



Midlife

C U R I O U S

HOW TO CARE FOR YOUR AGING SKIN

A COMPLETE GUIDE FOR WOMEN OVER 40

A large, stylized red number '01' is positioned on the left side of the slide. The '0' is a thick, rounded shape, and the '1' is a tall, slender vertical bar with a small horizontal base. They are set against a solid grey rectangular background that occupies the left half of the slide.

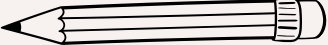
01

Module #1

Understanding skin
and the aging process

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Exercise



Reflect on how your skin has changed over the past five years. Write down any changes you've noticed (wrinkles, dryness, etc.) and outline the things you have done to help your skin and the things that perhaps have contributed to aging.



02

Module #2

Determining your skin
type

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Exercise



Cleanse your face and leave it without applying any products for about an hour. Examine how it feels. Does it feel tight?

Oily? Check for signs of irritation or sensitivity. Based on your observations, classify your skin type.

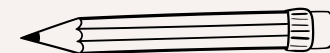
03

Module #3

Understanding key
ingredients to help
fight the signs of
aging

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Exercise



Go through your current skincare products and check the ingredient list. Do they include any of the key anti-aging ingredients? List which ones are present and which ones you may need to incorporate.



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04

Module #4

Building a morning
and evening skincare
routine

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Exercise



Write out your current morning and evening skincare routine. Compare it to the suggested routine and note any gaps or areas for improvement.



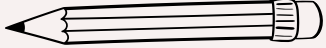
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Module #5

Understanding anti-
aging treatments

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Exercise



Make an appointment to get a facial. Based on your budget and time, try to schedule one as regularly as possible.

You can even do one on yourself at home

Exercise



Reflect on the treatments you feel might benefit your skin.

Draft a treatment plan, setting realistic expectations and goals for your skin over the next 6 months.

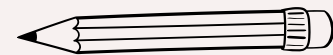
A large, stylized red number '06' is positioned on the left side of the slide. The '0' is a simple oval, and the '6' has a long, curved tail that extends upwards and to the right. The number is set against a solid grey rectangular background that occupies the left half of the slide.

Module #6

Understanding
lifestyle impacts on
aging skin

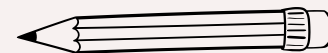
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Exercise



- Track your water intake for one week and aim to drink at least 8 cups (2 liters) per day. Observe any changes in your skin's appearance, such as improved hydration or reduced dryness.

Exercise



·Practice a 5-minute deep breathing exercise daily for one week. After the week, reflect on how this affected your overall stress levels and any noticeable changes in your skin's appearance or texture.