

A Holistic Approach for Youthful Skin

If you see a dermatologist or conventional medical doctor about your aging skin, they may prescribe a variety of questionable creams and procedures – if they offer any help at all. Conventional treatments (or even surgeries) may produce results in the short term, but they'll do nothing to improve your skin's health over time. You may find that your skin eventually looks even worse than when you started!

Here in our office, we opt for a more holistic approach. A “holistic” approach means treating the whole person, rather than just the physical symptoms of disease. Holistic health is a whole approach to life. As a holistic clinic, we believe that skin disorders are more than just “skin deep,” and that diet and lifestyle choices can play a significant role in their onset.

Because the skin acts as a shield between the body and millions of foreign substances in the environment, it reflects both internal and external problems. Wrinkles, fine lines, and other visible signs of aging can all arise from internal toxicity or external choices (using harmful skincare products, for example). This enhancement of your program is designed to address both causes of premature aging and leave you looking as radiant as you'll feel!



**If you're interested in purchasing
the Solutions4 skincare products
listed in this brochure,
you're in luck!**

**We're offering a special discount
on these products when they're
purchased together:**

- Green Tea Cleanser
- Apricot Exfoliator
- Apple Stem Cell Moisturizer
- Green Clay Mask
- Skin Repair Cream
- Toner Spray

**Ask a staff member for more
information about this
special offer!**

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Enhance Your Program for Anti-Aging

Foods, Supplements, and Treatments for Radiant Skin



If you want to look younger than you've looked in years, we recommend that you center your diet around brightly colored vegetables and dark leafy greens. You can find more information about this type of diet in your program manual. The dietary strategies outlined in your manual may focus on weight loss, but

you'll find that the same foods and supplements will work wonders for your skin. Our dietary strategies, supplements, and treatments will leave you looking (and feeling) absolutely radiant in a matter of weeks! In addition to these dietary strategies, we recommend that you pay particular attention to avoiding these three "problem" foods:

Top 3 Foods That Wreak Havoc on Your Skin

1. Refined Sugar: Though you probably know that sugar is bad for your waistline, you may not realize that it's equally bad for your skin. Each time you eat something sugary, your body rapidly absorbs the glucose and starts pumping out insulin. This can cause widespread inflammation, which, in the long term, can cause collagen and elastin to break down, producing some of the more visible effects of aging.

2. Refined Flour: In the body, refined sugar and refined flour have basically the same effect. The refined flour that you eat (in a slice of pizza, a sandwich, a box of crackers, or a plate of pasta) is rapidly broken down into glucose, thereby triggering the same cycle of insulin production and inflammation.

3. Refined Vegetable Oils: When you think about the foods that typically cause skin problems, you probably think about French fries, potato chips, and other types of junk food. These foods all share one major component in common: they're all cooked in refined vegetable oil. Though vegetable oils go by many different names (soybean oil, canola oil, safflower oil, sunflower oil, etc.), the effects on the body are the same: they contribute to inflammation and premature aging.

Lifestyle Strategies for Youthful Skin

Don't Forget to Sleep

If you want youthful, radiant skin, it's absolutely essential that you get 7-8 hours of sleep each night. Your body needs this time to heal and repair areas that need attention - including your skin. Without enough deep sleep, your skin never has a chance to undo the damage that is done on a daily basis. Sleep deprivation also causes your body to produce the stress hormones that contribute to premature aging.

Work Up a Sweat

Regular exercise is one of the number one keys to healthy skin. Each time you exercise, you increase blood flow to skin cells, which nourishes them and keeps them healthy. When you exercise, you also work up a detoxifying sweat that facilitates the removal of toxins from the body. This is a huge bonus if you want youthful, vibrant skin!

Use Non-Toxic Skincare Products

You shouldn't put on your skin what you wouldn't put in your mouth. When you use lotions or skincare products, the ingredients are absorbed into your skin - and some of them make it into your bloodstream. Most facial products are loaded with toxic additives and chemicals that only make aging skin look worse. Solutions4 offers a unique line of non-toxic skincare that's different from anything else. All ingredients are 100% natural and good for your skin. These skincare products don't just wash away impurities - they actually have healing properties.



The All-Natural Solutions4 Skincare Line



Green Tea Cleanser - This super-potent cleanser creates a rich, foamy lather that heals and softens the skin. Super-antioxidants like green tea leaves, CoQ10, and vitamin C fight the free radicals that give skin a dull and lifeless appearance. This cleanser is also packed with the extracts of healing plants like aloe vera, red algae, chamomile, and comfrey!



Apricot Exfoliator - The Apricot Exfoliator is a grapeseed oil-based scrub that combines a perfect blend of nutrients, antioxidants, and moisturizers to provide superior protection and gentle exfoliation! Apricot seeds gently stimulate the skin, leaving your face looking smooth and fresh.



Apple Stem Cell Moisturizer - Apple stem cells are revolutionizing the skincare industry in ways you never would have imagined! This product combines these plant-derived stem cells with other anti-aging actives like antioxidants, anti-inflammatory botanicals, and UV protectors! We are able to rejuvenate your skin's DNA and literally give aging skin a fresh new start.



Green Clay Mask - The Green Clay Mask has been specially formulated to help with aging skin. This 30-minute mask absorbs impurities, firms up the skin, and leaves you looking absolutely radiant!



Skin Repair Cream - Skin Repair Cream was originally formulated to minimize scar tissue formation following surgery. Now, it's primarily used to reverse the scarring process and promote healing for all types of skin conditions. Skin Repair Cream can work wonders for dry skin, wrinkles, fine lines, stretch-marks, abrasions, and more!



Toner Spray - This natural, botanical Toner Spray helps refresh the skin and leaves the face feeling silky smooth. It combines the healing powers of aloe vera, white oak bark extract, witch hazel, comfrey, hyaluronate, peppermint, and roman chamomile! Spritz it on at any point throughout the day to rejuvenate the skin and soften the appearance of facial lines.