



HEALTHY SKIN CARE GUIDE

Tips for Best Results

Thank you for purchasing LuxeOrganix Vitamin C Infusion face Moisturizer.

It is our sincere desire that you will *absolutely love your skin* and love your experience when you use our products. Because we weren'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 hair, 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

Understanding and Maximizing Your Results With Your New Moisturizer

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Skin Types Best For

Though [LuxeOrganix Vitamin C Infusion](#) is often chosen simply as a healthy moisturizer by those with normal, 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 age spots, skin blotches and wrinkles 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 Vitamin C Infusion* is safe for all skin types, even those with sensitive skin. However, if you have extremely sensitive or allergic skin, it is always recommended you should 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 it is tolerated on your neck, you can be confident that it will be tolerated on your face, as well.

Note: The #1 ingredient that causes allergic reactions are synthetic fragrances, which typically are listed as “parfum”, “perfume” or “fragrance” on the product packaging. Our *Vitamin C Infusion* moisturizer is free from these ingredients, and is naturally scented by the refreshing essential oils of grapefruit and orange.

Not only will your skin thank you for treating yourself to this nourishing vitamin c infused moisturizer, but you’ll also feel great knowing that it is non-toxic and free of sulfates, parabens, phthalates, PEG compounds, petrochemicals, dyes or artificial fragrances. 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 *Vitamin C Infusion moisturizer* is best used daily, along with a healthy face cleanser, serum and eye treatment. Cleanse skin the morning and evening, and then follow with applying a thin layer of the moisturizer to your face, avoiding the eye area. (Use [LuxeOrganix Brilliant Eyes Bio-Advanced Daily Eye Cream](#) on your eye areas.)

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 moisturizer which promotes skin health and youthful skin. It contains amazing antioxidants, vitamins and plant extracts, forming the perfect blend to even out skin tone and minimize unwanted spots and scars to transform skin, leaving your complexion radiant, healthy and glowing!

Green Tea Extract is just one of the key ingredients included that helps to minimize wrinkles and stimulate circulation, thereby positively influencing skin health and tone. Skin is brightened and stimulated by Organic Gotu Kola, giving your skin a firmer, softer and smoother appearance.

The product hydrates and locks in moisture with anti-drying ingredients, such as Organic Aloe Extract, Sunflower Oil, Jojoba Oil, Shea Butter with Vitamin A and E, Vitamin B5, and more penetrating and nutritive components.

You'll love the way this moisturizer feels as you glide it over your skin and take in the fresh and uplifting citrus fragrance from the orange and grapefruit essential oils...it's like giving your face a refreshing drink of water every time you use it!

This versatile product works perfectly as a daytime and nighttime cream, 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.

Designed with your health and wellbeing in mind, the *Vitamin C Infusion* moisturizer contains no harsh chemicals or harmful ingredients 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 family 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:

"Is there an age this product is not good for?"

This product is great for all ages, as it's never too early to start a healthy skin care regimen, and it's never too late to give mature skin nourishment. Because skin is an organ, it requires maintenance. It's never too soon or too late for maintenance! What's more, our Vitamin C Infusion moisturizer helps to *prevent* as well as *minimize* wrinkles

and dark spots caused by the sun, aging or acne scars. Since it's formulated to improve and maintain healthy skin tone and firmness, it's a perfect fit for young skin and mature skin types. Additionally, it contains ingredients, such as Vitamin C, which are known to help with preventing or assisting with alleviating acne.

“How do you use it with make-up or SPF?”

Depending on your skin care routine, you might use it in this order: If you use a serum, you would apply that first, then eye cream and this moisturizer, and then your SPF/ make-up. It's also known to work perfectly before applying a 2-in-1 SPF foundation or BB Tint concealer, such as Lira Clinical's BB Tint 30.

“I have very sensitive skin - how can I make sure I won't have a reaction to it?”

When you have extremely sensitive or allergic skin, it is always recommended you should 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 it is tolerated on your neck, you can be confident that it will be tolerated on your face, as well.

Note: The #1 ingredient that causes allergic reactions are synthetic fragrances, which typically are listed as “parfum”, “perfume” or “fragrance” on the product packaging. Our *Vitamin C Infusion* moisturizer is free from these ingredients, and is naturally scented by the refreshing essential oils of grapefruit and orange.

“Can I apply this on my eyelids and underneath my eyes?”

It is not recommended to apply the *Vitamin C Infusion* moisturizer to your eyes, but instead to use an eye cream, such as our Brilliant Eyes Bio-Advanced Daily Eye Cream for this purpose. The reason it is important to use an eye cream rather than your face moisturizer around your eyes is primarily because the skin around your eyes is more sensitive and delicate. Even though our eye cream is made with some of the same ingredients as our moisturizer, some of those ingredients are lower in dosage so they are not as potent. This is intentional, as the thin skin around the eyes absorbs better than the thicker skin on other areas of your face, and if you use something too strong, it could cause irritation around the eyes. Though our moisturizer



is formulated for all skin types, it does contain essential oils of grapefruit and orange, which for some sensitive skin types could irritate the eye area. Our Brilliant Eyes cream is formulated to be very gentle, without any fragrances, and additional ingredients that are tailored specifically for the fragile tissue around the eyes.

“Does this help with dark spots or sun spots?”

Yes! Just keep in mind that it is not a replacement to invasive treatments like chemical peels, laser, surgery or applying harsh chemicals to your face - all topical serums, lotions and moisturizers take time to work and show results. All that said, our Vitamin C Infusion moisturizer is formulated with restorative ingredients that have been known to protect the cells from further damage, and help repair damage and hyper pigmentation (darkening of the skin). When used consistently, you can expect to see visible improvements such as firmer, brighter skin, fine lines and wrinkles minimized, more even-skin tone and complexion, and spots diminished. Of course any expert will agree that it's always important to apply sunscreen daily to help protect and prevent your skin from further damage caused by UV exposure.

“Is it non-comedogenic? Is it good for oily skin?”

Because these products contain palm oil, they cannot be classified as “non-comedogenic.” However, typically most are concerned with a product being non-comedogenic because they are concerned with PEGs, which these products do not have in them. It's important to not assume that a product is bad for you if it is not non-comedogenic because heavy oils are needed to effectively moisturizer normal to dry skin. Where heavy oils tend to be a problem is for those who have oily and acne prone skin. Often it depends on the type of oil, such as PEGs, which our skin care products do not contain. You can find a complete list of ingredients, including additional details about each, by [clicking here](#).

Though we recommend that this product is best for use on normal, dry, mature and sensitive skin types, if you have oily or acne prone skin, as with any product we suggest you do a small patch test to verify how your skin will respond. Patch tests can be done on your neck, which should give you a good idea of how the more delicate skin on your face will respond to the product. If it does well on your neck, it likely will respond well on your face.

“How often should I use it? Can I leave it on overnight?”

For optimal results, it's best to use it twice a day - once in the morning and again at night. Anytime you cleanse your face you should always follow with a moisturizer, so it's a good habit to just use the moisturizer immediately after washing.

Before bed is also optimal, as not only is it always beneficial to have clean skin while sleeping, but the nourishing ingredients will be able to soak into your skin overnight,

giving your skin ample opportunity for healing, promoting glowing, healthy looking skin when you wake up!

If you have any questions about any of this or would like personalized attention for your unique situation, please [contact us](#).

“Cetyl Alcohol is in the ingredients - isn’t alcohol drying to the skin?”

We understand that some ingredient names can be confusing or misleading, but do not worry, Cetyl Alcohol is not drying to the skin. Some alcohols are good for the skin, and others, such as Ethel or Denatured Alcohol (which are basically like rubbing alcohol) are very drying to the skin. Fatty alcohols, such as Cetyl Alcohol, actually help condition the skin. A simple way to remember which alcohols are safe and good for your skin (and hair) is that they start with a “C” or an “S.”

“Can it be used on my hands or arms?”

Yes, we have actually found many of the same benefits for the face can be experienced by applying it to the hands or arms. As always, we recommend doing a patch test to make sure your skin reacts positively, before applying it all over.

“Is it Vegan? Where can I find a list of ingredients?”

Yes. It is also free of sulfates, parabens, phthalates, PEG compounds, petrochemicals, dyes and artificial fragrances. For a complete list of ingredients [click here](#).

“My pump looks broken, is the stem meant to be short?”

The vitamin c infusion face moisturizer pump looks exactly as it should (short stem). It is an airless pump, which means the bottle design stops excess oxygen from coming into contact with the product and guards your skin cream against contaminants.

Removing any internal straws from the design and instead basing the movement of the product on air intake systems and vacuums inhibits microbial growth and keeps your



NATURAL & ORGANIC INGREDIENTS

Vitamin C Infusion Nourishing Daily Moisturizer:

Aqua (Deionized Water), Organic Aloe Barbadensis Leaf Juice (Aloe Vera), Helianthus Annuus Seed Oil (Organic Sunflower), Isopropyl Palmitate (Sustainable Environment-Friendly Palm Oil), Cetyl Alcohol (Non-drying Fatty Alcohol), Glyceryl Stearate, Dimethyl Sulfone (MSM Mineral), Sodium Ascorbyl Phosphate (Vitamin C), Glycerin, Stearic Acid, Butyrospermum Parkii (Shea Butter), Simmondsia Chinensis Seed (Organic Jojoba) Oil, Panthenol (Vitamin B5), Tocopheryl Acetate (Vitamin E), Camellia Sinensis Leaf Extract (Green Tea), Citrus Sinensis Dulcis (Sweet Orange) Peel Oil, Citrus Paradisi (White Grapefruit) Peel Oil, Centella Asiatica Extract (Organic Gotu Kola), Equisetum Arvense Extract (Horsetail), Geranium Maculatum Extract (Wild Geranium), Taraxacum Officinale Extract (Dandelion), Ethylhexylglycerin (Natural Preservative), Xanthan Gum, Phenoxyethanol (Non-paraben Preservative).

product fresher longer. It's a super hygienic system for dispensing product in metered quantities to ensure consistent application.

Since our bottles do not contain a straw it's important to note that a few empty pumps at the beginning is completely normal - some bottles may take up to 10-30 pumps if they have been sitting for a while.

If you're not getting any product out after 5 pumps, we recommend priming the pump. Start by putting the cap back on the bottle, then hold your bottle upside-down and gently tap the top of the bottle against a flat surface. This should get the product moving.

Please note: opening the bottle will put you back to square one on priming the pump (think of it as creating suction). Opening it can damage the airless pump system. Please start by priming the bottle (see above).

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!



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 'crows feet' wrinkles. Use a tiny pea-size of the eye cream on your ring finger to gently tap the 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.

Next, if you are using a serum, apply it around your face and neck. Avoid the eyes unless your serum instructions show that it is safe for or specifically advises to use on or around the eyes.

Whether you are using a serum or not, you absolutely want to use a face 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.

Professional Tip: Prevent bacteria getting into your jar by using a q-tip or facial spatula, such as the type of spatula that is included with the [LuxeOrganix Vitamin C Infusion moisturizer pump](#) and [Brilliant Eyes daily eye cream](#). You'll also enjoy not

having your cream underneath your nails, saving you time and preventing waste!

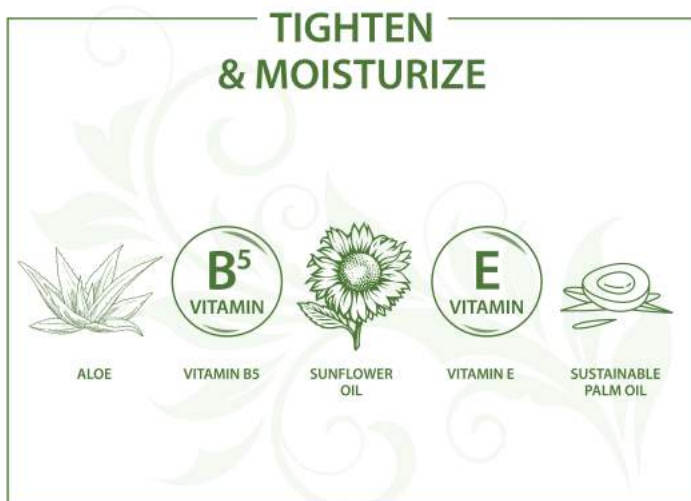
Alternatively, [LuxeOrganix Vitamin C Infusion airless pump](#) allows you to dispense the perfect amount of moisturizer you need for a rejuvenating application to your skin, while also preventing exposure to air and bacteria, enhancing its effectiveness and longevity.

Don't forget your lips. 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 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 buzz-word in the skin care industry. The addition of these substances have 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 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.
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. Optional, but helpful is to follow with a serum.
4. Use a specific cream designed for the eyes.
5. 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.

Certainly your new *Vitamin C Infusion moisturizer* 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 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 type 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 *Vitamin C Infusion*, 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 affects 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 crows 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. When ever 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 [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 break down 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.

First, 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 in the puberty stage as hormones cause 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, we'd like to let you know about some of our complimentary products that likely will benefit you. You can find them on [amazon.com](https://www.amazon.com) or on our [online store](#).

Brilliant Eyes Bio-Advanced Daily Eye Cream

Though it's designed to be gentle for the most delicate skin around the eyes, this daily eye treatment packs a punch of cutting edge peptides, ocean plant-based retinol and fruit-based glycol acid to firm, rejuvenate, repair and soothe your eye area. With more than a dozen botanicals, pure plant oils and organic vitamins and minerals, your skin will be soft and hydrated with the look of fine lines and wrinkles minimized. Check it out [here](#).



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



Biotin Hair Rescue Shampoo and Conditioner

Formulated with more than 20 ingredients that stimulate the scalp and promote healthier 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 this [post](#) 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 [post](#) 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.

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](#).



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
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