

# FOCUS

ON PERSONAL & HOME CARE



## MORE THAN SKIN DEEP: TAKE TIME FOR HEALTHY SKIN

Moisturizers and creams prevent and treat dry skin, but they have the potential to do much more. They can protect sensitive skin, mask imperfections, improve skin tone and texture, and even help shield you from harsh elements like chemicals, solvents, soaps, biological toxins and acids. Even in our everyday environments we're exposed to potentially harmful compounds: cleaners, alcohols, germs and synthesized molecules. So what can you do build a barrier that protects your skin from the harmful ingredients that cause your skin to dry, wrinkle and age?

### Five tips for healthy skin

#### 1. Start with Oxyfresh Skin Barrier®

The exclusive Oxyfresh Skin Barrier® formula contains the environmentally friendly ingredients you need to create an invisible barrier that helps seal and guard your skin from harsh elements. The minerals in Skin Barrier® nourish your skin to help keep your skin looking and feeling smooth, soft, and youthful. Natural oils and emollients help keep skin from drying out, and eight barrier ingredients can provide healing for dry, cracked and sensitive skin.

#### 2. Get all the nutrients your skin needs

A healthful diet can help you look and feel your best while ensuring your skin gets all of the oils, vitamins and nutrients it needs to repair, maintain and protect itself. Eat plenty of fruits, vegetables, whole grains and lean proteins. But even with healthy eating, contemporary diets are notoriously deficient due to the hectic pace of life, so make sure you supplement your diet with an all-in-one multivitamin and mineral complex. A great place to start is our Foundation Formula.

#### 3. Cut the stress

Stress levels are an overlooked factor in managing skin health. Uncontrolled stress can make your skin more sensitive and trigger acne breakouts and other skin

## PRODUCT CORNER



This is complete protection for your hands-on life. Oxyfresh's exclusive Skin Barrier® and Antibacterial Skin Barrier® create a soft and smooth—yet incredibly powerful—invisible layer of protection for your skin.

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problems. To encourage healthy skin—and a healthy state of mind—take steps to manage your stress. Set reasonable limits, scale back your to-do list and make time to do the things you enjoy. Get plenty of sleep, and when the stress gets high, make sure you get a complete blend of antioxidants, aloe, botanicals, and adaptogens like those in Primorye Gold®.

#### 4. Give your skin the gentle treatment

Extra-hot and extra-long baths can actually dry out your skin. Shaving without creams, lotions or gels can strip your skin of its natural lubricants. Even soaps with fragrances or harsh abrasives can remove critical oils and make your skin more susceptible to drying and cracking. Choosing mild soaps like our Cleansing Gelé or All-Purpose Detergent can help keep your skin smooth and supple. So can the gentle touch: patting your skin dry instead of rubbing, choosing the right moisturizer, and being consistent with your skin program.

#### 5. Make the environment matter

From avoiding cigarette smoke to avoiding the sun, it's time to make sure that your skin is free of dangerous stressors. Smoking narrows the tiny blood vessels in the outermost layers of skin, which decreases blood flow. This depletes the skin of oxygen and nutrients, such as vitamin A, that are important to skin health. Even more dangerous are the effects of the sun: from age spots to rough skin to cancer, the sun wreaks havoc on your skin. Cover up that skin, and kick the smoking habit.

#### Closing Thoughts

Beauty is only skin deep, as the saying goes, but keeping your skin beautiful requires your daily attention and constant diligence. You can help delay the natural aging process and prevent many skin problems by opting for a healthy lifestyle, and we're here to support you. At Oxyfresh, we've spent three decades building a business that emphasizes you and your long-term health, and that's never going to change. Together we can help you look as young as you feel.

### Foundation Formula



The best multivitamin you'll find anywhere for complete daily nutrition. **Buy Today! Call 800.333.7374 or Go Online at [Oxyfresh.com](http://Oxyfresh.com)**

### Cleansing Gelé



Start with your hands and let the minerals, moisturizers, and vitamins soothe and nourish your skin. Because Cleaning Gelé also contains Oxygene®, it breaks down the compounds responsible for most common odors and leaves your skin—or any surface—odor-free and residue-free. **Buy Today! Call 800.333.7374 or Go Online at [Oxyfresh.com](http://Oxyfresh.com)**

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