

Easy Peasy Incredible Skincare Suggestions from VFA



First there is **NUTRITION** - **NO** artificial sugars (it causes dulling in the skin as it breaks down **AND** makes you hungry) and limit your sugar. Eat the good fats and stay hydrated. Don't eat anything you can't pronounce.

Obviously, don't smoke and **ALWAYS, ALWAYS** wear at least **SPF 30 SUNSCREEN, WITH ZINC OXIDE** even inside and even on cloudy days. Remember that cancer - causing light rays go through glass!

VITAMINS are essential to hydrate you from the inside out and protect your skin. The more anti-oxidants, the better. I also suggest:

Barleans brand high lignan Flax Seed Oil, 3,000 mg in the AM
Astaxanthin 10mg, Vitamin D 5000u, Pycnogenol, 100 mg



Easy Peasy Skincare for my typical lady:

AM: Rinse face, apply Needle Free or Teoxane Serum-let it dry
Apply hydrating TIZO sunscreen, apply again after sports or if out all day
PM: Wash with favorite cleanser, apply Needle Free or Teoxane Serum-
let it dry. Apply Retin-A or other therapy cream.

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