

# eWellness magazine

## The Inner You and Your Timeless Beauty

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The Inner You and Your Timeless Beauty

So earlier in the year we looked at the beauty of each day and slowing down the clock on aging... essentially highlighting ways to focus on the now and the present moment so as not to let time 'drift' you, instead, you take the journey through time to receive the very best for yourself each day! This included a sense of being young at heart, as time is just a measure, it's often how you feel internally that reflects outwardly through your skin, the 'twinkle' in your eyes, and the laughter lines that make up the beauty that you have found in each smile and happy occasion. The subtleness of beauty is great and long-lasting; it is a feeling, something that you can capture each day, so here we look at a few more ways you can grasp that simplistic vibrancy that makes you shine!



**Happy is as happy does- move out of comfort zones!**

When was the last time you did something just for the sheer feel-good factor of it? Life is an adventure that asks us to explore! When we step outside of what is 'safe' and tried and tested it inspires us, we realize the magic we have within us that gets such a thrill from doing something that we love or inviting the brand new into our lives...even for just a short spell. Maybe there is something that you have wanted to do but you talk yourself out of it, afraid to immerge out of the comfortable, but life is too short for regret so make a little promise to yourself to be a little more adventurous...maybe try something new, something that you have always wanted to, just for the sheer fun of it. The magic begins at the end of your comfort zone!

**Let your inner confidence shine!**

Confidence is something that we can build upon each day, be your own best friend and encourage yourself to be the best you can be- when you believe in who you are and your own value you become an inspiration not only to yourself but to others too. Shine your light! What is within is exuded all around you, including your skin and

physicality of being. Keep a spring in your step and remind yourself of how great you are and how far you have come...the smallest of steps create the beauty of the bigger picture! Inner confidence speaks of self-belief, a firm handshake, standing tall, and looking people in the eye- appreciate all that you are and don't hide it away!



**Gratitude is a gateway!**

When we say 'thank you' and show gratitude for all of the life's little ups and downs we naturally invite more things to be grateful for. Keep a little gratitude diary and remind yourself each day of at least 3 things that you are thankful for. Even the things that you find tough to deal with like challenges and seemingly negative circumstance are graced with some kind of blessing to move you forward!

Wellness is a journey and it always begins from within. Being healthy, active, having great skin and eating well are all smaller parts of the bigger picture that make you who you are and reflect the picture of you to the outside world. Each day you get a chance to write your own little story and a new day leaves you open to a new you! Think in terms of what you can do each day to be the best you that you can be, and on all levels, mentally, emotionally, intuitively, and of course physically too!



Here we look at Timeless Skin Care, which was formed in 2010 to provide quality, inexpensive skincare for both women and men. Timeless Skin Care was founded on a philosophy of simplicity to manufacture products using fewer chemicals and be as natural as possible, and also, that quality skin care can be affordable! Their first product "Hyaluronic Acid Pure" was a reflection of this affordability marker.

Here is some more info on this product!

Originally, hyaluronic acid (HA) was an “exotic” ingredient that was not as ubiquitous as it is today. Products were relegated to high-end salons and boutiques where one would expect to pay upwards of \$30 for a 1-ounce size of serum. HA attracts more moisture to the skin, helps other ingredients penetrate the skin effectively, it builds the skin’s matrix and much more. Consequently, Timeless Skin Care has incorporated this ingredient into all of their products and also including the abbreviated “HA” in naming their website!

“Our mission then became to make this ingredient available to the public for a fraction of the price. We started selling on Amazon and quickly became top sellers in the beauty category, ranking alongside established brands and becoming the #1 seller in the “moisturizer” category. We introduced our Vitamin C+E+Ferulic Serum a year later and it became (and still is) our top seller!” said Timeless Skin Care.



For the future, they plan to introduce more great products and maintain the quality of ingredients that they are known for. Their products consist of several lines: Pure, Serum, and Creams.

- The Pure line consists of basic skin humectants/moisturizers that are either applied as a base layer (HA Pure) or applied after a serum (Argan and Squalane). Of course, these products can be used by themselves but they work best when combined with other products. This line allows the customer to still use their favorite cream/moisturizer/anti-aging serum and enhance the benefits of them without adding a chemical laden formula.
- The Serum line consists of intensive anti-aging treatments, depending on the skin condition. For collagen synthesis and wrinkle reduction, there are the Matrixyl 3000, Matrixyl Synthe’6 and Coenzyme Q10 Serums. For additional moisture and anti-inflammatory/wound healing there is the Vitamin B5 Serum. For uneven skin issues, collagen synthesis and skin lightening there are the Vitamin C + E + Ferulic and Hyaluronic Acid + C Serums.
- The Cream line consists of products specifically targeting a certain skin issue, such as puffy saggy under eyes (Eye Cream), dark circles (Dark Circle Cream), and skin pigmentation issues (Skin Lightening Cream).

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