



Mature Skin

Characteristics of a mature skin

- Loss of skin elasticity.
- Sagging Skin.
- Rough & dry skin.
- Dull complexion.
- Deep wrinkles and fine lines.
- Age spots and hyperpigmentation.

Causes of a mature skin

The cause for mature skin is divided into internal and external factors. Internal factors being diet, genetics, and the natural ageing of the skin. External factors count for more than 70% of the ageing factors, and this includes factors such as environmental factors and the exposure to UV radiation.

Prevention

Make sure you follow a diet which are rich in antioxidants, vitamins and minerals. Never expose yourself for long periods of time to UV radiations, and make sure that you always use a broad-spectrum, high-level SPF lotion on your face, neck and body. Adopt a simple skin regime which includes ingredients specially for mature skin.

Ingredients to look out for

Sweet almond, Avocado, Apricot Kernel, Hazelnut and Jojoba carrier oils, Frankincense essential oil, Glycerine, Hyaluronic acid, Niacinamide, Panthenol, Shea Butter, water hydrosols, Urea, Peptides, Coenzyme Q 10, Allantoin, Ginseng, Edelweiss, Ginger root, Liquorice, Hibiscus and green tea extracts, Vitamin E and C, Caffeine, Collagen, AHA's and BHA's.

Skin Regime

- Keep skin clean with a facial wash suitable for mature skin.
- Apply a toner suitable for mature skin. Toners containing hyaluronic acid will add extra moisture to the skin.
- Apply serums like Niacinamide, Vitamin C or Hyaluronic serums depending on your problem areas. You can apply two different serums at the same time, say for instance an eye serum around the eyes, and then maybe a Niacinamide serum on your cheeks or forehead where you might have hyperpigmentation.
- Use a broad-spectrum, high-level SPF factor day cream during the day.
- Use a night cream during the night, or a mask suitable to sleep with.
- Use a chemical exfoliating cream two to three times during the week. This cream should contain AHA's and BHA's.
- Exfoliate two time a week with an exfoliating cream suitable for mature skin to get rid of old skin cells. The cream should contain physical exfoliating particles like ground-up apricot shells etc.
- Use a hydrating mask two to three times a week.
- If you experience a lot of wrinkles and/or hyperpigmentation, regular acid peels at a salon will do wonders.

[Let's Chat!](#)[Let's Chat!](#)

Retinol Night Facial Cream
R305.00



Luxur  Peptide Enriched Eye Serum
R255.00



Purely Perfect Day Cream with SPF & Peptides



Collagen & Copper Peptide Mask
R360.00



Rose Vanilla Lip Scrub
R95.00

R305,00 / 50ml

Add to Cart

R255,00 / 50ml

Add to Cart

R240,00
R240,00 / 50ml

Add to Cart

R360,00 / 50ml

Add to Cart

R95,00 / 10ml

Add to Cart

Join our mailing list

Subscribe Now

Enter your email here*

Contact Us:

Telephone: +27 79 364 2278
Address: 19 Adelman Street, Albemarle,
Germiston, 1401.
Email: support@luxurehealth.co.za
Website: www.luxurehealth.co.za

© 2023 by PURE. Proudly created with [Wix.com](https://www.wix.com)



Let's Chat!