# Skin

The complete replacement of dying or dead cells with new ones takes 27 days on average. An intense suntan also lasts that long. The daily rhythm of our skin is even more interesting. There is a lot the skin has to cope with throughout the day. It is a vital organ that detoxifies and purifies our body. Skin renewal begins around 6 pm. Loose, tiny scales containing harmful substances which the body eliminates are shed from the skin. As many substances are best absorbed in the evening, a facial mask is much more effective at night than at other times during the day. Unfortunately, this is also the case with environmental toxins and potentially allergenic substances.

Chronobiology knows the secret behind optimal cosmetic results: Highly active food supplements are not only applied externally, but are also swallowed and reach the deeper layers of the skin from within, through the blood. Vital substances undergo certain processes during digestion. The time of day influences their effectiveness. The active ingredients administered in the morning and evening are intelligently attuned and complement each other. This mix combats wrinkles and sagging skin from within, tightening the tissue and supporting the skin in defending the body against harmful environmental factors. The improvement of blood circulation and the elimination of free radicals are a top priority.