▶ Skin is drier, thinner, rougher
	▶ Surfacing of dark spots, fine lines, wrinkles

50s	▶ Low collagen and elastin = thinner skin
	▶ Deep wrinkles and sagging
	▶ Dry, rough skin

Healthy-looking, radiant, smooth, firm and hydrated skin isn't an accident — it's a result of understanding your skin type and creating a skincare and nutrition regimen to meet your needs.



FOR THE GUYS

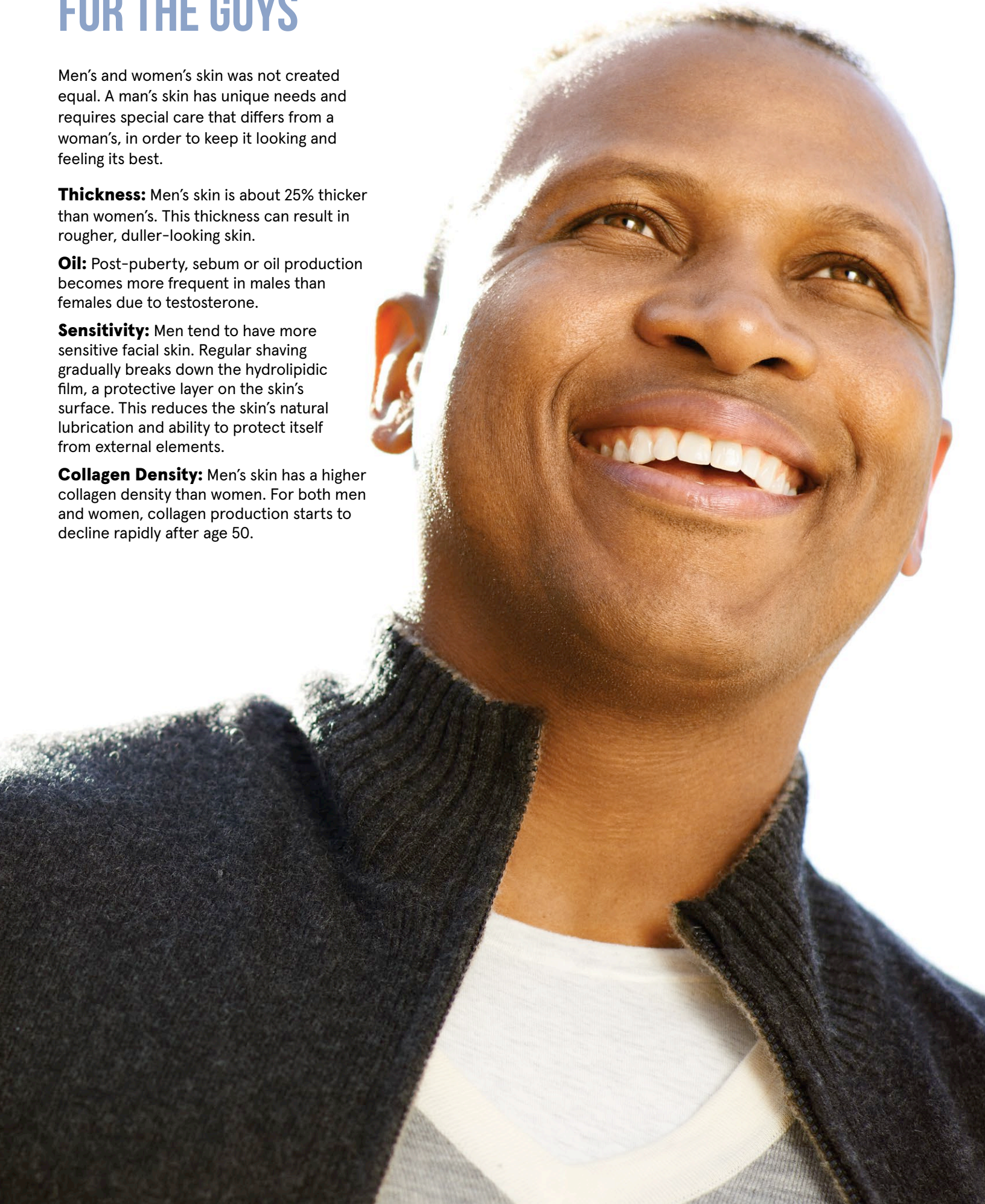
Men's and women's skin was not created equal. A man's skin has unique needs and requires special care that differs from a woman's, in order to keep it looking and feeling its best.

Thickness: Men's skin is about 25% thicker than women's. This thickness can result in rougher, duller-looking skin.

Oil: Post-puberty, sebum or oil production becomes more frequent in males than females due to testosterone.

Sensitivity: Men tend to have more sensitive facial skin. Regular shaving gradually breaks down the hydrolipidic film, a protective layer on the skin's surface. This reduces the skin's natural lubrication and ability to protect itself from external elements.

Collagen Density: Men's skin has a higher collagen density than women. For both men and women, collagen production starts to decline rapidly after age 50.





The Arbonne Skincare Difference

Embracing a holistic approach and mindful habits to aging well, Arbonne uses innovative formulation technologies to harness together science and nature to deliver powerful, clean ingredients and botanicals that contribute to youthful, healthy-looking skin and an empowerment of natural beauty.

ARBONNE'S HEALTHY AGING COLLECTIONS

AGEWELL

BRIGHTENUP

DERMRESULTS

RE9 ADVANCED® FOR MEN

RE9 ADVANCED® LIFTING & CONTOURING

RE9 ADVANCED® PREPWORK

ARBONNE INTELLIGENCE®

RE9 ADVANCED® SUPPORTIVE CARE



AGEWELL

When it comes to caring for our skin, dermatologists' opinions matter — a lot. Time and time again, Retinol dominates their charts, thanks to its remarkable ties to the appearance of healthy aging. The drawback? It's known to trigger unwanted sensitivity on the skin. To further complicate matters, Retinol becomes unstable when combined with other key ingredients (case in point: Vitamin C, also highly praised by dermatologists).

Enter Bakuchiol, a groundbreaking plant-based alternative to Retinol that's just as effective in targeting signs of fine lines and wrinkles, while being much better tolerated on the skin. It also pairs beautifully with Stabilized Vitamin C to achieve collagen-supporting benefits through moisturization and Plant Stem Cell Extract, which helps skin look radiant. Talk about a power trio!

We source Bakuchiol from its native environment of India and work with local suppliers who grow the Babchi plant without pesticides and ensure sustainable harvesting through third party certifications.

DAILY REGIMEN: Silky Cleanser, Refreshing Toning Mist, Collagen Nurturing Serum, Enriching Eye Cream, Moisture Restoring Cream, Moisture Restoring Cream with Broad Spectrum SPF, Intense Repairing Night Cream, Firming Neck Cream

Key Ingredients

Bakuchiol: A plant-based retinol alternative, helps reduce the look of facial wrinkles.

Sustainable Plant Stem Cell Extract:

Helps improve the appearance of skin radiance, elasticity, firmness and texture by conditioning the skin.

Stabilized Vitamin C: Supports collagen through moisturization.



Live Well, Age Well



“Bakuchiol is a naturally derived ingredient that’s great as a highly effective, yet more gentle approach than retinol in improving the appearances of photoaging.”

— DR. RAJA SIVAMANI, MD MS AP BOARD
CERTIFIED DERMATOLOGIST AYURVEDIC
PRACTITIONER

BRIGHTENUP

The BrightenUp collection is your solution for more radiant, luminous skin, improving the appearance of uneven skin tone, dark spots and other skin discoloration. No matter your skin tone, we're all susceptible to dark spots over time — from exposure to UV light to natural aging as the accumulated time spent under the sun becomes more pronounced. And these pesky spots can make you look older, just as much as those fine lines and wrinkles.

DAILY REGIMEN: Pearlescent Foaming Cleanser, Luminous Serum, Brightening Eye Cream, Illuminating Cream with Mineral Broad Spectrum SPF 15, Radiant Night Cream

Key Ingredients

Niacinamide: Helps support the skin's moisture barrier with hydration to enhance the appearance of brightness and even tone.

Hyaluronic Acid: Supports the skin's protective moisture barrier with hydration to reduce the appearance of wrinkles.

Brown Algae: Helps diminish the appearance of fine lines and wrinkles by moisturizing the skin's outer layer.



or



or



SUPPLEMENT YOUR REGIMEN:

Illuminating Toner with Niacinamide, Skin Exfoliator with Apricot Seed or the Targeting Essence with Retinol

DERMRESULTS

Formulated to revive the skin's youthful look and combat key signs of aging, DermResults' smarter skincare products, with innovative formulas incorporating botanical ingredients and cutting-edge science, deliver significant and visible benefits when combined with any Arbonne skincare regimen.

DAILY REGIMEN: Incorporate the DermResults Illuminating Skin Therapy Concentrate with 15% Vitamin C, 2% Bakuchiol, and 1% Ferulic Acid into any skincare regimen each morning

Key Ingredients

Stabilized Vitamin C: With potent antioxidant properties, has been clinically studied to help reduce the appearance of oxidative damage from environmental stressors such as pollution, weather and ozone.

Bakuchiol: A plant-based retinol alternative that's better tolerated on the skin and helps reduce the look of facial wrinkles.

Ferulic Acid Ethyl Ester: With antioxidant properties, helps support the overall appearance of skin.



RE9 ADVANCED® FOR MEN

RE9 Advanced for Men products provide a skincare regimen to address the unique needs of men's skin. The products are formulated with scientific and botanical ingredients specifically chosen to support a man's skin, in order to keep it looking and feeling healthy every day.

DAILY REGIMEN:

Micro-Exfoliating Cleanser,
Eye Repair Cream,
Anti-Aging Moisturizer
SPF 15 Sunscreen,
Charcoal Soap Bar,
Charcoal 3-in-1 Face,
Hair & Body Wash, Shave
Cream, After-Shave
Soothing Lotion



Key Ingredients

Algae Extract: Moisturizes to support collagen, helping diminish the appearance of fine lines and wrinkles.

Stabilized Vitamin C: Supports collagen through moisturization.

Japanese Pagoda Tree Flower Extract: This botanical containing antioxidant properties helps improve skin's moisture barrier to help dull, over-worked and tired-looking skin appear fresher and healthier.

Malachite: This naturally derived copper-containing extract acts as an antioxidant to support the formula's moisturizing benefits to protect against environmental dryness, for healthy-looking skin.

Hematite Extract: Sourced from a naturally derived iron-containing mineral, this helps condition skin to smooth the appearance of fine lines and wrinkles.

Activated Charcoal Powder: Derived from vegetables, this charcoal powder deep cleanses pores.

RE9 ADVANCED® LIFTING AND CONTOURING

Lifting and Contouring products have been formulated to help re-densify, lift, tone, and firm the look of skin. These formulas help combat the inversion of the “triangle of beauty” by supporting collagen and elastin, resulting in the appearance of increased volume and re-plumped skin and an overall appearance of a more lifted, toned, contoured face.

SUPPLEMENT YOUR REGIMEN:

Eye Cream, Day Cream Broad Spectrum SPF 15,
V-Lift Gel



Key Ingredients

Peony Root Extract: Deeply conditions to deliver more lifted-looking skin; helps redensify and contour your look, making skin feel firmer and smoother.

Algae Extract: Targets the needs of the extracellular matrix, supporting collagen on the outer layer of the skin, improving the appearance and definition of facial contours.

Tetra-peptides: Target skin tone and firmness by supporting collagen and elastin.

Sea Buckthorn Oil: Supports skin moisturization and contains the antioxidants Beta-Carotene and Vitamin C.

Olive Fruit Oil: Contains antioxidants and supports hydration to promote the look of softer, smoother skin.

RE9 ADVANCED® PREPWORK

Formulated with a superfood cocktail of ingredients — Vitamins C and E, antioxidants, omegas and phytonutrients — these products help improve the appearance of skin tone, radiance and luminosity while also softening the look of baby lines and improving the feeling of skin's texture and bounce.

DAILY REGIMEN:

Micellar Water, Gel Eye Masks, Hydrating Dew Cream, Soft Focus Veil Broad Spectrum SPF 15, Overnight Face Jelly

Key Ingredients

Pea Protein: With phytonutrient and antioxidant properties, helps moisturize the skin to improve the look of firmness and elasticity.

Raspberry Ceramide: A superfood with omegas 6 and 3, and at the heart of our hydro-sealing blend, along with the antioxidant Vitamin E.

Sustainable Lingonberry Stem Cell Extract: Contains Vitamins C and E, along with Polyphenols, and helps improve the appearance of skin radiance and texture by conditioning the skin.

Sustainably Harvested Kakadu Plum: With Vitamin C, boosts and maintains moisture resulting in an improved appearance of baby lines while restoring a natural, youthful glow.

Coconut Water: Nourishes and conditions skin with hydration.



ARBONNE INTELLIGENCE®

As we age and the skin matures, it loses collagen, elastin, vibrancy, and smoothness. The Arbonne Intelligence collection was developed with botanicals and cutting-edge scientific, dermatologist-recommended ingredients to help target the signs of aging and achieve youthful, radiant, healthy-looking skin. When used in combination with your regimen, the products deliver benefits beyond hydration, including an improvement in the appearance of brightening, dark spots, and radiance. The visible improvements can be maintained with continuous use.

Key Ingredients

Phytinol™: Our proprietary high-performance complex combines two botanical extracts, Alfalfa and Chicory. They help promote an improved moisture barrier and surface smoothness for an even, less-lined look. Phytinol, combined with other botanicals and scientific ingredients, targets some of the key needs of healthy-looking skin.



SUPPLEMENT YOUR REGIMEN: Genius Nightly Resurfacing Pads & Solution, Nourishing Facial Oil, Lip Treatment, Rejuvenating Cream, Skin Conditioning Oil, Pollution Defense CC Cream Broad Spectrum Sunscreen

RE9 ADVANCED.[®]

SUPPORTIVE CARE

These premium products were developed to address the specific needs of healthy aging, helping you address and combat the appearance of changes in the skin. When you use them consistently, the products help improve the appearance of skin firmness, elasticity and tone, while minimizing the appearance of fine lines and wrinkles through hydration. The result is radiant, healthy-looking skin.

SUPPLEMENT YOUR REGIMEN: Cellular Renewal Mask, Revitalizing Facial Sheet Mask, Retexturizing Serum in Lotion, Firming Body Cream



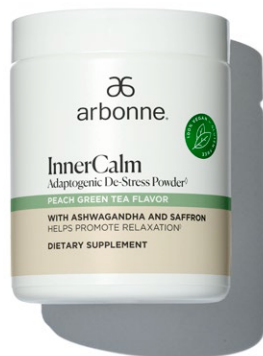
Key Ingredients

Stabilized Vitamin C: Supports collagen through moisturization.

Sea Buckthorn Ceramide: Our proprietary moisture barrier-protecting complex consists of Sea Buckthorn Oil and Olive Fruit Oil, which are rich in omega fatty acids.

Alpha Hydroxy Acids (AHAs): Smooth and refine the appearance of skin through gentle exfoliation, featured in our Cellular Renewal Mask, Revitalizing Facial Sheet Mask, and Retexturizing Serum in Lotion.

SUPPLEMENT YOUR MIND.BODY.SKIN.™ ROUTINE



INNERCALM ADAPTOGENIC DE-STRESS POWDER

Like “meditation in a bottle,” this is our go-to to adapt better to stress over time, ensuring that we’re not only working to balance our skin but also helping to balance our daily mood. InnerCalm contains Sustainably Sourced Ashwagandha and Sustainably Sourced Saffron, powerful adaptogens that have been traditionally used in Ayurvedic practices to help manage occasional stress and help achieve a balanced mindset.º Drink this daily to help your future self adapt better to stress and reinforce feelings of wellbeing.º



GUTHEALTH DIGESTION & MICROBIOME SUPPORT

This mild powder has soothing notes of Ginger and Chamomile, and delivers prebiotics, 3 billion CFU of probiotics, and enzymes to help support normal digestive function.º



SKINELIXIR COLLAGEN BUILDER

This vegan formula contains ingredients to help support collagen production to help maintain normal skin with a botanical blend featuring Sea Buckthorn Extract, combined with ingredients like hyaluronic acid, biotin and vitamin C.º Like a super water for your skin, it’s your daily dose of inner-loving care to help skin maintain its elasticity, smooth texture, plumpness along with a healthy-looking glow.º



MINDHEALTH FOCUS SUPER POWDER

Each MindHealth Focus Super Powder stick pack contains Sunflower Seed derived Phosphatidylserine, a key building block for brain cells, and Vitamin B12, which supports neurological performance like concentration and focus.º Use daily to help support brain health and cognitive performance including aspects like memory and learning.º

ºThese statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Tips

- ▶ Support your wellbeing by following the 30 Days to Healthy Living to explore Arbonne nutrition products and learn how to fuel your body well.
- ▶ Try to drink half your body weight in ounces per day.
- ▶ Supplement your active lifestyle with TrueSport Workout Fuel, Hydration, and Muscle Recovery.



Visit The Source for additional training and individual Meet the Product Sheets.



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