

Top 10 Anti-Aging Beauty Secrets

WHAT WILL THIS E-BOOK DO FOR ME?

GROW
YOUNGER,
LIVE LONGER

GET RID OF
WRINKLES
NOW!



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Let's face it: you're not getting any younger, every day that passes by you get a little older. It may not appear so, but it's happening and this fact is going to reveal itself sooner or later either on your body, your face or, even worse, on your attitude! You can't let this happen, that's why the sooner you start taking anti-aging precautions the better.

After reading this you may be looking at yourself in the mirror and discovering some aging signs you haven't seen before. But don't worry; it's going to be okay. You are aware of the situation now and have realized that something needs to be done. This is the part where this e-book will help you grow younger and live longer.

So, how do they do it? Celebrities, regular people with flawless skin, healthy bodies and not looking at all the age you know they are. How do they pull it off? You may be surprised to find out that is not that hard, it doesn't require spending a lot of money because they just practice simple tips that you can do yourself. So stop being jealous because you can look as young as they do.

Let's start with your skin. As you know this is the largest organ of the human body and the most exposed, there's no hiding it because it's all over your body. As a child, your skin is smooth, healthy and vibrant. But as you age, it can become wrinkled, saggy and discolored. Why?

Your skin dries and loses its elasticity as it is exposed to a host of factors which attack your skin including age, wind, dryness, sun damage and free radicals.

Each of these factors reduces your skin's ability to keep its elasticity and firmness. Age also leads to the loss and breakdown of collagen in the dermal layer of your skin. Collagen is key to provide structural support to your skin. As your body's produce less, your skin begins to sag and wrinkle. So if you are having aging problems with your skin the only way around it is to work on it. Let us show you how.

The look of your skin can reveal your age quite easily, that's why you search for ways to reduce wrinkles and practice every tip you ever heard about it.

You may believe that aging skin is inevitable, but with the technology advances we have these days, you can look as young as you feel.

So whether you're 30 and just beginning to see the first signs of aging, or 55 with skin that isn't exactly keeping your age a secret, here are 10 ways to reduce wrinkles that really work and that you can do on your own. ¡Try them!



1 - AVOID THE SUN



You probably already know that the sun is the number one cause of wrinkles, that's why you have to reduce sun exposure as much as you can, because this factor is even more important than heredity, according to clinical studies.

You may be thinking "how am I going to avoid sun? I mean hello! I have a job, I have a lot of things to do on the outside every single day, are you advising me to become an hermit or something?" and the answer is no, what we meant is that you must avoid voluntarily exposures to sun like getting a tan, or standing in the hot sun with no hat, sunglasses or sunscreen on.



**GET
ENOUGH
SLEEP**

2 - GET ENOUGH SLEEP



When you don't get the adequate amount of sleep, your body produces excess cortisol, a hormone that breaks down skin cells. On the other hand, if you get enough rest you'll produce HGH (human growth hormone), which helps skin remain thick, more elastic, and less likely to wrinkle.

We know we live in a busy world, where things have to be done efficiently and in the less time possible, but you need to take care of yourself, no one else is going to do it. So get the proper amount of sleep and you will be sharper at your daily tasks and achieve flawless skin. It's a win win.



**DRINK
COCOA
INSTEAD OF
COFFEE**

3 - DRINK COCOA INSTEAD OF COFFEE



If you are a coffee lover this will be a hard one. A research found cocoa containing high levels of two dietary flavanols (epicatechin and catechin) and that these protected skin from sun damage, improved circulation to skin cells and made the skin look and feel smoother.



**WATCH
YOUR SLEEP
POSITION**

4 - WATCH YOUR SLEEP POSITION



Sleeping in certain positions night after night leads to "sleep lines"- wrinkles that become etched into the surface of the skin and don't disappear once you're up. So it's better for your skin if you sleep on your back, this way you avoid wrinkles on cheeks and chin, and a furrowed brow.

We know you have a favorite sleep position and that is hard to change it, but you need to do it to achieve beautiful and younger looking skin.



5 - USE MOISTURIZER

Don't underestimate the power of a moisturizer; it will help your skin look better so lines and creases are far less noticeable.

Sesame oil is a good choice at this point. First thing every morning, you can massage organic sesame oil all over your body. Working it in wakes you up and really gets blood circulating. Plus, the oil hydrates your skin, giving it a healthy glow. Then jump in the shower and the oil naturally cleans away dead skin cells.

You can also balance you can also balance your moisturizing strategy with AIMÉE's Age Correction Cream and AIMÉE's Eye Lift Serum.

AIMÉE Age Correction Cream

This cream eliminates the look of dark circles, reduce the appearance of wrinkles, enhance skin hydration and counter the effects of stress.



Key ingredients:

- Vitamin C
- Glycerin
- Cucumber extract

Find more information about this cream [here](#)

AIMÉE Eye Lift Serum

This cream helps diminish the look of fine lines and restore fragile skin around the eye area. This formula dramatically reduces the tired look of aging skin, the visible effects of the environment and the appearance of expression lines.



Key ingredients:

- Serum
- Glycerin
- Botanical mix

Check other details about AIMÉE Eye Lift Serum [here](#)

Let's talk a little more about anti-aging creams. Most of these creams have similar ingredients. One of them is vitamin C. Vitamin C is critical for your body and plays an important role in maintaining healthy, resilient skin. One of its most powerful functions is its role in the production of collagen, a protein that gives your skin its elasticity. While young skin is full of vitamin C, aging skin naturally loses this nutrient over time. Other factors like exposure to UV light, pollutants and cigarette smoke compound the decline of vitamin C, contributing to signs of aging.

You can fight back by stabilizing your skin's levels of vitamin C to help counteract wrinkle formation by increasing collagen production. Applying vitamin C to the skin can be 20 times more effective than taking it orally.

Another common ingredient is glycerin that is a well-known humectant in cosmetics and personal care products. It has the ability to attract or draw water from air which helps maintain the skin's water balance on an intercellular level.

You can also search for creams with cucumber extract, a natural astringent produced from leave and bark of the North American Witch-hazel shrub. It's known for containing antioxidant polyphenolic compounds that may contribute to protecting the skin's moisture barrier and helping to prevent sunburn.



**EAT
MORE SOY**

6 - EAT MORE SOY



Certain properties of soy may help protect or heal some of the sun's photoaging damage. So if you eat soy more frequently you can improve your skin structure and firmness.

Maybe you think soy is for vegetarians and you don't care for its taste, but we show you here some ways to make soy meals that are actually tasty.

Yellow and black soybeans

As soybeans mature, they ripen into hard, dry beans. Though most mature soybeans are yellow, there are also black varieties. These dried beans require an overnight soak and about three hours of cooking time to make them tender. Canned yellow or black soybeans, usually found on the organic food aisle, are a fast alternative. They have a slippery texture and firm bite. Yellow soybeans require assertive seasoning to enhance their bland taste; black soybeans, however, can stand alone in salads and side dishes. Both are good in chili, stews, and soups, and pureed for dip. Rinse canned beans before using.

Soy milk

Soy milk is squeezed from dried soybeans that have been soaked, ground, and cooked. Asian markets sell it just as it comes from the bean, thin and strong-tasting, perhaps sweetened. The soy milk sold in supermarkets and natural-foods stores tastes mild by comparison and is thickened to resemble dairy milk. Besides chocolate and vanilla, it comes in an increasing selection of flavors, such as chai and latte. A replacement for dairy milk in recipes, unsweetened soy milk is best in desserts and some savory dishes.

Soy flour

Made of finely ground dried soybeans, this high-protein soy food can replace some flour in many recipes. Commercial bakeries often use soy flour in breads and pastries because it retains moisture and gives baked goods longer shelf life. Soy flour also creates a large, fluffy crumb. Adding even a small amount to your favorite bread recipes boosts protein. Using 20 to 30 percent soy flour along with all-purpose works best, as soy flour contains no gluten. Higher amounts can produce a heavy, grainy result. Full-fat soy flour works better than defatted in baking.



**DON'T OVER
WASH YOUR
FACE**

7 - DON'T OVER WASH YOUR FACE



Many dermatologist say that tap water strips skin of its natural barrier oils and moisture that protect against wrinkles. So if you wash your face too often, you wash away protection. Moreover, unless your soap contains moisturizers, you should use a cleanser instead.

A graphic design on a solid light beige background. In the center is a large, dark red number '8'. A dotted circle of small dark red dots surrounds the '8'. Overlaid on the '8' is the text 'SUNSCREEN IS YOUR BEST FRIEND' in a bold, white, sans-serif font, arranged in three lines.

**SUNSCREEN
IS YOUR
BEST FRIEND**

8 - SUNSCREEN IS YOUR BEST FRIEND



Don't ever leave your house without sunscreen on your skin. It will protect you from skin cancer, and help prevent wrinkles at the same time.



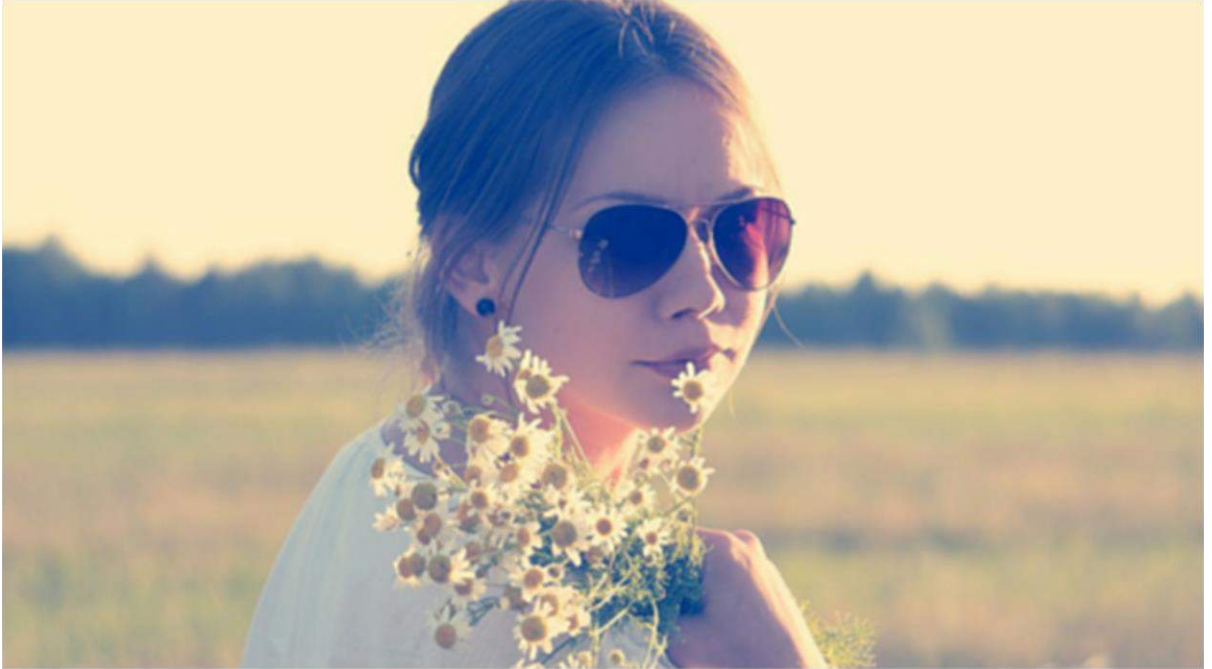
9 - DON'T SMOKE



A lot of studies say that cigarette smoke ages skin, mostly by releasing an enzyme that breaks down collagen and elastin, important components of the skin. So if you have this habit and want to look younger and keep your skin healthy, you must quit.



10 - DON'T SQUINT



Any repetitive facial movement makes your facial muscles work harder, forming a groove beneath the skin's surface. This groove eventually becomes a wrinkle. So wear sunglasses or reading glasses according to your needs.