

Steps You Can Take **Today** to Recapture A Youthful Appearance... **Tomorrow!**

“A Solution For Anyone Who Wants Better-Looking Skin...Now!”

Radiant, supple, smooth...this is what often comes to mind when someone uses the analogy of something being “as soft as a baby’s butt.” Yes, the young are privileged to possess one of the natural benefits associated with the newness of life: healthy-looking skin. However, **you don’t have to be young to enjoy youthful-looking skin.** In fact, there is very little you have to do at all. What we present here is a 4-step solution for “good” skin that you don’t have to wait weeks or even days to appreciate!

First things first...why are you interested in your skin looking younger?

Has someone commented that you have worry lines? Do you look in the mirror and see tiny creases in the corners of your eyes? Have you noticed small, dark spots on your hands? Are you frightened that your skin is on a downhill climb? Relax. These are just signs that your skin has lost some of its natural ability to renew itself, a factor that separates skin that looks young from skin that is plagued with wrinkles and other skin conditions typically associated with aging.

Did you catch that?

Damage to the skin’s “**natural ability to renew itself**” is what causes old-looking skin. Stores of collagen and elastin, in particular, are what keep skin looking young. If you smoke or get too much sun you can disrupt the production of collagen and elastin that can cause skin damage. The environment also contains particles that can enter your body and form toxins.

Think that you can’t do anything to reverse these effects? Keep reading...

I know what you’re saying. “No matter what they do, some people seem to have the same beautiful skin they had when they were born.” Genetics does play a role in the condition of your skin. If you were not fortunate to have ancestors with flawless skin, there’s just no way around it, **you need to know and perform these 4 steps!**

Of course, you’re free to skip the steps and run to a plastic surgeon and have any number of cosmetic surgeries to try and look youthful. But before you do, think about the following:

- Botox injections can give you wrinkles
- Every year there are reports of people dying during plastic surgery
- Plastic surgery is only a temporary cure for aging

According to a survey conducted by the *American Society of Aesthetic Plastic Surgery (ASAPS)*, there were nearly 8.3 million various plastic surgery procedures performed in 2003. You could spend your savings and join these folks...or **keep your life simple** and follow these **4 easy steps** to reclaim your youthful appearance...

1

Eat. Without sufficient nutrients your skin will shrivel up and die.

Food for the young is one of experimentation. Remember your first olive? By the time you reached adulthood food had probably lost its appeal, except to ward off hunger pains. With all the fad diets you would think that eating healthy is difficult. It's not. All you need to do to eat healthy is to consume a variety of foods. Learn to truly enjoy your food again. Forget fast foods. When you really learn to enjoy food you learn to recognize the difference between a fresh, juicy orange and a grease-laden burger.

2

Drink. Without sufficient hydration your skin will shrivel up and die.

Simply put, you can't live without water. To understand the necessity of water, all you have to do is consider the worst possible situation and how you could survive it without water...you can't! Juice, tea, and milk can all provide health benefits and can complement a meal, but none of these should replace water. Forget counting glasses of water. All you have to do is drink a glass of water every hour. Just following this one step can result in a significant improvement in your skin.

3

Be Merry. Without sufficient energy your skin will shrivel up and die.

Children know how to relieve stress. Life for the young is full of stress, but they know how to burn it off. It's common knowledge that technological advancements have resulted in us being able to do more in a short amount of time. The problem is we often try to do too much. Think serious about the job you choose. A Type A personality may be land you an exciting job, but it can also lead to an early grave. Can you perform your dream job from home? You can? Well get moving!

4

Nourish your skin. Without sufficient care your skin will shrivel up and die.

Any strategy you consider to keep your skin looking young must include a plan for cleaning the face. Just consider the aisles and aisles of products to clean your skin. There are literally thousands of cleaners, toners, and moisturizers...all promising to grant you a youthful appearance. You don't need to scour through these products *hoping* to find something that will work. **All you need is something that is guaranteed to work!**

**Dedicate Just 1 Minute to Your Skin Every Day...
Enjoy Younger-Looking Skin for Life!**

The **1 Minute Face Spa** and the **1 Minute Hand Spa** are the only products you need to regain a youthful appearance. What can the 1 Minute Face Spa and 1 Minute Hand Spa do for you?

- **Save time** – The name says it all. You only need a minute to apply the 1 Minute Face and 1 Minute Hand Spa.
- **Save money** – Add up all the products you use now and then throw them all away. 1 Minute Face Spa and 1 Minute Face Spa is all you need.
- **Speak with confidence** – Regain your confidence in the company of others.
- **Young-looking skin** – Get used to hearing, “**Wow! Your skin looks great!**”

How do **1 Minute Face Spa** and **1 Minute Hand Spa** work so effectively? There is no magic. These products simply give your skin what it needs to remain healthy and young looking. The following ingredients will nourish your skin and produce a new radiance **the first time you use it:**

- **Apricot seed oil**
- **Hazelnut oil**
- **Avocado oil**
- **Jojoba**
- **Vitamin E**
- **Essential oils: lemon, orange, grapefruit, rosemary, spearmint, peppermint & chamomile**
- **Blend of sea salts, dead sea salts & celtic salts**

You are now ready to start living young again. **Try 1 Minute Face Spa** and **1 Minute Hand Spa today** and let us know tomorrow the improvement you experience in your skin!