

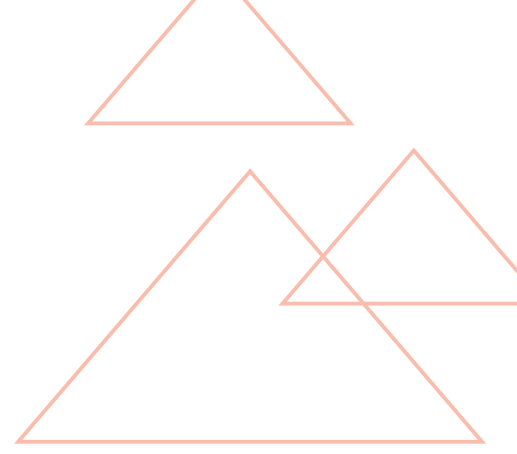
HOW THE  
FACE AGES  
& WHAT WE  
CAN DO  
ABOUT IT

A close-up, profile view of a woman's face. Her eyes are closed, and she has a neutral expression. A black laser device with a glowing red ring is positioned against her cheek. The background is a light pink color with white geometric lines forming triangles.

triLift  
by Lumenis

# TABLE OF CONTENTS





1. How Does Your Face Change with Age?
2. What Causes Facial Changes?
3. How to Combat Aging:  
7 Expert Tips You Can Follow at Home
4. Treatments for Aging Skin
5. Is There Another Option?
6. We're Here to Help You Achieve the Skin  
of Your Dreams

# HOW THE FACE AGES & WHAT WE CAN DO ABOUT IT

As we age, our face naturally loses collagen, strength, and elasticity, which can result in a sagging jawline, fine lines, wrinkles, and more. While there's no harm in having these facial features, it's no secret that many of us would prefer to keep our youthful appearance for as long as possible.

Maintaining your health should be a top priority no matter your age. Without support, it can be challenging to reverse the appearance of aging once it occurs. But, there are steps you can take, treatments you can invest in, and lifestyle changes you can make to slow down the aging process.

In this ebook, we'll take a closer look at what causes facial changes over time and what you can do to achieve the youthful, lifted look you desire. From lifestyle changes you can make yourself, to noninvasive, nonsurgical treatments like triLift, there's a world of possibilities.

If you want to know how to reinvigorate the appearance of your face and unlock the secret to looking younger as you get older, keep reading!

# HOW DOES YOUR FACE CHANGE WITH AGE?

When you age, your face does too. Over time, your skin becomes thinner and your muscles lose tone, which can result in a variety of facial changes, including:

- Wrinkles
- Fine lines
- Hyperpigmentation & redness
- Sunspots
- Sagging jawline
- Drooping skin
- Loss of volume
- Poor skin texture

If you experience any of these changes, don't worry! With the right support, you can rejuvenate, revitalize, and restore your look.

# WHAT CAUSES FACIAL CHANGES?

Internal and external factors cause your face to age, some of which are entirely out of your control. By understanding how aging affects your face, you can help preserve your natural beauty.

So many factors affect how your face and skin function and, ultimately, how they look. From lifestyle choices and stress levels to diet and genetics, these factors can mean the difference between a dull, wrinkly look and a fresh, radiant look.

The most common causes of facial changes include:

- Natural aging
- Sun exposure
- Stress & fatigue
- Smoking
- Drinking alcohol
- Dehydration
- Poor diet
- Lack of exercise
- Poor skincare routines
- Skin type & genetics





# HOW TO COMBAT AGING:

## 7 Expert Tips You Can Follow at Home

If you're looking for ways to take care of your face as you age, you're in the right place! Here are some tips you can follow to protect yourself from the factors that cause facial changes.

1



### PROTECT YOUR SKIN FROM THE SUN

Protecting your face from the sun is one of the best ways of keeping it youthful. Make sure you wear sunscreen (even in the winter!), cover your face with a hat, and limit prolonged sun exposure when possible.





# 2



## INVEST IN HIGH-QUALITY CREAMS & LOTIONS

As you age, your skin loses volume, allowing wrinkles to set in. Moisturizers soothe dry skin, and the hydration can make wrinkles less noticeable.

Your skin is precious, so we recommend using high-quality products to ensure you're getting the maximum benefit, without risking adverse effects.

When choosing creams and lotions to care for your aging skin, keep an eye out for these ingredients:

- **Retinol & retinoic acids** can help repair sun-damaged skin and reduce fine lines and wrinkles
- **Vitamin C** is a potent antioxidant, which protects the skin from sun damage while preventing wrinkles
- **Alpha hydroxy acids** like **glycolic, citric, & lactic acid** exfoliate dead skin cells & stimulate the growth of new skin cells
- **Coenzyme Q10** may help reduce wrinkles around the eyes & protect the skin from sun damage
- **Peptides** can stimulate collagen production and have been shown to improve skin texture & wrinkling
- **Tea extracts** contain compounds with antioxidant and anti-inflammatory properties, which help to reduce the appearance of wrinkles and fine lines
- **Niacinamide** can reduce water loss in the skin, improving skin elasticity & plumpness

# 3



## STAY HYDRATED

Drinking water is essential for overall good health—and for your face!

Drinking water can flush toxins from your body and help keep your skin healthy and hydrated from the inside out.

# 4



## EAT A VITAMIN-RICH DIET

You've probably heard the saying, "You are what you eat." Well, when it comes to your face, this is especially true. To protect yourself from damage and the effects of premature aging, we recommend including foods that are high in:

- Omega-3s
- Carotenoids
- Vitamins E, C, & D

These nutrients have been reported to possess potent inflammatory properties that can help you prolong youthfulness.

Here are some of the best anti-aging foods to help boost collagen and increase hydration for a healthier, younger-looking face:

- **Extra virgin olive oil** is an excellent source of vitamin E

- **Fatty fish**, like salmon & tuna, contain high amounts of omega-3s
- **Eggs** are high in vitamins A & E
- **Avocados** are a nutrient-dense source of carotenoids & vitamins C & E
- **Seeds**, like flax seeds or chia seeds, contain a high amount of omega-3s
- **Leafy dark greens**, like kale & spinach, contain high amounts of omega-3s & vitamins A, C, & E

If you're concerned you're not getting enough of these nutrients in your diet, there are a variety of supplements available to help you increase your intake. Look for omega-3 supplements like fish oil or vitamin supplements including vitamins A,C,E, and D.

# 5



## DON'T SMOKE

Tobacco smoke can damage the collagen and elastin in your body, which are responsible for giving your skin the sought-after, youthful elasticity. Additionally, nicotine can constrict the blood vessels, stopping your skin from getting the proper blood flow and oxygen it needs.



6



## LIMIT ALCOHOL

Drinking alcohol can dehydrate your skin, reducing the necessary fluids your skin needs to stay healthy. Additionally, alcohol can inflame your skin tissue, leading to wrinkles, fine lines, and redness.

7



## RELAX YOUR BODY, MIND, & FACE

Stress and fatigue have a substantial impact on how your face looks. Your body needs proper sleep to regenerate itself and stay healthy. Repeated facial movements, like squinting or frowning, can also speed up the formation of wrinkles and fine lines.

If you often find yourself stressed, tired, or frowning, you may not realize the impact it has on your skin. To keep your skin healthy, we recommend managing your stress, getting a proper night's sleep, and being aware of any repetitive facial movements you make.



# TREATMENTS FOR AGING SKIN

Aging can be difficult to reverse in most cases without expert help. The best way to unlock the lifted look of your dreams is by combining professional treatments with at-home lifestyle adjustments.

There are many treatments available that can help turn back the clock, including:

- Dermal fillers
- Botulinum toxin injections
- Laser treatments
- Surgical face lifts

## IS THERE ANOTHER OPTION?

If you desire a youthful and rejuvenated look, but don't like the idea of an intrusive treatment based on surgery or injections, we have a solution!

# GET THE LIFTED LOOK OF YOUR DREAMS: INTRODUCING triLift by Lumenis

People try countless remedies in their pursuit for a youthful look. From over-the-counter products to elaborate facials, sometimes it's just not enough. With triLift, you can get the lifted look you crave, without surgery or injections.

triLift is a treatment designed to effortlessly target the 3 most common aging elements—structure, contour, and texture. With the triLift treatment, you can experience an immediately\* visible face lift-like effect that is safe and quick.



\*A course of 4-6 weekly treatments is recommended

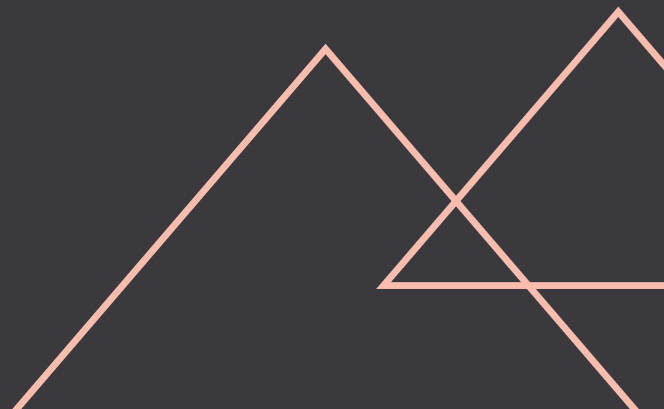
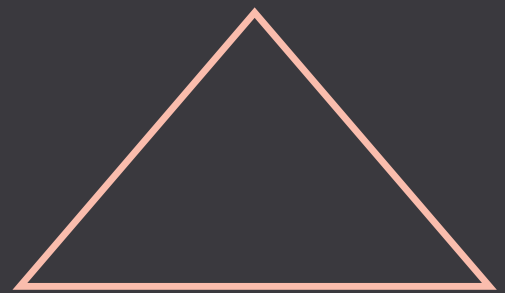


# WE'RE HERE TO HELP YOU ACHIEVE THE SKIN OF YOUR DREAMS

If aging is your problem, triLift could be the solution.

We strive to help you feel your best and look your best, no matter what your health goals are. If you feel your facial features, shape, and youthful appearance aren't what they used to be, triLift can help you achieve the lifted look you truly desire.

Visit our website to book a consultation today. We can't wait to show you just how much of a difference triLift can make in your life.





triLift  
by Lumenis