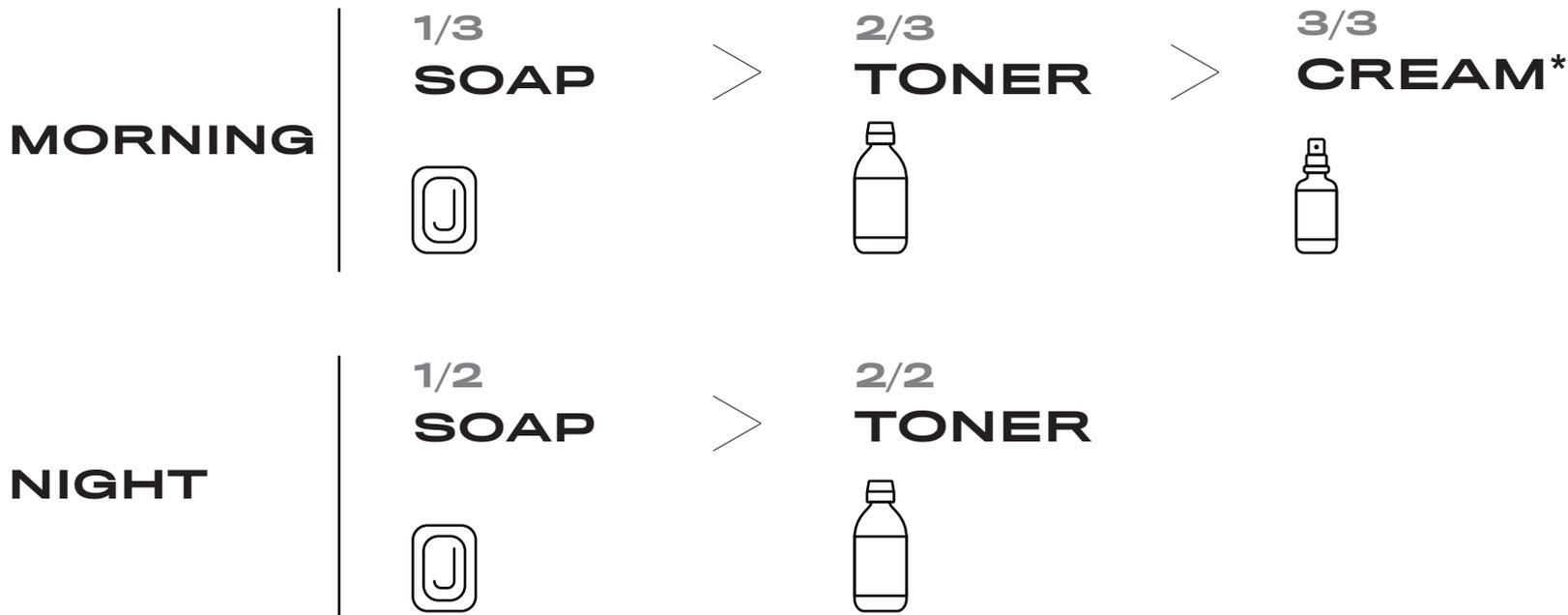


# MATURE SKIN SET FOR MEN

This set has been designed to hydrate, protect and repair the skin.

This skin care is recommended for men from 45 years onwards approx.

The combination of antioxidants in this care, such as carotenoids, tocopherols, polyphenols and triterpenes neutralizes free radicals. They also prevent and minimize wrinkles, flaccidity and skin spots, typical of mature skins.



**Recommendation 1** It is highly recommended that you clean your face with the Soap before shaving and you then apply the Toner. Your skin will be less irritated. If you have sensitive skin, apply our S.O.S. Roll-on after shaving where you have imperfections.

**Recommendation 2** You can use the Hydrating Cream also at night if you need extra hydration.

\* Contains physical sunscreen.

We use organic ingredients.

Without perfums nor colorants.

You can download the complete care handbook with much more information at [manmatureskin.5punto5skinlab.com](http://manmatureskin.5punto5skinlab.com)

# COMPLETE CARE - MATURE SKIN MEN

As part of the holistic philosophy of 5punto5, here are some tips to take care of your skin on a day-to-day basis. You can download the complete care handbook with much more information at [manmatureskin.5punto5skinlab.com](http://manmatureskin.5punto5skinlab.com)

## Recommended Foods



**Foods rich in collagen and that promote its production.** This protein is part of the skin structure, maintaining its firmness and elasticity. Meats (better the white ones, like turkey or chicken), fish (better the small ones), fruits and vegetables of red color (cherries, beet), nuts, soya milk and cheese. These foods should be part of your daily diet.

**Vegetables and fruits.** With great antioxidant properties. With provitamin A (carrot), vitamin E (avocado), vitamin C (kiwi), vitamin D (mushrooms), zinc (pumpkin), magnesium (spinach), copper (avocado), selenium (cucumber), sulfur (onion). We recommend 5 servings/day.

**Rich in Omega-3 fatty acids.** They act against inflammation. They can be from animal sources (mackerel, sardines) or vegetable sources (nuts, spinach). Include seeds or nuts in your daily diet. Oily fish, at least twice a week.

**Water.** It maintains tissues nourished. We recommend 2.5 liters/day.

## Physical Exercise



With **moderate exercise** we secrete endorphins, which reduce stress, improve sleep, increase dopamine and decrease cortisol. And above all, it increases the lactic acid of the skin, helping to maintain the optimal pH. If the exercise is extreme, we enter into stress situations which is negative for the skin.

A combination of **aerobic** (running, swimming) and **anaerobic** (push-ups, abs) exercise is recommended. It is also advisable to take deep breaths every day.

## NON Recommended Foods



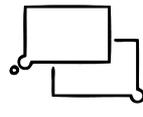
**Rich in trans fats.** Not recommended for our health. They can promote inflammation. Everything with margarine, "fast food", as well as processed fried food.

**Rich in saturated fatty acids.** They can stimulate inflammation. Includes animal fats (bacon), full fat dairies (cream), "fast food", and coconut, palm and palm kernel vegetable oils.

**Those that cause insulin spikes.** With potential inflammatory effects (soft drinks, candy or industrial pastries).

**Alcohol.** It is related to oxidation, inflammation and dehydration of the skin, as well as with the alteration of blood flow causing redness.

## Other Tips



**Tobacco.** It has a very negative influence on the skin and premature aging.

**Ultraviolet rays.** The sun accelerates, just like tobacco, oxidative stress, weakening the structure of the skin. Use creams with physical sunscreen and avoid sunbathing between 12.00 and 16.00. If you take foods rich in antioxidants, your protection will be more effective.

**Sleep.** Sleeping at least 7 hours a day is crucial for good cellular functioning.

**Stress.** Negatively affects the skin, also increasing free radical generation, directly influencing premature aging.