

WOMEN YOUNG SKIN SET

This set has been designed with the objective of hydrating, protecting and minimizing the appearance of wrinkles, blemishes and flaccidity on the skin. This care is recommended for women from 20 years old onwards.

The combination of vitamins, moisturizing agents, antioxidants from vegetable extracts and first cold pressure vegetable oils that this set contains, protects the skin against free radicals and environmental aggressions. All of which help to delay skin aging.



Recommendation 1 You can use the Serum in the morning before applying the Hydrating Cream. Recommended in spring and autumn.

Recommendation 2 If your skin is particularly dry, mix a few drops of Dry Oil with the Hydrating Cream in the morning. At night apply a few drops of this Dry Oil after the Serum. Recommended in cold and dry environments.

Recommendation 3 It is highly recommended to apply an Eye Contour Cream in the morning and at night in order to prevent and minimize wrinkles, dark circles and bags. From 25 years old approx.

* Contains physical sunscreen.

We use organic ingredients.

Without perfums nor colorants.

You can download the complete care handbook with much more information at womanyoungskin.5punto5skinlab.com

COMPLETE CARE - WOMEN YOUNG SKIN

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 womanyoungskin.5punto5skinlab.com

Recommended Foods



Vegetables and fruits. Rich in vitamins, mineral salts and phytonutrients, with great antioxidant properties. With provitamin A (carrot), vitamin E (avocado), vitamin C (kiwi), vitamin D (mushrooms), zinc (pumpkin, mushrooms), magnesium (spinach), copper (avocado), selenium (cucumber, garlic), sulfur (celery, onion). We recommend 5 servings/day.

Rich in Omega-3 fatty acids. Among their functions, 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.

Those that improve the intestinal flora. Good intestinal health reverts to the state of our skin. Cereals and integral derivatives (rice, legumes such as lentils), nuts, vegetables (artichoke, asparagus, leek, onion), as well as probiotics (yogurt, kefir). These foods should be part of your daily diet.

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



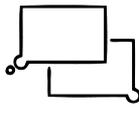
Rich in trans fats. They can stimulate inflammation. Everything with margarine or butter, "fast food", as well as processed fried food.

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 promotes oxidative stress. 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. It negatively affects the skin, also causing a greater generation of free radicals, directly influencing premature aging.