



The Skin Care Guide to Maintaining Youthful, Radiant Skin

*Printable Checklists for Each
Beautiful Decade*



Created by:

LifeScape Premier's Licensed Aesthetician and Cosmetic Injector



hello beautiful

Each of our lives are segmented by significant milestones as the years go by. For many of us that includes graduations, moving away from home, marriage and partnerships, babies, and more.

And at every single beautiful stage, we change. We mature, we learn, and we age.

As we go through the years - experiencing the outdoors, smiling with our families, experimenting with different skincare products, or simply going through the motions of each day - our skin starts to show the signs of aging.

Once we hit our 30's, our skin isn't as good at keeping our age a secret like it used to be.

Don't get us wrong! We truly appreciate the opportunity to grow old - we understand this is a privilege and experience that should be cherished. But that doesn't mean that you have to say goodbye to your healthy, glowing, and youthful skin. You just need to know what your skin needs, at this age and every age.

So, Charity and I feel it is our duty, as a nurse injector and licensed aesthetician, to share some of our industry secrets with you . We want to help you retain your beautiful youthful radiance as you go through life.

Here's our evergreen checklist for giving your skin what it craves (no matter which decade you're currently rocking!)

With love,

Noelle & Charity

LifeScape's Licensed Aesthetician & Aesthetic Nurse Practitioner



In Your 20's

In your 20's, you likely still have full cheeks, little to no lines, and healthy glowing skin. However, beginning at age 20, your skin produces about 1 percent less collagen every year.

Once you hit your mid-20's, your skin cells start to turnover more slowly. This can make your skin look less "glowy" and more dull. Not to mention, it can be the cause of adult acne because your old cells aren't being replaced as often, leading to lingering redness or blemishes.

So, the key focuses of your skin care in your 20's should be preventative and anti-aging. How you care for your skin in your 20's can help to keep you glowing through the rest of your golden years.

Skin Care Checklist for 20-Somethings

- Use a daily antioxidant protection.** This will help your skin to fight off environmental pollutants, free radical damage, technology blue light damage. Our favorite product for this is Alto Defense Serum by SkinBetter Science.
- Keep your skin hydrated inside and out.** Drink lots of water, avoid sugary drinks.
- Use a moisturizer.** We like Epionce Renewal Lite Facial lotion to maintain a healthy skin barrier. Dry skin ages more quickly and is more susceptible to inflammation and overall dull skin.
- Wear a physical daily sunscreen.** Our favorite is the Epionce Daily Shield Lotion tinted SPF 50.
- Wash your face every night before bed.** Your skin can age 7 times faster if you do not wash your makeup off every night.
- Start visiting your dermatologist yearly for a skin check.** You are never too young to start getting regular annual skin checks. If you see anything unusual on your skin, visit your doctor. WebMD or a Google search is no substitute to this yearly painless and easy exam (plus, it's covered under most insurance plans).
- Take a multivitamin like the Metagenics PhytoMulti.** This can help to boost your antioxidant protection.
- Take a collagen supplement.** It helps reduce dryness and fights against wrinkles. We like RegeneMax Plus by Xymogen.
- Take daily probiotic.** This will help to fend off any acne breakouts you might be experiencing.
- Start getting HydraFacial treatments regularly.** This facial is truly meant for everyone with any skin type or skin issue they wish to improve. The bonus? No down time necessary.

Start your skincare routine today. Book a complimentary aesthetics consultation and receive a \$50 credit towards LifeScape services PLUS a free gift!



In Your 30's and 40's

As you enter your 30's and 40's, you'll start to notice some changes in your skin. You might notice that your skin looks "tired" or less radiant than it did in your 20's. This is because you are no longer producing as much collagen as you once were. Beginning at age 20, and every year after that, your skin produces about 1 percent less collagen leading to less naturally supple, glowing skin.

These decades are also when many of us start to see the beginning of fine lines around the eyes and on your forehead. Preventative skin care remains a key focus during these decades, but we also recommend adding a retinol to your skin care routine to help with skin cell turnover.

Skin Care Checklist for 30 and 40-Somethings

- Continue with skin care items from your 20's!**
- Watch your diet.** You are what you eat and your skin will show it. Avoid a diet high in sugar, starches, and white flour. Eat foods high in antioxidants, vitamins, and nutrients to "feed your face".
- Moisturize your neck and do daily stretches.** In these decades, you might start developing what's commonly known as "turkey neck". Keep your neck moisturized and stretch it daily in order to prevent excess wrinkles or folds. We recommend Nectifirm Advanced by Revision or SkinBetter Science Face and Neck Cream to keep your skin moisturized and firm.
- Wear sunscreen daily on your face AND hands.** Our hands are often forgotten and therefore they show age faster than the rest of our skin. In addition to adding a moisturizer with at least SPF 30 to your daily routine, make sure to rub some onto the tops of your hands as well to prevent further sun damage.
- Start IPL treatments.** These will help you to get rid of and prevent sun damage. Plus, they will even out your skin tone.
- Receive fractionated laser treatments like Sublative Rejuvenation.** This is a great way to prevent diminishing collagen.
- Add a retinol to your skincare regime.** SkinBetter Science Alpharet is our absolute favorite. It does the job without irritating the skin. Winner of Allure's Best in Beauty awards, this is the first product of its kind to successfully combine Alpha-hydroxy acids and retinol in one powerful but gentle lotion.
- Consider Hyaluronic injectable fillers such as Restylane.** There are many new, natural and very effective fillers on the market that do not give you that "overly plumped" look like fillers did years ago.
- Botox treatments.** These are becoming more popular to start earlier as a preventative measure. Click to book a complimentary consultation to see if this is right for you.
- Continue with HydraFacial treatments** (again, these are for all skin types, at any age!)



In Your 50's (and beyond!)

You're officially entering your golden years and you should own your natural, gorgeous, mature beauty. If you've minimized sun exposure and used sunscreen, you can expect to glide into your 50s and 60s with your skin looking pretty dang good.

If not, you might be facing the cumulative effects of sun damage and age. The effects include a deepening of lines and wrinkles and also a breakdown of collagen and elastin fibers (the support structures that hold up your skin).

Skin Care Checklist for Fabulous 50's, 60's, 70's, 80's and Beyond

- Continue with skin care items from your 20's - 40's**
- PDO threads.** These treatments are a great alternative to plastic surgery. For proof, click to learn more about the LifeScape thread lift.
- Consider Bellafill dermal fillers.** Stimulate collagen growth long term and help maintain a youthful appearance
- Sublative laser treatments.** Like we recommended for your 30's and 40's, Sublative Rejuvenation treatments help fight the effects of diminishing collagen in your skin.
- Adding an extra added boost of hydration is a must for some of you.** HA5 by Skinmedica is a fabulous way to add hyaluronic acid into your skincare regime. This product plumps and hydrates your skin.
- Growth factors are a must in your skin care routine.** We love SkinMedica's TNS Essential Serum.

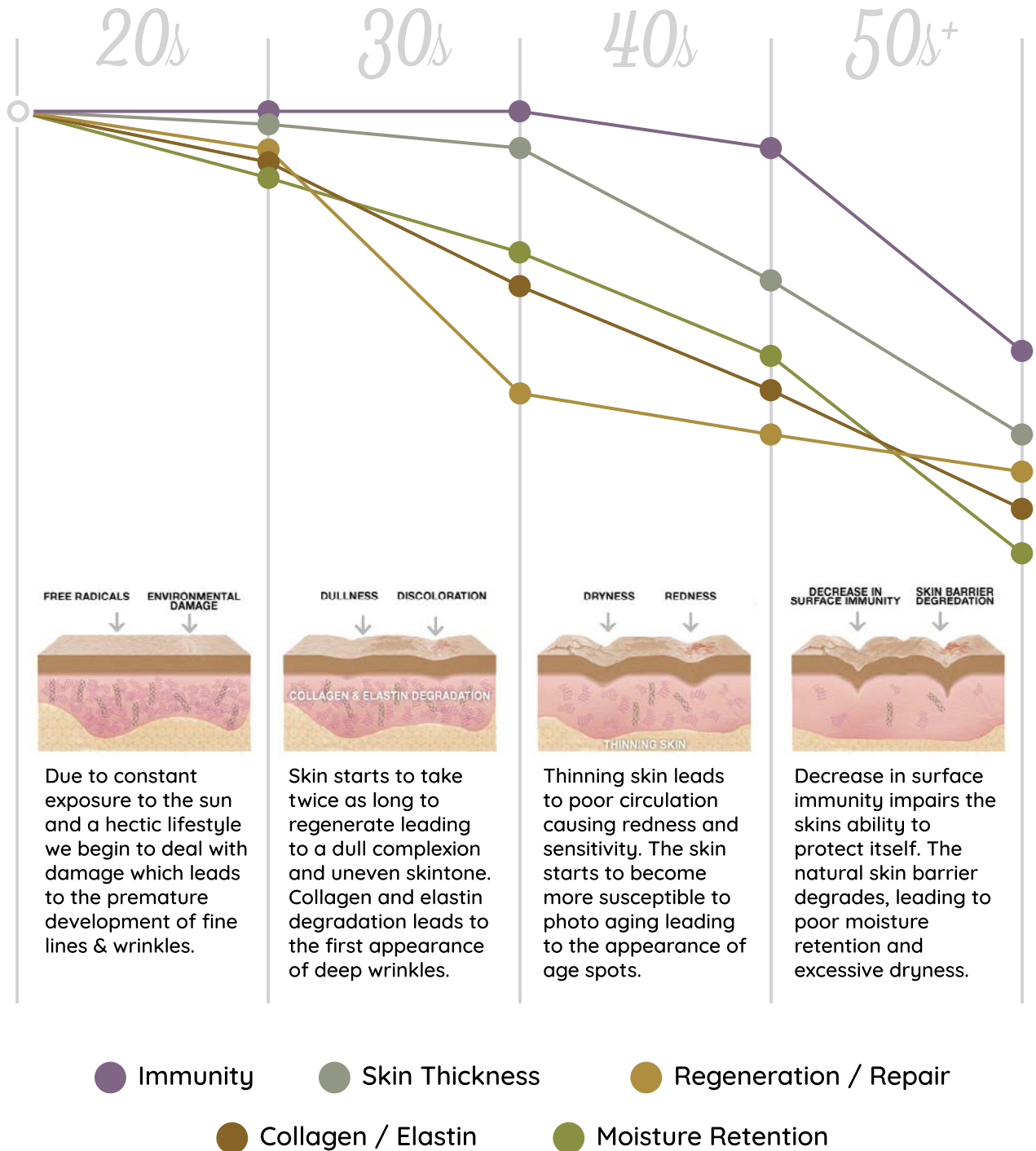
Print and use these evergreen checklists through your 20's, 30's, 40's, and beyond! These tips will help you to maintain your natural beauty and look more radiant than ever.

Trust us. Your skin will thank you.

Start your skincare routine today. Book a complimentary aesthetics consultation and receive a \$50 credit towards LifeScape services PLUS a free gift!

Our skin as we age

PEAK LEVELS





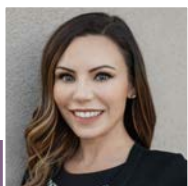
We're here to help you achieve the best skin of your life.

If you're looking for more professional advice like this, schedule a complimentary consultation with us! We will review your skin in depth and help create a skin care plan just for you.

You are unique and so is your skin - celebrate it the right way with a customized skin care plan designed for you. It all starts with a complimentary consultation (value \$50).

[Click to Book Your Complimentary Consultation at LifeScape Premier Today](#)

about the lifescape aesthetics team



Noelle Cesario, L.M.E., C.L.T.

Noelle Cesario is an accredited and licensed medical aesthetician/laser technician at LifeScape Premier.

When Noelle is not treating aesthetics patients at LifeScape, she works as a National Clinical Laser Trainer with Syneron-Candela, a leading global aesthetics device company, spreading her knowledge and expertise to other medical facilities around the country. She enjoys spending time with her two Yorkie dogs (Payton and Pippa), taking Barre classes, dancing and hiking.



Charity Correa, NP, Cosmetic Injector

Charity Correa received her master's degree in nursing from Southern Illinois University at Edwardsville and is a board-certified family nurse practitioner. She brings more than 15 years of combined experience in nursing, dermatological services, family practice, women's health and aesthetic services to LifeScape Premier.

Charity has advanced training in cosmetic injectables, neurotoxins, PDO threads, and PRP therapies for face and body. She enjoys spending time with her husband, Jimmy, her three children, Taylor, Alaina, and Kevin, and her French bulldog, George Clooney.