

# YOUTHFUL SKIN



aestheticlounge.com.au

THE 5 AGE DEFYING REMEDIES TO  
YOUTHFUL SKIN



THEAESTHETICLOUNGE



# TURN BACK THE CLOCK ON YOUR AGEING SKIN. LOOK GREAT AND FEEL BEAUTIFUL AGAIN.

Ageing skin isn't only about being wrinkle free. Discover all the ways you can supercharge your skin and breathe life back into your devitalised complexion without injectables or surgery.



# THE 5 AGE DEFYING REMEDIES TO YOUTHFUL SKIN

01 COVER UP

02 AT HOME  
ANTI-AGEING

03 COSMECEUTICALS  
ARE KEY

04 THE ANTI-AGEING  
BUNCH

05 LEAVE IT TO THE  
PROFESSIONALS

# 01 COVER UP

When our skin is exposed to the sun it is traumatised by UVA and UVB rays. Sun damage will accelerate your skin's ageing processes as it rapidly breaks down and damages your skin's healthy youthful cells. Make SPF your BFF for life!

## WHAT SUNSCREEN IS BEST?

UVA rays accelerate the ageing process, while UVB rays create sunburn and inflammation when our skin is exposed to the sun for a period of time. A broad spectrum sunscreen protects your skin from UVA and UVB rays, making it the best option to protect your skin over a basic sunscreen.

## WHY YOU NEED MORE THAN JUST SUNSCREEN

Did you know...if your eyes detect the sun's rays, your skin will still produce pigmentation, even if it's protected from the sun! Avoid squinting by protecting your eye area with polarised sunglasses to help stop eye wrinkles from forming and using a broad brim hat will further protect your eyes, ears, face and neck from the ageing effects of sun damage.

## DON'T FORGET YOUR LIPS!

Make sure you apply sunscreen over your lips and throughout the day as you eat and drink reapply your sunscreen. A lip balm fortified with SPF is a great and easy option to help protect your lips from the ageing sun rays that cause premature lines and wrinkles around your mouth.

"Skin first.  
Makeup second.  
Smile always.



## 02 AT HOME ANTI-AGEING

Sleeping on your face, frowning and incorrectly applying your skincare products all play a role in how your skin will age.

### ANTI-AGEING WHILE YOU SLEEP

It's simple, sleep face up! Sleeping on your side or face-down creates creases and lines that eventually stay all day and become a permanent wrinkle. Instantly soften your sleep lines by sleeping face up, using a silk pillow case and a silicon face mask.

### SELF MASSAGE

Regular facial massage reduces fluid retention, increases circulation and releases muscle tension. Amazingly, your skin will feel plumper, firmer and the lines and wrinkles will appear softer. Self massage techniques such as lymphatic drainage, gua sha, intra-oral and jade stone rollers when performed correctly can make an age-defying difference and they are easier to perform than you think.

### FACIAL EXPRESSIONS

If you're worried about premature ageing and facial wrinkles, the effects of constantly (and usually unknowingly) frowning, squinting or raising your eyebrows all create lines and wrinkles. Being aware of and stopping these facial expressions is a massive game changer in your quest to defy ageing.

"I regret taking such good care of my skin.

– said no one ever



## 03 COSMECEUTICALS ARE KEY

If you're serious about defying your ageing skin, using active skincare with the correct routine is paramount.



### WHY ISN'T MY CURRENT SKINCARE WORKING?

You may have a really great skincare routine, but if your skin concerns remain, it's possible your products aren't working and your current skincare is likely a cosmetic.

Cosmetics can have beneficial ingredients but don't contain the active ingredients which create change within the skin. If you are looking to see superior results in your skin, a prescribed cosmeceutical routine is key.

### WHY COSMECEUTICALS ARE AGE DEFYING

Unlike regular skincare products, cosmeceuticals are formulated to deliver superior results. Their active ingredients penetrate deep into the skin's layers to target specific ageing concerns. They are scientifically formulated with high performing ingredients that stimulate youthful healthy skin cells and reverse the damaging effects ageing has on your skin.

### CONSISTENCY

You are always going to age, you can't stop it! But you can slow the ageing process through the consistency and commitment you give to your skincare ritual. To get the most out of your skincare and allow your skin to fight premature ageing, a regular morning and evening routine will saturate your skin with the nutrients it needs to stimulate new healthy cells and fight external stressors.

"Stop wishing you had great skin and get it.

## 04 THE ANTI-AGEING BUNCH

Skincare ingredients, just like us, come in many forms and when in the right formulation have a dramatic effect on the skin. Tick all the boxes with these powerhouse age defying ingredients.

### TOPICAL VITAMIN A

Vitamin A is naturally produced in our skin and is key to keeping our cells youthful and healthy. Once your skin is exposed to the sun's rays vitamin A becomes damaged and destroyed and has a flow on effect the skin pigments and ages the skin prematurely. The use of a correctly formulated vitamin A product will aid in breaking down built up pigment and replenish vitamin A lost to increase your skin's youthful glow.

### TOPICAL VITAMIN C

Vitamin C is a powerful antioxidant that helps fight off the signs of ageing by stimulating the production of collagen, elastin and other age defying cells within your skin. It also protects the skin during sun exposure and repairs damage already done to the skin aiding in the prevention and reduction of fine lines, wrinkles, dehydration, dryness and pigmentation. As vitamin C naturally depletes with age, this is a must have ingredient for everyone concerned with premature ageing.

### TOPICAL HYALURONIC ACID (HLA)

Hyaluronic acid isn't an exfoliating acid but an ingredient that massively helps your skin retain moisture and replenish hydration levels to instantly provide a smooth, plump and glowing complexion. It will instantly reduce the visibility of fine lines, dull and dry skin whilst increasing hydration levels throughout the day. Amazingly, in the right formulation this miracle acid will also stimulate your skin's own HLA that naturally depletes as you age for long-term age defying results.

"Transform your skin today."



# 05 LEAVE IT TO THE PROFESSIONALS

Seeking our professional advice will help you discover how to effectively treat fine lines, wrinkles and sun damage to reveal a glowing youthful complexion.



"Your skin is our obsession."

## IS IT TOO LATE FOR ME?

It's never too late to start looking after your skin. Most ageing concerns can be successfully minimised, if not completely treated with the right combination of cosmeceutical skincare and in-clinic treatments. Please be mindful that the longer you take to start your skin journey, the more treatments you will need to achieve healthy, youthful skin.

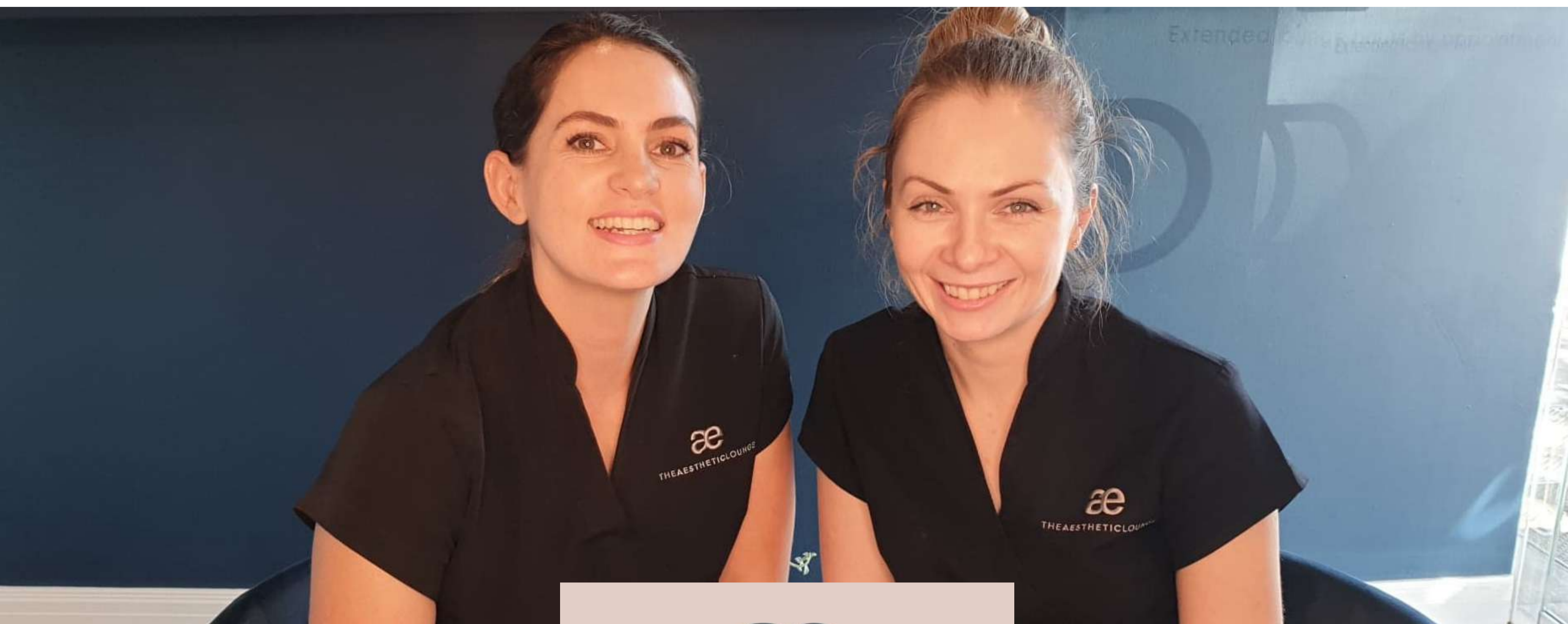
## CABINET OF PRODUCTS

If you feel like you are forever putting on a miracle cream from your stash of products that are not living up to their name and no matter how much you use, your skin still has the same amount of fine lines, wrinkles and sun damage. Put down your cosmetic products and get ready to start Cosmeceuticals and professional in-clinic treatments, for life changing results

## HOW WE CAN HELP YOU

Our Dermal Therapists are specifically qualified and trained in skin science, allowing us to safely and effectively treat many skin concerns. This passion for all things skin creates amazing transformations you need to experience to believe. Where should I start you ask? By booking a Discovery Facial today.





# We help people transform their skin.

WITH OVER 40 YEARS OF EXPERIENCE, LANA AND YASMINE UNDERSTAND SKIN AND HOW TO SAFELY CREATE LIFE CHANGING TRANSFORMATIONS. THE FOUNDATION TO ACHIEVE THIS COMES FROM A MULTILAYERED APPROACH. STARTING WITH A CONSULTATION OUR PASSIONATE SKIN EXPERTS WILL GUIDE YOU THROUGH A TAILORED JOURNEY TO SKIN PERFECTION.

## CALL US NOW

MENTION THIS E-BOOK AND WE WILL REDEEM YOUR SKIN CONSULTATION FEE ON OUR LIFE CHANGING SKINCARE.

# (03) 9598 3451



[NEWSLETTER](#)

[WWW.AESTHETICLOUNGE.COM.AU](http://WWW.AESTHETICLOUNGE.COM.AU)