

**HIT YOUR DIRTY 30? IT'S TIME TO WRINKLE
PROOF YOUR SKIN.**

**Wrinkle
Proof Your
Skin**



It's true. When you turn 30, your skin starts to change. Your old youthful glow starts to fade and a new, more mature texture begins to form. You may even see a wrinkle or two.

But you know what, there are ways to stop the aging process. And now is the time to take advantage of them.

If you have naturally dry skin, wash your face every morning with a moisturizing cleanser. Our favorite is Jabu'she Cleaning Lotion (\$39). This Swedish facial cleanser contains the patented QAL-100 formula which is proven to smooth the appearance of wrinkles, recover skin's vitality and luster, reduce pore size and reduce under eye bags.

After cleaning, prep your skin with a multi-functioning spray such as De-Stress MI Beauty Essence by MIYU (\$34). This revolutionary product is a fusion between a facial mist and a serum that can prime the skin for moisturizer, act as a base for makeup and provide an instant surge of calmness. What's more, De-Stress MI Beauty Essence can also be paired with the De-Stress MI Beauty Tea (\$16) which is infused with anti-inflammatory properties to calm stressed complexions and helps to purify the skin from the inside out.

When you leave out to face the day, remember to relax. Stress causes wrinkles. So stay as calm as you possibly can. During your lunch break, take a moment to relax your mind and body. Find a quiet place away from co-workers where you can just sit still and clear your mind for at least five minutes a day, uninterrupted.

Finally, don't forget to treat your skin at night. Nighttime is the time when skin regeneration is most active. Using a night cream that helps to boost this process will keep the wrinkles far, far away. We love DNA/EGF's Night Renewal, a rich bedtime lotion that prevents wrinkles and spots, and also leaves your skin radiant, firm and hydrated.