

# Making Skin Beautiful Again



## The Aging Process

There are two distinct types of aging: intrinsic (internal aging) and extrinsic (external aging). Intrinsic aging is caused by inherited genes and extrinsic aging is caused by environmental factors, such as exposure to the sun. Together they affect how we look.

According to the American Academy of Dermatology, intrinsic aging — also known as the natural aging process — is a continuous process that normally begins in our mid-20s. Within the skin, collagen production slows, and elastin — the substance that enables skin to snap back into place — has a bit less bounce. Dead skin cells do not shed as quickly and the turnover of new skin cells may decrease slightly. While these changes usually begin in our 20s, the signs of intrinsic aging are typically not visible for decades. These changes include fine lines and wrinkles, thinning of the skin, and dry, flaky skin.

Extrinsic aging is caused by external environmental factors that affect the normal aging process, prematurely aging the skin. The majority of extrinsic aging is caused by sun exposure. Without protection from sun rays, just a few minutes of exposure each day can cause noticeable changes to the skin, including freckles, age spots, rough/leathery skin, fine wrinkles and a blotchy complexion.

Photoaging, or aging caused by exposure to the sun, occurs quietly over a period of years. With repeated exposure to the sun, the skin loses the ability to repair itself and the damage continues. Studies show that repeated sun exposure breaks down collagen and impairs production of new collagen. Elastin is also weakened, resulting in skin that has less spring and firmness.

## **How to Outgrow Aging**

Arbonne continues to be at the forefront of anti-aging technology with RE9 Advanced™ elements and enhanced botanicals.

### **Algae Extract**

Algae extract, the newest RE9 Advanced element, supports collagen through moisturization and also enhances the activity of vitamin C on the skin's outer layer, to dramatically diminish the appearance of fine lines and wrinkles.

### **Vitamin C**

Vitamin C is a powerful antioxidant that neutralizes free radical damage and protects against oxidative stress — a factor in premature aging and loss of elasticity. Clinically proven to support collagen, vitamin C helps to decrease the appearance of fine lines and wrinkles and smooth and moisturize the skin.

RE9 Advanced contains a stable form of vitamin C at a high concentration. This form of vitamin C helps support collagen.

### **Peptides**

Skin is composed mostly of protein and water. Collagen is the protein that gives the skin its support and thickness. As we age, collagen production slows down, resulting in thin, rough, wrinkled skin.

When collagen breaks down, it forms specific peptides. These peptides act as a signal to alert skin of damage ... triggering new collagen production. This process helps to enhance skin smoothness, while diminishing the appearance of fine lines and wrinkles.

### **RE9 Advanced**

RE9 Advanced skin care products contain 9 major age-defying elements and botanicals, including algae extract, vitamin C, and peptides, in a powerful system of products clinically proven to start working within 24 hours.