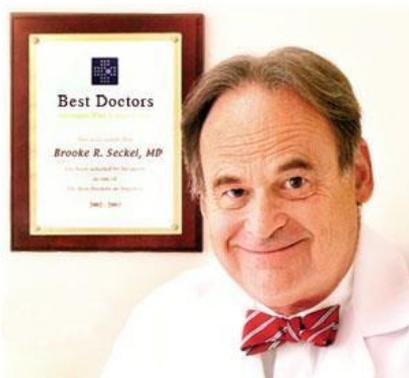


Why Save Your Face



SAVE YOUR FACE®
Six Step Medical Skin Rejuvenation®

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Why Save Your Face

We all want to look and feel our best. Scientific studies have shown that our facial appearance is an important factor in our choice of a mate and in many social interactions. Our face reflects our mood and age and can even impact our career opportunities in some situations.

Unfortunately our faces are the most exposed area of our body to the damaging effects of the sun and other environmental toxins. The alarming increase in skin cancer in the United States noted in the recent (August 2014) U.S. Surgeon General's Report is a wakeup call that we all need to take action to protect and preserve our facial skin. Many facial aging changes are a precursor to skin cancer later in life.

In my book "Save Your Face: The truth about facial aging, it's prevention and 'cure' I outline a Six Step Medical Skin Rejuvenation Program® to prevent facial skin aging and reverse aging changes that have already occurred.

In the past eight years since the book's publication I have worked to find the best most effective topical medical skin care products that are designed to help you implement the Six Step Program®. The goal of the program is to keep your face looking young and healthy and also reverse many changes that have already occurred.

I have designed the **Nurture** medical skin care line to preserve and protect younger skin and reverse early aging changes in the younger face.

The **Restore** medical skin care line is a more advanced, stronger line designed to reverse aging changes in mature skin with visible aging changes.

Modern advanced medical aesthetic treatments provided by our aestheticians and physicians are recommended to be used in conjunction with your Save Your Face Medical Skin Care Products. These treatments can help you achieve optimal results.

The following pages will help you decide which product line and treatments will be best for you.

The Six Step Medical Skin Rejuvenation Program®-How It Works

- 1. Exfoliation**-Remove dead skin stimulate new healthy skin cells for glowing young skin
- 2. Stimulate new skin collagen**-Replace sun damaged collagen to plump and firm skin
- 3. Remove abnormal pigment and blood vessels**-Remove brown spots and red spots signs of inflammation, damage and aging
- 4. Relax muscles of facial expression**-frown lines, “11’s”, crow’s feet, bunny lines, marionette lines, chin crease and worry lines
- 5. Fill deep facial lines and contour deformities**-restore facial volume, the “apple cheeks” of youth, lift the mid face and improve nasal labial folds and marionette lines
- 6. Tighten skin**- Restore elasticity and firm the facial skin

How Do Save Your Face Medical Skin Care Products Work for You?

Protection from the aging and cancer causing ultraviolet rays of the sun is your most important step. Our specially formulated broad spectrum SPF 30 Sunscreen provides the protection of micronized UVA/UVB inhibitors in a paste that leaves your skin smooth and soft, not greasy or shiny. Sunscreen should be applied in the morning and reapplied every 3-4 hours. In addition, hats, sunglasses and protective clothing when in the sun are important

THE SAVE YOUR FACE© NURTURE SKIN AGING PREVENTION PROGRAM



- **Sunscreen Broad Spectrum SPF 30:** Routine, broad-spectrum UVA/UVB protection. Prevent loss of collagen (Step 2), prevent brown and red spots (Step 3), prevent volume loss (Step 5), and prevent loss of elasticity (Step 6).

- Apply to skin prior to sun exposure. Reapply every 3-4 hours.
- Fragrance and preservative free



- **Energize Foaming Cleanser** – Gentle exfoliating cleanser for skin renewal. Exfoliation (Step1).
 - Apply as needed to skin with wet hands, rub gently then rinse.
 - For optimal results, cleanse skin twice daily.



- **Renew Daily Toner Pads** – Cleansing pad that gently exfoliates skin. Exfoliation (Step1), pigment removal (Step 3), and firms/tightens skin (Step 6).
 - Apply 1-2 times daily as a toner after cleansing with Energize.
 - Contains salicylic acid combined with nicotinyl. trichloroacetamide and oligopeptide-10.
 - Also excellent for acne control.



- **Brighten Antioxidant Gel:** Antioxidant gel reduces the appearance of fine lines and wrinkles. Build collagen (Step 2), plump skin (Step 5), and prevent loss of elasticity (Step 6).
 - Apply every other night, alternating with Foundation Retinol Gel.
 - Paraben Free.



- **Foundation Retinol Gel 20, 50:** Retinol gel that reduces the appearance of fine lines and wrinkles. Exfoliation (Step1), build collagen (Step 2), pigment removal (Step 3), plump skin (Step 5), and firms/tightens skin (Step 6).
 - Apply to face every other night, alternating with Brighten Antioxidant Gel.
 - Available in strengths 20 and 50.
 - Paraben Free.

THE SAVE YOUR FACE® RESTORE SKIN AGING REVERSAL PROGRAM





- **Sunscreen Broad Spectrum SPF 30:** Routine, broad-spectrum UVA/UVB protection. Prevent collagen loss (Step 2), prevent brown and red spots (Step 3), prevent volume loss (Step5), firms/tightens skin (Step 6).
 - Apply to skin prior to sun exposure. Reapply every 3-4 hours.
 - Fragrance and preservative free.



- **Refresh+ Gentle Foaming Cleanser:** Gentle cleansing for very sensitive skin. Reduces redness. Exfoliation (Step 1).
 - Apply as needed to skin with wet hands, rub gently then rinse.
 - For optimal results, cleanse skin twice daily.



- **Revive+ Daily Toner Pads:** Alcohol-free cleansing pad. Gently exfoliates and brightens skin. Exfoliation (Step 1), pigment removal (Step 3), and firms/tightens skin (Step 6).
 - Apply 1-2 times daily as a toner after cleansing.
 - Fragrance- and paraben - free.



- **Bright Eyes+ Eye Restorative Complex:** Exfoliation (Step 1), build collagen (Step 2), pigment removal (Step 3), plump skin (Step 5), and firms/tightens skin (Step 6).
 - Improves the appearance of fine lines & wrinkles.
 - Addresses puffiness & dark circles.
 - Apply 1-2 times daily in a thin film to the orbital area.
 - Paraben Free.



- **Foundation 1+ Retinol Serum 20, 50:** Retinol Serum reduces appearance of fine lines & wrinkles. Exfoliation (Step 1), build collagen (Step 2), pigment removal (Step 3), plump skin (Step 5), and firms/tightens skin (Step 6).
 - Apply every other night, alternating with Foundation 2+ Antioxidant Exfoliating Serum.
 - Available in 20 and 50 strengths.
 - Paraben Free.



- **Foundation 2+ Antioxidant Exfoliating Serum:** Brightens and smooths skin texture. Exfoliation (Step 1), build collagen (Step 2), pigment removal (Step 3), plump skin (Step 5), and firms/tightens skin (Step 6).
 - Apply every other night, alternating with Foundation 1+ Retinol Serum.
 - Enhances the effectiveness of retinoid.

- May be applied every night if you are not using in conjunction with Foundation 1+ or any other retinoid.
- Paraben Free.

□ **Weekly Routine Booster**



- **Weekly Exfoliating Booster Pads:** Provide stronger exfoliation. Exfoliation (Step1), build collagen (Step2), remove pigment (Step3), plump skin (Step 5), tighten skin (Step 6).
 - Apply to skin 1 – 2 times a week. Begin with contact for 15 minutes, and then rinse skin.
 - Contact time may be gradually increased from 15 minutes to overnight.
 - Best used prior to cleansing step of each program.

Advanced Medical Aesthetic Treatments to Optimize the Six Step Facial Rejuvenation Program®

While topical medical skin care products are crucial for success of the Six Step Program® optimal results can be achieved by the addition of several modern advanced non-surgical, non-invasive medical aesthetics skin care treatments. The addition of these medical aesthetic treatments can significantly enhance your Six Step Facial Rejuvenation Program® results.

AESTHETICIAN SERVICES

- **Microdermabrasion-Step1, 2 and 3**
 - Medical grade microdermabrasion provides safe effective exfoliation (Step1), stimulation of new collagen production (Step2), removes pigment (Step 3) and increases the penetration and thus effectiveness of topical skin care products into the skin. Benefits are removal of dry skin, dead skin, fine wrinkles, pigment and the production of new skin cells to make the skin look fresh, unblemished and younger.

- **Biomedic Micropeel®-Step 1, 2, and 3**
 - The Micropeel® combines derma-planing (manual scraping of dead skin and unclogging of pores) and a safe light glycolic acid or lactic acid chemical peel. An additional benefit of this procedure is a minimal amount of pinkness afterwards so there is less visible signs of treatment than with deep microdermabrasion in the first 24 hours. Benefits include exfoliation (Step 1), stimulation of new collagen formation (Step 2), fine wrinkle removal and pigment removal (Step 3.)

- **Customized Blue Booster- Step 1, 2, 3, 5 and 6**
 - Our Customized Blue Booster is a more aggressive peel custom mixed for your specific facial skin, which actively reduces wrinkles and sun spots from the skin. Skin peeling will typically occur 2-3 days after the procedure which will reveal new, smoother skin. The Customized Blue Booster provides deep exfoliation (Step 1),

stimulation of new collagen formation (Step 2), and pigment removal (Step 3.)

○ **Photofacial-IPL-Step 2, 3**

- Intense pulsed light or Photofacial rejuvenation is a very effective treatment for the removal of pigment, age and sun spots, fine lines, blood vessels and red spots. The face, hands and décolletage can have stunning results. Photofacial rejuvenation promotes new collagen production (Step 2), and removes sun damage, pigment, vessels and red spots (Step 3) from the skin.

○ **Non Ablative 1540 Fractional Erbium Laser Treatments-Step 2, 3, 5, 6**

- Non ablative fractional 1540 laser treatments are a “no down time” form of laser resurfacing that builds new skin collagen (Step 2), removes pigment (Step 3) plumps and fills wrinkles (Step 5) and can tighten skin (Step 6.) At least 4 treatments a month apart are required and at least 6 months are required to see results. Non ablative 1540 is a great alternative to more aggressive peels and laser treatments that require a recovery period.

PHYSICIAN ADMINISTERED MEDICAL AESTHETIC PROCEDURES

○ **Botox® and Dysport®- Step 4-Dynamic wrinkle removal**

- Botox® and Dysport® are two injectable treatments which act to relax muscles of facial expression and remove dynamic wrinkles (Step 4.) Frown lines or the “11’s”, crow’s feet, worry lines, bunny lines, marionette Lines, and even the chin crease may be improved.

- **Dermal Filler Injections – Step 5, Step 6-Fill Deep lines, volumize the face, and lift skin**
 - Injectable dermal fillers can create a “Liquid Facelift”. Restylane®, Perlane®, Juvederm® and Voluma® and other facial fillers act to restore volume to the face. Dermal fillers plump the skin, recreate the “apple cheeks” of youth and correct deep facial lines, and can actually lift the cheeks. Dermal fillers enhance Steps 5 and 6.

- **Combined Laser Resurfacing- Step 1, 2, 3, 4, 5, and 6**
 - Combined laser resurfacing is the most effective nonsurgical facial rejuvenation wrinkle removal technique available. This procedure removes wrinkles (Step1) builds new collagen (Step2), removes pigment (Step 3), plumps the skin (Step5) and tightens skin (Step 6.) Down time is required usually 7-10 days for pink skin to resolve.



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