



HEALTHY SKIN CARE GUIDE
Tips for Best Results

LUXEORGANIX®
feel beautiful

**KAKADU VITAMIN C
HYALURONIC ACID
BRIGHTENING SERUM**

Repairs Damaged Skin
Reduces Wrinkles
Plumps & Evens Skin Tone
Hyperpigmentation Treatment

2 FL OZ / 60 ML

Thank you for purchasing LuxeOrganix Kakadu Vitamin C Brightening Serum.

It is our sincere desire that you will absolutely love your skin and love your experience when you use our products. Because we aren't willing to settle for less than the best ingredients, with health as our priority, you may notice some differences between what you've used in the past, as you begin using our products. Our goal is for you to have beautiful skin, without sacrificing your health.

So now that you've got our healthy products in your hands, let's focus on what you can expect with LuxeOrganix, and how you can get your best, beautiful results with it.



- Christine Kominiak,
Founder of LuxeOrganix

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Skin Types This Is Best For

Though LuxeOrganix Kakadu Vitamin C Brightening Serum is often chosen simply as a healthy serum by those with dry or dehydrated skin, it is also perfect for rejuvenating, protecting and repairing damaged skin. Those who want to prevent and minimize the appearance of fine lines and wrinkles, and improve skin tone and texture, can expect visible benefits after ongoing continued use of this product, as part of their overall daily skin care routine.

Free of parabens and other commonly used harsh ingredients, LuxeOrganix Kakadu Vitamin C Brightening Serum is safe for all skin types, even those with sensitive skin. However, if you have



extremely sensitive or allergic skin, it is always recommended that you do a small patch test for compatibility prior to using any new products. To test for compatibility, the side of the neck is a smart place to apply a small amount of the product. If you tolerate this well on your neck, you can be confident that it will also be tolerated on your face.

Note: The #1 ingredient that causes allergic reactions in skin serums are synthetic fragrances, which are typically listed as

“parfum”, “perfume”, or “fragrance” on the product packaging. Our Kakadu Vitamin C Brightening Serum is free from these ingredients.

Not only will your skin thank you for treating yourself to this rejuvenating facial serum, but you’ll also feel great knowing that it is non-toxic and free of sulfates, parabens, phthalates, PEG compounds, petrochemicals, and dyes.

This product was designed with your well-being and health in mind!

Directions & Professional Tips For Best Results

For anti-aging and overall skin health benefits, the Kakadu Vitamin C Hyaluronic Acid Brightening Serum is best used daily, along with a healthy face cleanser and moisturizer. Because of the presence of Alpha Hydroxy Acid, **it is best to initially use the serum once per day three times per week.** As the skin becomes accustomed to the product, use can be slowly increased to once a day, and then up to twice daily (morning and night) if irritation does not develop. If irritation develops, reduce or discontinue use.

Cleanse your skin in the morning and in the evening and follow by applying a thin layer of Kakadu Serum. Experts agree that wet skin is 10 times more permeable than dry skin, which means that applying the serum to wet skin can help quicken or enhance absorption of vitamins and nutrients in the serum. Therefore, after cleansing, it is smart to leave your skin slightly damp, or mist it with distilled water or a facial toner prior to applying the serum.

To properly apply the serum, drip a pea to dime-size amount of the serum into your palm, then rub your hands together to evenly distribute the serum on both of your hands. Then, gently smooth and press the serum into your face, neck and décolleté. Avoid your eyes and rubbing or tugging hard at the skin. Allow the serum to be absorbed for about a minute and then apply your eye cream and moisturizer.



HOW AND WHEN TO APPLY

WHEN TO APPLY
Use after cleansing as part of your a.m. and p.m. skin routine for visible results.

HOW TO APPLY
Smooth a pea-sized amount of serum to face and neck. Allow the serum to deeply penetrate and deliver the powerfully active ingredients. Once serum is dry, for best results follow with **LuxeOrganix Brilliant Eyes Daily Eye Cream** and **Vitamin C Infusion Face Moisturizer.**

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Hyperpigmentation Treatment
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Important Tip: Don't skip the moisturizer after your serum! Though this serum contains hydrating properties and it might feel redundant to add a moisturizer, the moisturizer acts as a seal for all of the beneficial ingredients in the serum. Additionally, this serum contains plant-based hyaluronic acid, which not only is 4x more potent than traditional hyaluronic acid serums at retaining moisture and boosting hydration and elasticity levels in the skin. *But it's how it works with your moisturizer* that really makes the difference. You see, the plant-based hyaluronic acid draws in deeper the hydrating properties from the moisturizer and also holds it in longer than if it were applied alone.

The power of our healthy Kakadu serum is magnified when you use LuxeOrganix facial cleansers and moisturizers, leaving your skin looking fresh and vibrant.

For more detailed instructions and professional tips, see the section below, "How To Achieve Healthy, Youthful Skin."

Product Details

What you hold in your hands is a unique daily facial serum which promotes healthy, youthful skin. This Kakadu Vitamin C Hyaluronic Acid Brightening Serum contains amazing antioxidants, vitamins and plant extracts to transform your skin, leaving your complexion radiant, healthy, and glowing!



Reduce Wrinkles, Fine Lines, and Blemishes While You Lighten Dark Spots

LuxeOrganix Kakadu Vitamin C Brightening Serum with Hyaluronic Acid is an anti-aging skin brightener for your face. This hyaluronic acid serum rejuvenates and hydrates your skin. Some of the highlights of these powerful organic and natural ingredients are shown below:

ACCELERATED VISIBLE RESULTS: Infused with a botanical 1-2 punch of mega-hydrating Hyaluronic Acid and organic Reishi mushrooms to hold in moisture, reduce inflammation, puffiness, wrinkles & free radical damage, while also promoting cell regeneration.

THE DIFFERENCE with this Hyperpigmentation Serum is the Kakadu Plum extract: Kakadu Plums contain 55 times more Vitamin C than an orange. A super Vitamin C skin lightening tonic, essential for glowing skin that firms and promotes fading of brown sun spots & acne scars.

A NATURAL ACNE-FIGHTER: Kakadu Vitamin C and Organic Willow Bark soothe irritated skin with anti-inflammatory, antibacterial benefits. When used daily, this vitamin C serum can reduce swelling, redness & even help get rid of bacterially-induced acne.

The product hydrates and locks in moisture with anti-drying ingredients. You'll love the way this serum feels as you glide it over your skin, watching it immediately penetrate to the layers that need it most... it's like giving your face a refreshing drink of water every time you use it! Best used during the day and at night and is safe for use under make-up. In fact, it's a great idea to apply it every day as studies have shown that Vitamin C may help prevent and treat UV-induced skin damage.

It's certainly not meant to be a replacement for SPF, but it's definitely a smart idea to have it as your first barrier to help strengthen your skin and repel things that can damage it. This versatile product can be used on the face alone, but also works remarkably well as a spot treatment for correcting skin imperfections, such as dark spots from hyper-pigmentation, acne scars, and to target fine lines and creases on other areas of the face, hands, and body.

ALL LUXEORGANIX PRODUCTS ARE CRUELTY-FREE: Our skin care products are never tested on animals and are free of parabens, sulfates, GMOs, irritating artificial fragrance oils, phthalates, corn, and soy – and are proudly formulated here in the USA.

Designed with your health and wellbeing in mind, the Kakadu Vitamin C Hyaluronic Acid Brightening Serum contains no harmful chemicals found in many other skin care products on the market. It is not tested on animals and is "Made in the USA" by a woman-owned business; so, when you use LuxeOrganix, you're not just benefiting yourself, but you are also positively impacting U.S. companies, jobs, and animals!



Frequently Asked Questions

Here are some questions or requests we've received from our customers:

When are you supposed to use it (how often, morning or night)?

The serum is safe to use morning and night if a sunscreen is applied when exposed to sunlight. Because of the presence of Alpha Hydroxy Acid, **it is best to initially use the serum once per day three times per week**. As the skin becomes accustomed to the product, use can be slowly increased to once a day, and then up to twice daily (morning and night) if irritation does not develop. If irritation develops, reduce or discontinue use.

Is this fragrance-free?

This product has no added fragrances to avoid irritation. However, it is not "unscented," per-say, due to the natural scent from the botanical ingredients. Most users describe it as having a fresh, neutral scent.

Does it help with hyperpigmentation?

Our serum contains Retinol in the natural form of Bakuchiol Extract at 0.50%. In case you're not familiar with why Bakuchiol is such a great alternative to traditional retinols... in a 12-week study published in the International Journal of Cosmetic Science comparing retinol and bakuchiol, results showed "significant improvement in lines and wrinkles, pigmentation, elasticity, firmness and overall reduction in photo-damage," without undesirable retinol side effects such as dryness and irritation when using bakuchiol. Bakuchiol deeply penetrates the skin to help lessen the appearance of dark spots or areas of hyperpigmentation and reduces the appearance of fine lines. Like retinol, bakuchiol tells your cells to make collagen, "plumping" your skin and reducing the look of fine lines and wrinkles.

What form of Vitamin C is used in this product?

Besides the Vitamin C in natural form of Kakadu Plum Fruit Extract (which contains 55 times more Vitamin C than an orange) there are numerous other plant ingredients in this serum that contain Vitamin C, including, but not limited to Organic Schisandra Chinensis Extract.

Can you apply makeup over this serum?

Yes, you can apply makeup after applying the serum and allowing it to dry. However, for best results, it is always important to follow use of a serum with a face moisturizer that is formulated to be safe for use under makeup. Our organic Vitamin C face moisturizer is the perfect complement to this serum and is safe for makeup application.

Can I use this under my eyes? Does it help with dark circles or eye bags?

Technically it is safe to apply under the eyes; however, it is important to be aware that there is glycolic acid in this serum that may make your skin sensitive to the sun. For that reason, as you should with your daily skin care routine, you should apply an SPF safe for use on your face. Some SPF's are not good for use around the eyes, so unless you have an SPF like that, you may want to avoid applying serum under your eyes. You should also avoid getting the serum into your eyes.

Active serums should never be applied to the eyelid. Dark circles and eye bags can be helped by preventing thinning of the under-eye skin. Glycolic acid and Hyaluronic acid stimulate collagen

production keeping skin plump, retaining volume. If you have sensitive skin around the eyes, or if you do not have an SPF for use around the eyes, you may want to rethink using the serum around your eyes.

We encourage you to check out our LuxeOrganix Brilliant Eyes bio-advanced daily eye cream, which is known for improving dark circles under eyes, as well as diminishing the appearance of eye bags. This specially formulated eye cream is safe for use under your eyes, around your eyes and on your eye lids. You can then just focus applying the serum on other, less-prone-to-sensitivity areas on your face, neck and décolleté.

Is it noncomedogenic?

Yes, this serum is specially formulated so as not to cause blocked pores. In fact, this serum contains more than 10 ingredients, such as Kakadu Plum (which contains 55 times more vitamin C than an orange), that individually are known to prevent, diminish, and/or alleviate acne or scarring from acne.



Is it vegan and gluten free?

Yes, this product is 100% Vegan and Gluten-Free. It does not contain any wheat and is not produced from an animal or an animal byproduct.

Do you really need to use a face moisturizer after applying this since it has moisturizer in it?

This product contains plant-based hyaluronic acid which is a humectant helping to lock moisture into the skin. But as a quickly absorbing serum, it is recommended that if the skin is dry, an additional moisturizer be applied on top of the serum. For instance, you can apply to your face, neck and décolleté the Kakadu Vitamin C serum and then follow with our LuxeOrganix Vitamin C Infusion moisturizer. We recommend that you don't skip the moisturizer after your serum! Though this serum contains hydrating properties and it might feel redundant to add a moisturizer, the moisturizer acts as a seal for all of the beneficial ingredients in the serum. Additionally, the plant-based hyaluronic acid in this serum is 4x more potent than traditional hyaluronic acid serums at retaining moisture and boosting hydration and elasticity levels in the skin. *But it's how it works with your moisturizer* that really makes the difference. You see, the plant-based hyaluronic acid draws in deeper the hydrating properties from the moisturizer and also holds it in longer than if it were applied alone.

Can it be used on other parts of the body?

Yes, it can be used on other parts of the body. We would suggest that you avoid any overly delicate skin areas, such as your eyelids (active serums should never be applied to eyelids) or anywhere else you may be prone to be sensitive. Though this product is formulated for all skin types, as with any product we suggest a small patch test on the neck to verify how skin will respond. In general, it's something to keep in mind any time that you are trying a new product, as it gives a good idea of how the more delicate skin on the face will respond to a product.

How soon after a medium chemical peel can this be used?

The skin must be back to its original integrity (pre-peel) before this product can be safely applied (3-4 weeks). This serum contains exfoliating actives such as Glycolic Acid and Salicylic Acid, so skin must be fully restored before application.

How To Achieve Healthy, Youthful Skin

Achieving and maintaining healthy, youthful skin all comes down to keeping your skin clean and balanced.

Removing your makeup at night is a very important part of keeping your face clear without breakouts and acne. For women who are older than 20 it is also an important part of maintaining a youthful appearance. If you leave your mascara on all night it can the lashes, which causes them to crack and break off. Base or foundation that is left on all night will dry out the skin and clog the pores. Begin by removing your eye makeup with a cotton ball moistened with a makeup remover, or a natural oil, such as Jojoba oil. Apply your chosen makeup remover over your eye makeup and mascara and let it soften the mascara, so it removes easily. With waterproof mascara this might take a minute and some additional effort. Waterproof mascara is actually very damaging to the lashes as you remove it. If at all possible, use a mascara that isn't waterproof unless you are going into a situation where you know that you'll be shedding tears, such as a wedding or funeral. At other times if you cry unexpectedly you may lose a bit of your mascara, but you'll have healthy eyelashes in the long-term.

Next use a cleanser that is best for your skin type and be sure the cleanser can be used for makeup removal. (If you're not sure what your skin type is, see the section below on determining your own skin type.) Never use bar soap to clean your face. Because of the pH differences you'll do more damage to your face with bar soap than by leaving the makeup on overnight.

Use lukewarm water to lather up the cleanser and help the makeup to breakdown on your face. You don't want to scrub hard but using the warm water and a dollop of the cleanser rub it into a lather and rub it gently over your face concentrating on the places where you apply makeup. Also helpful is to use a silicone face massager ("scrubbie"), which not only can help with getting the cleanser to lather up easier, but it can also help to remove makeup more effectively than just using your hands and fingers. And it's reusable!

Spend a minute, at least 60 seconds, to go over your face and be sure you've cleaned all areas. You will also want to clean your neck gently to help remove any powder, perfume and daily dirt that settles there.

Now rinse your face several times with lukewarm water to wash away the cleanser and makeup from your face. You may enjoy using a warm wet washcloth instead – but don't scrub. You may prefer to splash cold water on your face at the very end to tighten your pores. Now pat your face dry. Don't rub or scrub with the towel, but just gently pat the areas dry.

Use a Toner... Here's Why

You may be surprised to find more dirt or makeup removed with the cotton swab and toner that you may have missed with the cleanser. Use a liberal amount of toner for your skin type. The toner will help to clear your pores, tighten your skin and help prepare it for any of the night creams or serums that you will be using. It also helps to balance the skin after cleanser and before moisturizers.

How to Moisturize Properly

Perhaps most importantly - do not forget to moisturize! Your skin needs the extra moisture each night after a day of wearing makeup and then cleansing at night. Think of this as a drink of water for your skin - in fact it can feel quite refreshing!

First, use your serum to help restore your skin. Apply it around your face, neck and décolleté. Avoid the eyes as your skin around the eyes is delicate. (For detailed instructions on how to properly apply your serum, see the section above, “Directions & Professional Tips for Best Results.”)

Don’t skip using a moisturizing cream. Depending on your skin type, use a lightweight moisturizer (often specified as a daytime moisturizer or daily face cream) or use a heavier moisturizer (often referred to as a nighttime moisturizer) if your skin is dry or feeling dehydrated. Spread a light layer across your face and neck.

Apply a gentle moisturizing eye cream, such as LuxeOrganix Brilliant Eyes, which only requires a very small amount to spread across your eyelids, underneath your eyes and around the corners of your eyes where we are prone to get “crow’s feet” wrinkles. Use a tiny pea-size of the eye cream on your ring finger to gently tap the product onto your skin (a gentle tapping motion helps to reduce puffiness and smooth the underage area). Avoid rubbing the skin since this area is delicate and prone to fine lines and wrinkles.

Professional Tip: Prevent bacteria from getting into your products by not touching the product in the container. LuxeOrganix helps you out with this by manufacturing our good-for-you skincare products in airless pump bottles and dropper bottles. DO NOT open the bottles or dip your fingers into bottles.

The skin over the lips is thinner than anywhere else on the face. Use a strong emollient-based product each night to keep your lips plump and kissable throughout the next day. Your choice of moisturizers should include ingredients such as hyaluronic acid to help maintain plump radiant skin cells and peptides.

Peptides are the new buzzword in the skin care industry. The addition of these substances has been shown to improve skin elasticity, improvement in roughness, clarity, fine lines, and wrinkles. Your mind will be at ease knowing these skin-health ingredients are included in LuxeOrganix’s eye and face moisturizing creams.

Your cleansing routine shouldn’t be done just in the evening. Cleaning makeup and daily dirt from your face is important but cleaning away dead cells and pillow lint in the morning can be just as important before putting on new makeup and facing the day. Follow a similar routine of cleansing, toning and moisturizing.

In the morning use your serum and a lightweight daily moisturizer, such as LuxeOrganix Vitamin C Infusion, as well as the Brilliant Eyes Bio-Advanced Daily Eye Cream to help nourish and protect your skin from dehydration throughout the day. After applying your creams to your face and neck, **be sure to apply a sunscreen of SPF 15,** or use a BB Tinted Moisturizer or foundation that include an SPF. Don’t forget that your neck is exposed to sun exposure, too. So, if you are using a BB Tint or foundation with

SPF, you will want to apply a separate sunscreen to your neck area (best to do this before applying your tint or foundation).



To break this process down into steps:

Daily Skin Care Routine For Healthy, Youthful Skin

1. Take off your makeup, especially mascara, with a gentle makeup remover or cleansing oil.
2. Clean your face twice a day, morning and evening, to remove makeup, daily dirt and pillow lint.
3. After cleansing use a balancing toner to continue removing the last of the toxins and waste products from your skin as well as prepare it for moisturizer.
4. Follow with your serum.
5. Use a specific cream designed for the eyes.
6. Find a moisturizer that fits your skin type, so you reap the benefits of skin that is well balanced, without clogged pores and retaining as much moisture as is possible.
7. Always use at least an SPF 15 when exposing your skin to sunlight. Including SPF as the last step of your morning routine is a smart way to make sure your skin is always protected.

Certainly, your new Kakadu Vitamin C Brightening Serum will be a key component in your skin care routine to help you achieve and maintain healthy, youthful skin. Even so, that's not all...

How To Prevent Damage To Your Skin

Preventing additional damage is just as important to get and keep your skin healthy. One of the simplest steps you can take is to have a look at all of the products you're applying to your skin on a regular basis.

By now you may know that avoiding harmful chemicals and ingredients such as sulfates, parabens, phthalates, PEG compounds, petrochemicals, dyes or artificial fragrances can negatively impact the appearance and health of your skin. So, you want to check the back of the box or bottles or look up online the ingredients for the products you are applying to your skin and check them to see if they contain these ingredients. If they do, it would serve your skin well to find a more natural and organic alternative, that doesn't have these types of ingredients. The main idea here is that if you're going to be putting all this effort into achieving clean, moisturized and balanced skin by using healthy skin care products, like LuxeOrganix kakadu hyaluronic brightening serum, it would be counter-productive and wouldn't make good sense to then go right back to using products with ingredients that can have adverse effects on your skin.



Now to dig a little deeper, let's look at some of the other factors that can cause aging and damage to your skin.

Factors That Cause Skin Aging

Each day our skin is assaulted by agents and factors that can cause aging. Your skin may begin to look dull and you may see wrinkles around your mouth and eyes. But you can fight against premature aging of your skin with just a little know how and action.

Young people often don't ask what damages the skin. Instead most don't give any second thought to the sun, or forget to moisturize, eat junk foods and don't drink enough water. When, in fact, those are many of the pieces of the puzzle that damage the skin and cause wrinkles, fine lines and age spots. The relationship between these factors to free radicals is the basis of the cause of the changes to the skin. These free radicals gobble up collagen and elastin, the fibers that support skin structure preventing wrinkles and other signs of aging. Free radicals are a harmful byproduct of sunlight, smoke and pollution to name the greatest culprits to damage to the collagen and elastin layers.

To start you should know there are two types of factors that are causes of skin aging. There are internal and external factors. Internal factors are ones that can't be stopped and are related to the decreases in hormone production, elastin, collagen and structure of the skin. External factors can be affected which will decrease your risk for premature aging of the skin.

One of the problems with preventing the causes of skin aging is that you may know what they are but you don't do anything about them. Education is great but actions speak louder than words. People often already know the causes of skin aging from news media and magazines but without action your skin will continue to age prematurely. There are several different types of damage to the skin. The first happens from things that can't be changed – such as aging.

There just isn't a way to stop the hands of time. And the hands of time affect your skin and your body. Aging decreases the amount of collagen and elastin in the skin that will decrease the amount of flesh under the skin. Between the lack of collagen and gravity, you end up developing jowls, wrinkles, fine lines and crow's feet. But, if you do what you can to alleviate the damages that you can change, the hands of time won't be as unforgiving and you can retain much of your youthful appearance long past the years your parents did.

Begin with sun care.

Use sunscreen no matter what your age is. Whenever you go into the sun or outside you can prevent the signs of aging before they even happen by using a sunscreen that has an SPF of 15 or higher. Get into the habit of using it early morning on your face and hands. Some foundations and tinted moisturizers will also have this level of protection.

Don't forget about the backs of your hands. Your face may be without wrinkles or sunspots, but your hands may tell your age. Your hands are exposed to the sun each day when you are behind the wheel of your car or sitting near a window. One of the first signs of sun damage is a suntan, which results from injury to the epidermis layer of the skin. The UV light accelerates the production of melanin. The extra melanin creates the tan, which is actually the body's way of protecting the skin from further damage by UV light. Eventually sun will cause a sunburn that kills and damages skin cells. If there is enough sun to cause a burn, there will also be damage to the DNA of the skin cells.

For instance, researchers know that exposure to the sun increases the amount of collagen and elastin that are lost in your skin, speeding the aging process. Exposure to the sun damages the skin and increases your risk of skin cancer as well. The problem stems from the ultraviolet rays from the sun and tanning beds and fluorescent lighting. So, although you may be spending the majority of your time indoors in an office, if there is fluorescent lighting you still need sunscreen each morning under your makeup and on your exposed skin.

The bottom line is that you should avoid the sun during the high-intensity hours and use sunscreen at all times. During appropriate weather cover your skin with clothing that provides the best protection against the sun. You don't have to hide away indoors, and in fact under fluorescent lighting, staying indoors isn't really protection. Be sharp about your sun exposure, wear protection and think smart.



Other things that damage the skin are a lack of moisture from poor fluid intake and poor external moisturizer. You should drink 8-10 (8-ounce) glasses of water each day. When your skin becomes dry it can show more wrinkles. You can use moisture from the outside and the inside. Start by staying hydrated each day. This helps your skin cells to stay plump and healthy, which gives your skin a healthy glow.

You don't need to spend a great deal of money on body moisturizers; coconut oil and olive oil after a bath or shower when your skin is still wet is a great addition to your daily routine. Some people can get away with using a simple moisturizing oil, such as coconut or olive oils, on their face. But for many, these oils alone can cause adverse effects, such as acne breakouts.

For most people, investing in a healthy facial moisturizer, like LuxeOrganix Vitamin C Infusion, and applying it twice a day is a smart and effective way to create a barrier that stops the skin from losing essential moisture. Facial moisturizers will help slow the aging process, decrease the appearance of fine lines and wrinkles and slow the development of age spots. Establish a daily routine and you will soon notice a decrease in the appearance of fine lines.

Keep in mind that not all facial moisturizers are good or even safe to use on your eyelids or under your eyes. The skin around your eyes is the most sensitive, and therefore using an eye moisturizing cream, that is specifically developed to be used around your eyes, will save you from suffering.

Interestingly one of the external factors that are a cause of skin aging is facial expression. Repeated facial expressions can actually lead to fine lines and wrinkles. As your skin ages and loses elasticity it stops springing back to its line free state. So, if you are frowning constantly – stop! The grooves become permanently etched in your face.

Another one of the causes of skin aging is the position you sleep in at night. When you rest your face on the pillow in the same way every night for years it leads to wrinkles. These wrinkles are called sleep lines and are etched into your face and don't disappear when you are awake and walking around. People who sleep on their back do not develop these wrinkles since their skin doesn't lie crumpled against the pillow.

Smoking is another factor that damages the skin. Smoking causes wrinkles from the squinting of your eyes due to the irritation of the smoke, pursing your lips to smoke the cigarette and a breakdown of collagen and elastin from the nicotine in the tobacco. Researchers have found that tobacco increases the loss of collagen and elastin, which improve the structure of the skin. Loss of the collagen and elastin increase the development of wrinkles, jowls and deep lines.

And last, but certainly not least, of the factors that damage the skin, is poor nutrition. The nutrients we feed our bodies are what they use to produce the skin cells we see in the mirror.

We really are what we eat. When we feed our cells junk food and saturated fat, we really can't expect the body to convert those things to vitamins and minerals needed to fuel the body. Although a multivitamin is a good adjunct, the body doesn't metabolize these as well as from a natural source. So, here's another reason to eat your vegetables and fruit, and drink your water!

Why It's Important To Determine Your Own Skin Type

Perhaps you might care the most to know your skin type so that you are not purchasing products that are not right for your skin, and that could potentially cause negative results in the appearance of your skin. As it is with everything else, knowing the condition of the different parts of your body is the first step in caring for it. Skin is no different. Knowing your skin type is the beginning of giving your skin the proper treatment to maintain good skin tone and condition.

Your skin type is a general description of how your skin feels and behaves. The most common types used for commercial products are normal, oily, dry and combination skin. Other categories include blemish-prone, sensitive and sun-damaged skin. Convenient as these skin type categories are in choosing products, it is not exactly the best way to know and understand your skin on a level that will really help it. This is perhaps the reason why, even though the "right" products have been used for your designated skin type, you still experience either dryness, oiliness, acne and other problems.

Why is this so?

First of all, you have to remember, like any part of your body, your skin is never the same all throughout. It goes through all sorts of conditions depending on several factors, some of which include your genes, your lifestyle, habits, climate, etc. Add to this the fact that the problems you are experiencing may not be simply the result of lack of care. There are cases when skin diseases are the reasons. So, from here on out, it will be good for you to take with a grain of salt what beauty magazines and cosmetic salespeople tell you about your skin type. It's about time you go beneath the surface and really know what your skin is about.



You want to know the factors that influence your skin type. This can get tricky since almost everything can influence your skin and the condition it's in. Just looking and feeling your face is not enough to determine your skin type. To get an effective evaluation of your skin, consider the following: The first set of factors affecting your skin are those within your own body.

Hormonal changes brought on by your body's development influence your skin to a huge extent. For women, the menstrual cycle can cause drastic changes on the skin. The same goes for periods of pregnancy and menopause. Men are also subject to these influences, especially during puberty as hormones causes the body to develop.

Your genes also influence the propensity to acquire a certain skin condition that is characteristic of your parents' own skin types. However, as their skin is also influenced by different factors, your skin and theirs may not necessarily be the same. Lifestyles and habits also affect your skin and while these may seem external to your body, the way you conduct daily activities such as diet, exercise, smoking and drinking habits influence your body and therefore your skin as well.

Other influences affecting your skin lie outside your body such as weather and climate as well as your skin-care regimen of choice. The climate of areas you spend prolonged periods in will influence how your body reacts. Cold climates tend to cause dry skin and flaking, whereas humid areas cause excessive sweating and oil production. The skin care products you choose also affect your skin condition. Using creams or moisturizers that have too much emollients could cause your skin to be oily whereas strong cleansers and exfoliators could result in dry, sensitive skin.

Now that you know what influences your skin, it is time to know what condition it is in.

First of all, don't evaluate your skin right after you've washed your face. This is because your skin is reacting to the water and cleansers you've put on it. Wait four to five hours after you've washed. This will give your skin time to recover from the cleansing and allow it to resume its "normal" activity. Also try to do this on a day you have not worn any makeup or put on creams so a more accurate evaluation can be made.

Take a piece of facial tissue and press it on different areas of your face. Hold the tissue against the light and if blotches can be seen, then you have oily skin. This is the reason why you should carry out this assessment when you are not wearing makeup or moisturizers since the oil may be caused by these substances.

If the general area of your face appears dry, feels tight and can see patches of skin flakes, then you are dealing with dry skin. On the other hand, if you observe that some areas are both dry and oily then you have combination skin.

Now that you know the degree of oiliness or dryness your skin has right now, you want to validate that there are no signs of any type of skin disease.

Are there areas of redness around your nose and cheeks with red bumps and blemishes but aren't pimples? Do you see fine lines of capillaries on the surface that are sensitive to the touch? If yes, you may have rosacea. Patches of irritated, dry, red to white scaly and crusty skin around the hairline, nose, eyes and cheeks may be caused by a skin disorder called psoriasis. In both cases it is advisable to be evaluated by going for a consultation with a dermatologist.

With these evaluations, you can be equipped to develop a more effective skin care routine to help maintain your skin's health. But remember that your skin type won't remain constant for long, even with the right choice and use of products. As your own body undergoes development, your skin type will change as well. It is recommended that you perform this simple assessment every 4 to 6 months.

With proper attention and care, you can give you skin the right treatment when and how it needs it – something that is far more effective than taking guesses on what your skin may need with products or fancy treatments at a spa.

Recommended Products

To save you some time and effort searching for products that you know will be safe for your skin and body, I'd like to let you know about some of our other products that likely will benefit you. You can find them on amazon.com or on our online store.



Vitamin C Infusion Daily Face Moisturizer

Safe organic and natural ingredients. This gently crafted dark spot remover formula is a natural hyperpigmentation treatment.

You'll love knowing its vegan, cruelty and paraben-free. Known to smooths wrinkles, this natural facial moisturizer is ideal for dry or mature skin. Helps slow the signs of aging by firming; fine lines become less noticeable with improved texture. Lightweight, easy to apply and penetrates quickly. Works great for daytime use under makeup or days without makeup.

The perfect Vitamin C boost that hydrates skin without feeling heavy or greasy. [More on this amazing moisturizer can be found on our website.](#)

Remarkably Clean Purifying Facial Cleanser

This detoxifying activated bamboo charcoal face cleanser tightens and lifts dull, dead skin, and draws out pore-clogging impurities, oils, and makeup like a magnet.

Perfect for all ages.

Anti-aging and pore minimizing, collagen boosting MSM drives botanical extracts deep into skin to balance oil production and improve tone, texture, and elasticity, leaving skin revitalized.

[You can check it out here.](#)



Brilliant Eyes Day & Night Eye Cream

The perfect moisturizing under-eye and eyelid treatment for dark circles, puffiness, and wrinkles is now available in our airless pump dispenser.

Our advanced daily eye cream is a wrinkle repair moisturizer with natural, plant-based retinol that softens and firms the skin around your eyes, and reduces puffiness, minimizing eye bags.

[You can read all about it or purchase it here.](#)



Invigorate Biotin Shampoo and Conditioner

Formulated with more than 20 ingredients that stimulate the scalp and promote healthy hair growth, this sulfate-free shampoo and conditioner set is perfect for those who are looking for a natural and organic hair care product. Whether you are challenged with hair woes that you're hoping to overcome, or if you just enjoy aromatic essential oils of Tea Tree, Mint and Rosemary, you'll be excited to try out this heavenly scented duo.

To read up on some of the hair challenges it can help you overcome, [check out what others are saying here](#) or [go here to order it](#).



Rejuvenating Sulfate-Free Moroccan Argan Oil Shampoo

It's free of harsh ingredients, such as sulfates and sodium chloride (so it's safe for colored and keratin treated hair) and works beautifully on most hair types, including even those with fine hair.

To read up on it and make sure it's a good fit for you, [check out this page or go here to order it](#).

Rejuvenating Paraben-Free Moroccan Argan Oil Conditioner

Also free of all the nasty ingredients discussed before, and has a delightful, citrus creamsicle scent. Our customers absolutely love this product for how soft and manageable it leaves their hair.

Though appropriate for all hair types, I will say our customers with curly (fine or coarse) hair have particularly gorgeous results with it!

Available as a set with the shampoo, or individually in larger sizes. [Order here](#).





Refreshing Mint CoWash Cleansing Conditioner

Also known as an “In Between Shampoo Alternative,” this conditioner with gentle cleansing agents is the perfect resource following a chemical treatment, giving you days or even weeks off from shampooing, helping to preserve your recently treated hair by not stripping it, but instead moisturizing and refreshing it.

Refreshing light mint scent leaves your hair refreshed.

[Read about it here or buy here.](#)

Moroccan Argan Oil Styling Cream

Perfect if you’re wanting to give your hair added protection, while softening and adding manageability to your hair, with a light hold. Works beautifully for all hair types, especially those with wavy, curly or frizz-challenged hair.

[Read more about it here or buy it here.](#)



Deep Conditioner + Hair Mask


A solution for dry or damaged hair from color treatments that allows you to dry without tangles. This organic deep conditioning hair mask is what you've been searching for.

Fuller feeling hair for less than the cost of dinner for two...Yes. Marshmallow root extract soothes dry scalp, with a calming and relaxing scent.

You'll wish you found it long ago. [Buy it here.](#)

Need help?

It means the world to us that you have a delightful experience with our products! If you have any questions or if there's anything we can do to help you, please don't hesitate to reach out to us - just text LUXEHELP to 44222.

Feel Beautiful 

Christine Kominiak
Founder, LuxeOrganix

LuxeOrganix.com



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