



LUXEORGANIX®  
*feel beautiful*

**ReNew**  
EXFOLIATING FACE MASK  
POLISHING SCRUB

**REPARATIVE 2-IN-1**  
Facial Treatment

Pore perfecting bamboo and super fruit antioxidants polish away impurities and dead cells to reveal smoother, brighter skin and balance without stripping essential oils.

**Anti-Blemish · Anti-Aging**

Kakadu Vitamin C  
Turmeric  
Glycolic Acid



4 FL. OZ. / 120 ML

**Healthy Hair and Skin Care Guide**  
Tips for Best Results

Thank you for purchasing LuxeOrganix ReNew Exfoliating Face Mask Polishing Scrub.

It is our sincere desire that you will absolutely love your skin and love your experience when you use our products. Because we aren't willing to settle for less than the best ingredients, with health as our priority, you may notice some differences between what you've used in the past, as you begin using our products. Our goal is for you to have beautiful skin, without sacrificing your health.

So now that you've got our healthy products in your hands, let's focus on what you can expect with LuxeOrganix, and how you can get your best, beautiful results with it.



- Christine Kominiak,  
*Founder of LuxeOrganix*

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## Product Details

What you hold in your hands is a unique daily facial scrub/mask which promotes healthy, youthful skin. This Exfoliating Face Mask Polishing Scrub contains amazing antioxidants, vitamins and plant extracts to transform your skin, leaving your complexion radiant, healthy, and glowing!

### Reduce Wrinkles, Fine Lines, and Blemishes While You Lighten Dark Spots

LuxeOrganix ReNew Exfoliating Face Mask Polishing Scrub is an anti-aging skin exfoliator and brightener for your face. Used as part of your weekly skincare routine, it helps slough off dry, dead skin cells, revealing new, youthful skin. Some of the highlights of these powerful organic and natural ingredients are shown below:



**ADVANCED BRIGHTENING, TIGHTENING, AND SKIN RENEWING INGREDIENTS:** Infused with a botanical powerhouse of mega-hydrating Hyaluronic Acid, Aloe Vera, Jojoba and Tamanu oils, and Kakadu Plum to hold in moisture, reduce inflammation, puffiness, wrinkles & free radical damage, while also promoting cell regeneration.

**THE IMMEDIATE DIFFERENCE** with this face scrub comes from the perfectly balanced walnut and bamboo grit, along with AHA Glycolic Acid, a powerhouse anti-aging and anti-blemish ingredient. With both small to medium-sized grit, the polishing scrub gently exfoliates your dry, dead skin cells revealing fresh, new skin. This allows other ingredients to more deeply penetrate to lighten, brighten, and tighten

the skin. It's an essential step for glowing skin that firms and promotes fading of brown sun spots & acne scars.

**A NATURAL ACNE-FIGHTER:** Kaolin Clay pulls impurities from your skin while Australian Kakadu Plum soothes irritated skin with anti-inflammatory and antibacterial benefits. When used regularly, this skin exfoliant/mask can reduce swelling, redness & even help get rid of bacterially induced acne.

The product hydrates and locks in moisture with anti-drying ingredients. You'll love the way it feels as you polish your skin, feeling it immediately scrub away dead skin cells. Leaving it on your skin as a mask gives your face a few minutes to bathe in the benefits of the Rosehip Oil, Superfruit antioxidants, Licorice Extract, Turmeric Root, and Vitamin E!

Best used from 1 to three times per week as part of your weekly skincare routine, this versatile product can also be used on your hands and body, and works remarkably well as a spot treatment for correcting skin imperfections, such as dark spots from hyper-pigmentation, acne scars, and to target fine lines and creases on your face, hands, and body.

**ALL LUXEORGANIX PRODUCTS ARE CRUELTY-FREE:** Our skin care products are never tested on animals and are free of parabens, sulfates, GMOs, fragrance oils with phthalates, corn, and soy – and are proudly formulated here in the USA.

**BEAUTY WITHOUT SACRIFICING YOUR HEALTH:** Designed with your health and wellbeing in mind, the ReNew Exfoliating Face Mask Polishing Scrub contains no harmful chemicals commonly found in other skin care products. Our products are proudly made in the USA and are inspired by our woman-owned company. When you use LuxeOrganix, you're not just benefiting yourself, but you are also positively impacting U.S. companies, U.S workers, and animals!

**BEAUTY WITHOUT SACRIFICING YOUR HEALTH®**

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**ReNew**  
EXFOLIATING FACE MASK  
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REPARATIVE 2-IN-1  
Facial Treatment

Pure perfecting bamboo and super fruit antioxidants polish away impurities and dead cells to reveal smoother, brighter skin and balance without stripping essential oils.

**Anti-Blemish · Anti-Aging**  
Kakadu Vitamin C  
Turmeric  
Glycolic Acid

4 FL OZ / 120 ML

- NO PARABENS
- NO SULFATES (SLS)
- NO SODIUM CHLORIDE
- NO DRYING ALCOHOLS
- NO PHTHALATES
- NO MINERAL OIL
- NO PETROLATUM
- NO FORMALDEHYDE
- NO GLUTEN

## Skin Types This Is Best For

PERFECT FOR ALL SKIN TYPES: And not just for women, this natural face scrub and mask, is great for men, too.

Our ReNew 2-IN-1 facial treatment is suitable for all skin types, such as normal, combination, dry, oily, and mature skin. It's also perfect for all skin tones.

**SKIN TYPES**

**THIS PRODUCT IS SUITABLE FOR ALL SKIN TYPES**

Normal      Combination

Very Dry/Dry      Oily      Mature

The infographic features five circular icons representing different skin types: Normal (a vertical bar), Combination (a yin-yang symbol), Very Dry/Dry (a tree-like symbol), Oily (a wavy line), and Mature (a curved line). To the right of these icons is a close-up photograph of a smiling woman with long, wavy blonde hair.

## Directions & Professional Tips for Best Results

ReNew Exfoliating Face Mask Polishing Scrub is a reparative 2-In-1 treatment that clears pores and reveals fresh, younger looking skin. **This product is safe to use 1 to 3 times per week, for visible results.**

**Step 1: Scrub.** After cleansing your skin, gently apply the polishing scrub using the pads of your fingers, working in small, circular motions from your neck, upward to your forehead. Avoid using this on your eye area. Polish for 30-60 seconds.

**Step 2: Leave on.** For best results, leave the scrub/mask on your face for 15-20 minutes. Use a warm, damp washcloth to wipe away, then rinse thoroughly with warm water. Follow with your usual toner, serum, and moisturizer.

## HOW AND WHEN TO APPLY

**WHEN TO APPLY**  
Use after cleansing 1-3 times per week as part of your weekly skin routine.

**HOW TO APPLY**  
**Step 1: Scrub.** Gently apply using the pads of your fingers in small, circular motions, working upward from your neck to your forehead. Avoid use on your eye area. Polish for 30-60 seconds.  
**Step 2: Leave on.** For best results, leave the scrub/mask on your face for 15-20 minutes.

**PROFESSIONAL TIP:** To thoroughly remove your mask, use a soft, wet washcloth and gently wipe away the grit before splashing clean water on your face.



**Important tip!** The power of our healthy exfoliating scrub/mask is magnified when you use LuxeOrganix facial cleansers, serum and moisturizers, leaving your skin looking fresh and vibrant.

For more detailed instructions and professional tips, see the section below, “How To Achieve Healthy, Youthful Skin.”



## Frequently Asked Questions

Here are some questions or requests we've received from our customers:

### Will this get rid of blackheads?

Yes! ReNew 2-IN-1 face scrub & mask not only can help unclog pores and diminish blackheads, but it can also help to prevent them with ongoing regular use. It contains both small & medium grit from bamboo and walnut that polish away blackheads, blemishes, and dull skin. This exfoliating face scrub contains glycolic acid and superfruits that balance and reveal smoother, brighter skin.

### What's in it?

Here is the complete ingredients list for LuxeOrganix ReNew Exfoliating Face Mask Polishing Scrub:

71% Organic Ingredients: Aloe Barbadosensis Leaf Juice\*, Cetyl Alcohol (non-drying fatty alcohol derived from coconut oil), Kaolin, Glycerol\*, Glyceryl Stearate, Isopropyl Palmitate, Cocos Nucifera (Coconut) Oil, Squalane (Olive) Oil, Vitis Vinifera (Grape) Seed Oil, Terminalia Ferdinandiana (Kakadu Plum) Fruit Extract, Juglans Regia (Walnut) Shell Powder, Rosa Canina Fruit (Rosehip) Oil\*, Simmondsia Chinensis (Jojoba) Seed Oil\*, Prunus Armeniaca (Apricot) Kernel Oil\*, Bambusa Arundinacea (Bamboo) Stem Extract, Carbomer, Calophyllum Inophyllum Seed (Tamanu) Oil, Sodium Hyaluronate, Terpeneless Lemon Oil, Pyrus Malus Fruit (Apple) Extract, Cetearyl and Stearyl Alcohol (non-drying fatty alcohols), Water, Glycerin, Calanthe Discolor Extract (Orchistem), Xanthan Gum, Cymbopogon Schoenanthus (Lemongrass) Oil, Rubus Idaeus (Raspberry) Seed Oil, Tocopheryl Acetate (Vitamin E), Pullulan, L-Ascorbic Acid, Curcuma Longa (Turmeric) Root Powder\*, Mandelic Acid, Camellia Sinensis (Green Tea) Leaf Extract, Vaccinium Angustifolium (Blueberry) Fruit Extract, Glycyrrhiza Glabra (Licorice) Root Extract, Vaccinium Macrocarpon (Cranberry) Powder, Citrus Aurantium Dulcis (Orange) Peel Extract, Brown Sugar Flavor Oil\*, Lactic Acid, Ubiquinone, Glycolic Acid, Phenoxyethanol, Ethylhexylglycerin. (\*) Organic Ingredients

### How many times per week do I use this?

We recommend that you use ReNew facial treatment as a part of your weekly skin routine (1-3 times per week) for visible results. If you have overly dry or sensitive skin, you may want to initially limit your use to once per week and ease into using it more frequently. Try using it once or twice per week, see how it works, and give the product a break. Your skin may tolerate use several times per week, or less frequently. Watch your skin and see how it responds!

### Does it really help clear pores and dead skin?

ReNew 2-IN-1 exfoliating face scrub and mask is uniquely blended with both small and medium grit from bamboo and walnut that together polish away dead and dull skin, and blemishes. With ongoing and regular use following your cleansing routine, it helps to promote clearer pores and smoother skin. In addition, it contains glycolic acid, the holy grail for exfoliation, to remove dead skin cells, along with superfruit antioxidants that balance and reveal smoother, brighter, and fresher-looking skin.

**Does this scrub help with acne scars?**

This 2-1 face scrub & mask contains kaolin clay which is used to restore skin that's been damaged by acne, and to absorb excess oil from the skin, preventing breakouts before they begin. It's packed with a number of beneficial ingredients that promote healing for scarred skin, such as organic aloe, licorice root extract, vegan squalane, and glycolic acid. This product exfoliates and exposes new skin and encourages fresh collagen...all of which contribute to minimizing signs of acne scars.

**Is this exfoliating mask cruelty-free?**

All products manufactured by LuxeOrganix are formulated without testing on animals. In fact, all products manufactured by LuxeOrganix are made in the USA and have never been tested on animals, nor have we ever conducted animal testing, and we have never commissioned any outside organization to do so on our behalf. No respectable lab in the U.S. today works with animal-tested products.

## 2-IN-1 Facial Treatment

**Instantly Renewing Exfoliating Face Scrub**

Small & Large Grit  
 Clears Clogged Pores  
 Polishes Away Dull, Dry Skin & Blemishes  
 Gently Dissolves Dead Skin Cells

**REPARATIVE 2-IN-1 Facial Treatment**

Pore-perfecting bamboo and super fruit antioxidants polish away impurities and dead cells to reveal smoother, brighter skin and balance without stripping essential oils.

**Anti-Blemish · Anti-Aging**

Kakadu Vitamin C  
 Turmeric  
 Glycolic Acid

4 FL. OZ. / 120 ML

**Brightening, Tightening & Hydrating Face Mask**

Brightens & Evens Skin Tone  
 Minimizes Pores & Smooths Skin  
 Moisturizes, Calms & Reveals Fresh Skin

**Will this work on any part of the body instead of just the face?**

Yes, you can use our facial treatment and scrub on your face as well as your body. We recommend that you keep the product away from delicate skin around your eyes and intimate areas as it is not formulated to be used on such areas of the body.

### Does this help with dark circles?

We do not recommend using this exfoliating face mask polishing scrub on the skin directly under your eyes. The tissue around the eye is very delicate, and therefore it is important to avoid using abrasive facial products on those areas. Our Brilliant Eyes Bio-Advanced Daily Eye Cream may be a better solution for you to address the dark eye circles, as it is formulated with natural Eyebright and other ingredients that are proven to help with skin tone.

### Is this good for mature skin?

Yes! LuxeOrganix exfoliating face mask polishing scrub can be perfect for mature skin as it contains Orchistem and Licorice Root Extract, which are active ingredients for improving the firmness of skin, reducing sagging and redefining the face contours. This facial treatment also contains Australian Kakadu Plum, which is a super essential antioxidant that dermatologists believe is the most concentrated natural source of vitamin C on earth. Vitamin C slows down the aging process, and increases collagen for brighter, firmer, plumper, glowing younger-looking skin. That's not all -- this treatment is blended with aloe vera, rosehip oil, and apricot kernel oil, which are nurturing organic and natural ingredients known to diminish fine lines and wrinkles.

### Does this mask contain sulfates, parabens, phthalates, alcohol? Does it contain silicone?

Our facial treatment does not contain any sulfates, SLS, parabens, sodium chloride, gluten, phthalates, silicone, or drying alcohols. This product was created with your health and well-being in mind!

### What skin types is this for?

LuxeOrganix ReNew reparative treatment is suitable for all skin types, such as normal, combination, dry, oily and mature skin types. Most skincare experts agree on exfoliating two to three times per week - as long as your skin can handle it.

### Can I use it every day? Once or twice a day?

We recommend using this 1-3 times per week and just once per day. Most skincare experts agree on exfoliating two to three times per week - as long as your skin can handle it. That's because over-exfoliating can cause chronic skin irritation and inflammation. Therefore, two to three times per week for normal and combination skin typically is recommended by skin care experts, and just once a week for sensitive skin. Your skin may tolerate use several times per week or less frequently - it is always important to watch your skin and see how it responds. As always, please feel free to reach out to us for personalized advice based on your unique skin type and skincare routine.

### Is it gluten free?

Yes, this face scrub and mask does not contain wheat or any ingredient related to wheat.

## WHY CHOOSE LUXEORGANIX®

	LUXEORGANIX	OTHER BRANDS
Made In USA with Organic & Natural Ingredients	✓	✗
2-IN-1 Scrub & Mask	✓	✗
Small & Large Grit For Perfect Exfoliation	✓	✗
Non-Drying with No Drying Alcohols	✓	✗
Light, Fresh Scent - No Added Fragrance	✓	✗
Non-Staining Turmeric For Brightening & Soothing	✓	✗
AHA Glycolic Acid	✓	✓
Kakadu Plum - 55% More Vitamin C	✓	✗

### Is it Vegan?

Thank you for asking! Yes, LuxeOrganix ReNew Exfoliating Face Treatment contains no ingredients that are sourced from animals, and is vegan. This exfoliating facial treatment is also free of sulfates, sodium chloride, parabens, gluten, phthalates, drying alcohols and dyes.

### Can this be used with Retinol face cream?

Great question! Dermatologists caution against exfoliating and using strong retinols in the same skincare routine, such as using one right after the other, as it may cause irritation, such as redness and flaking. If you want to use both a retinol and exfoliating scrub, try alternating evenings, or exfoliate in the morning and use the retinol at night. You can exfoliate when you are using retinols, but you just have to see if it's something your skin tolerates. If you choose to exfoliate, do it very gently for a short amount of time, in the morning or on the days you are not using retinol, and limit exfoliation to 1-2 times per week. Consider starting with just once per week, and if your skin is responding well, you can try increasing exfoliating to twice per week in between your retinol use.

## How to Achieve Healthy, Youthful Skin

Achieving and maintaining healthy, youthful skin all comes down to keeping your skin clean and balanced.

**Removing your makeup at night** is a very important part of keeping your face clear without breakouts and acne. For women who are older than 20 it is also an important part of maintaining a youthful appearance. If you leave your mascara on all night, it can cause the lashes to crack and break off. Base or foundation that is left on all night will dry out the skin and clog the pores. Begin by gently removing your eye makeup with a cotton ball moistened with a makeup remover, or a natural oil, such as Jojoba oil. Apply your chosen makeup remover over your eye makeup and mascara and let it soften the mascara, so it removes easily. With waterproof mascara this might take a minute and some additional effort. Waterproof mascara is actually very damaging to the lashes as you remove it. If at all possible, use a mascara that isn't waterproof unless you are going into a situation where you know that you'll be shedding tears, such as a wedding or funeral. At other times if you cry unexpectedly you may lose a bit of your mascara, but you'll have healthy eyelashes in the long-term.

**Next use a cleanser that is best for your skin type** and be sure the cleanser can be used for makeup removal. (If you're not sure what your skin type is, see the section below on determining your own skin type.) Never use bar soap to clean your face. Because of the pH differences you'll do more damage to your face with bar soap than by leaving the makeup on overnight.



Use lukewarm water to lather up the cleanser and help the makeup to breakdown on your face. You don't want to scrub hard but using the warm water and a dollop of the cleanser rub it into a lather and rub it gently over your face concentrating on the places where you apply makeup. Also helpful is to use a silicone face massager ("scrubbie"), which not only can help with getting the cleanser to lather up easier, but it can also help to remove makeup more effectively than just using your hands and fingers. And it's reusable!

**Spend a minute, at least 60 seconds,** to go over your face and be sure you've cleaned all areas. You will also want to clean your neck gently to help remove any powder, perfume and daily dirt that settles there.

**Now rinse your face several times** with lukewarm water to wash away the cleanser and makeup from your face. You may enjoy using a warm wet washcloth instead – but don't scrub. You may prefer to splash cold water on your face at the very end to tighten your pores. Now pat your face dry. Don't rub or scrub with the towel, but just gently pat the areas dry.

### Use a Toner... Here's Why

You may be surprised to find more dirt or makeup removed with the cotton swab and toner that you may have missed with the cleanser. Use a liberal amount of toner for your skin type. The toner will help to clear your pores, tighten your skin and help prepare it for any of the night creams or serums that you will be using. It also helps to balance the skin after cleanser and before moisturizers.

### How to Moisturize Properly

Perhaps most importantly - do not forget to moisturize! Your skin needs the extra moisture each night after a day of wearing makeup and then cleansing at night. Think of this as a drink of water for your skin - in fact it can feel quite refreshing!

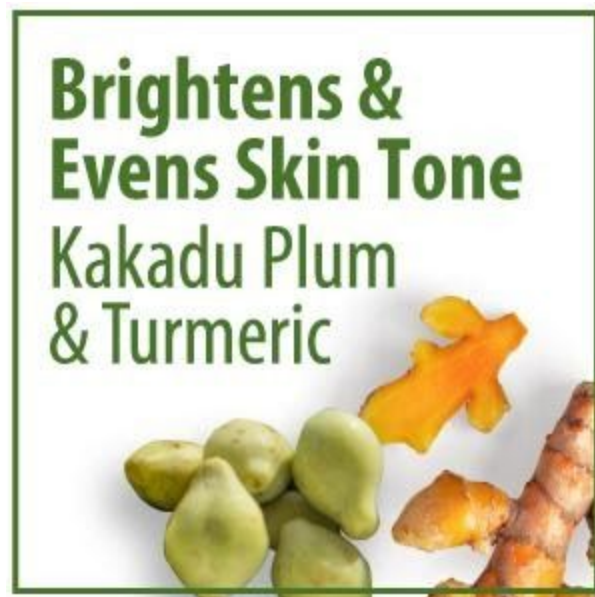
**First, use your serum to help restore your skin.** Apply it around your face, neck and décolleté. Avoid the eyes as your skin around the eyes is delicate. (For detailed instructions on how to properly apply your serum, see the section above, "Directions & Professional Tips for Best Results."

**Don't skip using a moisturizing cream.** Depending on your skin type, use a lightweight moisturizer (often specified as a daytime moisturizer or daily face cream) or use a heavier moisturizer (often referred to as a nighttime moisturizer) if your skin is dry or feeling dehydrated. Spread a light layer across your face and neck.

**Apply a gentle moisturizing eye cream,** such as LuxeOrganix Brilliant Eyes, which only requires a very small amount to spread across your eyelids, underneath your eyes and around the corners of your eyes where we are prone to get "crow's feet" wrinkles. Use a tiny pea-size of the eye cream on your ring finger to gently tap the product onto your skin (a gentle tapping motion helps to reduce puffiness and smooth the underage area). Avoid rubbing the skin since this area is delicate and prone to fine lines and wrinkles.

**Professional Tip:** Prevent bacteria from getting into your products by not touching the product in the container. LuxeOrganix helps you out with this by manufacturing our good-for-you skincare products in airless pump bottles and dropper bottles. DO NOT open the bottles or dip your fingers into bottles.

The skin over the lips is thinner than anywhere else on the face. Use a strong emollient-based product each night to keep your lips plump and kissable throughout the next day. Your choice of moisturizers should include ingredients such as hyaluronic acid to help maintain plump radiant skin cells and peptides.



Peptides are the new buzzword in the skin care industry. The addition of these substances has been shown to improve skin elasticity, improvement in roughness, clarity, fine lines, and wrinkles. Your mind will be at ease knowing these skin-health ingredients are included in LuxeOrganix’s eye and face moisturizing creams.

**Your cleansing routine shouldn’t be done just in the evening.** Cleaning makeup and daily dirt from your face is important but cleaning away dead cells and pillow lint in the morning can be just as important before putting on new makeup and facing the day. Follow a similar routine of cleansing, toning and moisturizing.

**In the morning use your serum and a lightweight daily moisturizer,** such as LuxeOrganix Kakadu Vitamin C Hyaluronic Acid Brightening Serum, Vitamin C Infusion face moisturizer, as well as the Brilliant Eyes Bio-Advanced Daily Eye Cream to help nourish and protect your skin from dehydration throughout the day. After applying your creams to your face and neck, **be sure to apply a sunscreen of SPF 15,** or use a BB Tinted Moisturizer or foundation that include an SPF. Don’t forget that your neck is exposed to sun exposure, too. So, if you are using a BB Tint or foundation with SPF, you will want to apply a separate sunscreen to your neck area (best to do this before applying your tint or foundation).

## SIMPLE STEPS

### To Fresh, Beautiful and Healthy Skin

**Step 1**

Cleanse & detox with **Remarkably Clean** purifying cleanser

**Step 2**

Exfoliate with **ReNew Face Mask Scrub**

**Step 3**

Hydrate & repair with **Brightening Serum**

**Step 4**

Rejuvenate with **Brilliant Eyes** bio-advanced cream

**Step 5**

Nourish with **Vitamin C Infusion** moisturizer

To break this process down into steps:

### Daily Skin Care Routine For Healthy, Youthful Skin

1. Take off your makeup, especially mascara, with a gentle makeup remover or cleansing oil.
2. Clean your face twice a day, morning and evening, to remove makeup, daily dirt and pillow lint.
3. After cleansing use a balancing toner to continue removing the last of the toxins and waste products from your skin as well as prepare it for moisturizer.
4. Follow with your serum.
5. Use a specific cream designed for the eyes.
6. Find a moisturizer that fits your skin type, so you reap the benefits of skin that is well balanced, without clogged pores and retaining as much moisture as is possible.
7. Always use at least an SPF 15 when exposing your skin to sunlight. Including SPF as the last step of your morning routine is a smart way to make sure your skin is always protected.

Certainly, your new Exfoliating Face Mask Polishing Scrub will be a key component in your skin care routine to help you achieve and maintain healthy, youthful skin. Even so, that's not all...



## How To Prevent Damage To Your Skin

Preventing additional damage is just as important to get and keep your skin healthy. One of the simplest steps you can take is to have a look at all of the products you're applying to your skin on a regular basis.

By now you may know that avoiding harmful chemicals and ingredients such as sulfates, parabens, phthalates, PEG compounds, petrochemicals, dyes or artificial fragrances can negatively impact the appearance and health of your skin. So, you want to check the back of the box or bottles or look up online the ingredients for the products you are applying to your skin and check them to see if they contain these ingredients. If they do, it would serve your skin well to find a more natural and organic alternative, that doesn't have these types of ingredients. The main idea here is that if you're going to be putting all this effort into achieving clean, moisturized and balanced skin by using healthy skin care products, like LuxeOrganix ReNew Exfoliating Face Mask Polishing Scrub, it would be counter-productive and wouldn't make good sense to then go right back to using products with ingredients that can have adverse effects on your skin.

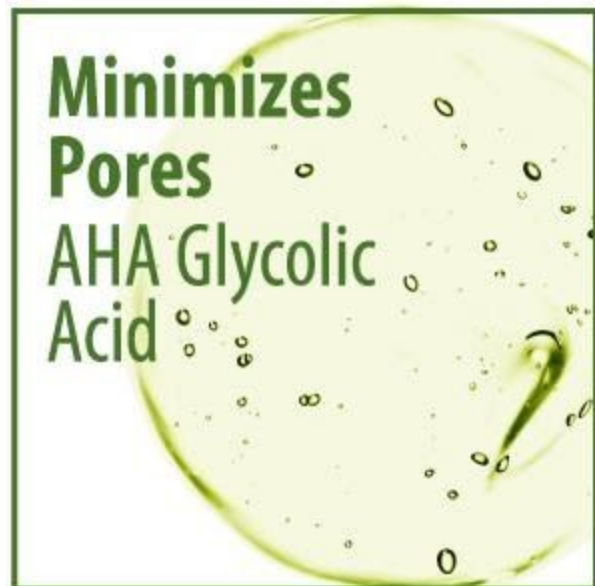
Now to dig a little deeper, let's look at some of the other factors that can cause aging and damage to your skin.

### Factors That Cause Skin Aging

Each day our skin is assaulted by agents and factors that can cause aging. Your skin may begin to look dull and you may see wrinkles around your mouth and eyes. But you can fight against premature aging of your skin with just a little know-how and action.

Young people often don't ask what damages the skin. Instead most don't give any second thought to the sun, or forget to moisturize, eat junk foods and don't drink enough water. When, in fact, those are many of the pieces of the puzzle that damage the skin and cause wrinkles, fine lines and age spots. The relationship between these factors to free radicals is the basis of the cause of the changes to the skin. These free radicals gobble up collagen and elastin, the fibers that support skin structure preventing wrinkles and other signs of aging. Free radicals are a harmful byproduct of sunlight, smoke and pollution to name the greatest culprits to damage to the collagen and elastin layers.

To start you should know there are two types of factors that are causes of skin aging. There are internal and external factors. Internal factors are ones that can't be stopped and are related to the decreases in hormone production, elastin, collagen and structure of the skin. External factors can be affected which will decrease your risk for premature aging of the skin.

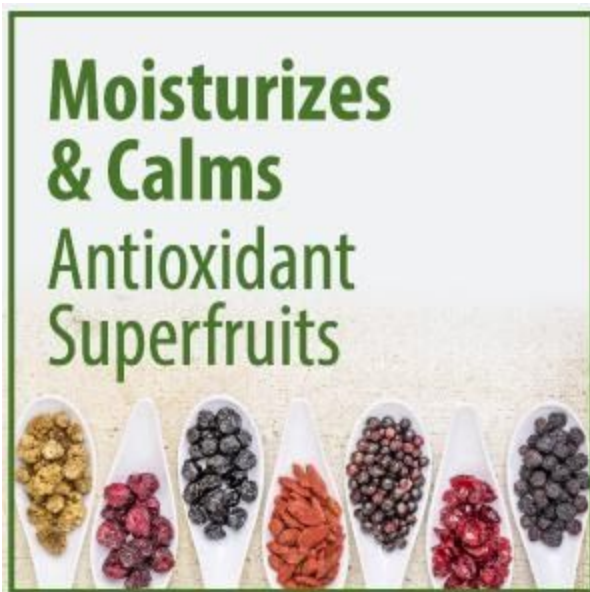


One of the problems with preventing the causes of skin aging is that you may know what they are but you don't do anything about them. Education is great but actions speak louder than words. People often already know the causes of skin aging from news media and magazines but without action your skin will continue to age prematurely. There are several different types of damage to the skin. The first happens from things that can't be changed – such as aging.

There just isn't a way to stop the hands of time. And the hands of time affect your skin and your body. Aging decreases the amount of collagen and elastin in the skin that will decrease the amount of flesh under the skin. Between the lack of collagen and gravity, you end up developing jowls, wrinkles, fine lines and crow's feet. But, if you do what you can to alleviate the damages that you can change, the hands of time won't be as unforgiving and you can retain much of your youthful appearance long past the years your parents did.

### Begin with sun care.

Use sunscreen no matter what your age is. Whenever you go into the sun or outside you can prevent the signs of aging before they even happen by using a sunscreen that has an SPF of 15 or higher. Get into the habit of using it early in the morning on your face and hands. Some foundations and tinted moisturizers will also have this level of protection.



Don't forget about the backs of your hands. Your face may be without wrinkles or sunspots, but your hands may tell your age. Your hands are exposed to the sun each day when you are behind the wheel of your car or sitting near a window. One of the first signs of sun damage is a suntan, which results from injury to the epidermis layer of the skin. The UV light accelerates the production of melanin. The extra melanin creates the tan, which is actually the body's way of protecting the skin from further damage by UV light. Eventually sun will cause a sunburn that kills and damages skin cells. If there is enough sun to cause a burn, there will also be damage to the DNA of the skin cells.

For instance, researchers know that exposure to the sun increases the amount of collagen and elastin that are lost in your skin, speeding the aging process. Exposure to the sun damages the skin and increases your risk of skin cancer as well. The problem stems from the ultraviolet rays from the sun and tanning beds and fluorescent lighting. So, although you may be spending the majority of your time indoors in an office, if there is fluorescent lighting you still need sunscreen each morning under your makeup and on your exposed skin.

The bottom line is that you should avoid the sun during the high-intensity hours and use sunscreen at all times. During appropriate weather cover your skin with clothing that provides the best protection

against the sun. You don't have to hide away indoors, and in fact under fluorescent lighting, staying indoors isn't really protection. Be sharp about your sun exposure, wear protection and think smart.

Other things that damage the skin are a lack of moisture from poor fluid intake and poor external moisturizer. You should drink 8-10 (8-ounce) glasses of water each day. When your skin becomes dry it can show more wrinkles. You can use moisture from the outside and the inside. Start by staying hydrated each day. This helps your skin cells to stay plump and healthy, which gives your skin a healthy glow.

You don't need to spend a great deal of money on body moisturizers; coconut oil and olive oil after a bath or shower when your skin is still wet is a great addition to your daily routine. Some people can get away with using a simple moisturizing oil, such as coconut or olive oils, on their face. But for many, these oils alone can cause adverse effects, such as acne breakouts.

For most people, investing in a healthy facial moisturizer, like LuxeOrganix Vitamin C Infusion, and applying it twice a day is a smart and effective way to create a barrier that stops the skin from losing essential moisture. Facial moisturizers will help slow the aging process, decrease the appearance of fine lines and wrinkles and slow the development of age spots. Establish a daily routine and you will soon notice a decrease in the appearance of fine lines.

Keep in mind that not all facial moisturizers are good or even safe to use on your eyelids or under your eyes. The skin around your eyes is the most sensitive, and therefore using an eye moisturizing cream, that is specifically developed to be used around your eyes, will save you from suffering.



Interestingly one of the external factors that are a cause of skin aging is facial expression. Repeated facial expressions can actually lead to fine lines and wrinkles. As your skin ages and loses elasticity it stops springing back to its line free state. So, if you are frowning constantly – stop! The grooves become permanently etched in your face.

Another one of the causes of skin aging is the position you sleep in at night. When you rest your face on the pillow in the same way every night for years it leads to wrinkles. These wrinkles are called sleep lines and are etched into your face and don't disappear when you are awake and walking around. People who sleep on their back do not develop these wrinkles since their skin doesn't lie crumpled against the pillow.

Smoking is another factor that damages the skin. Smoking causes wrinkles from the squinting of your eyes due to the irritation of the smoke, pursing your lips to smoke the cigarette and a breakdown of collagen and elastin from the nicotine in the tobacco. Researchers have found that tobacco increases the loss of collagen and elastin, which improve the structure of the skin. Loss of the collagen and elastin increase the development of wrinkles, jowls and deep lines.

And last, but certainly not least, of the factors that damage the skin, is poor nutrition. The nutrients we feed our bodies are what they use to produce the skin cells we see in the mirror.

We really are what we eat. When we feed our cells junk food and saturated fat, we really can't expect the body to convert those things to vitamins and minerals needed to fuel the body.

Although a multivitamin is a good adjunct, the body doesn't metabolize these as well as from a natural source. So, here's another reason to eat your vegetables and fruit, and drink your water!

## Why It's Important to Determine Your Own Skin Type

Perhaps you might care the most to know your skin type so that you are not purchasing products that are not right for your skin, and that could potentially cause negative results in the appearance of your skin. As it is with everything else, knowing the condition of the different parts of your body is the first step in caring for it. Skin is no different. Knowing your skin type is the beginning of giving your skin the proper treatment to maintain good skin tone and condition.

Your skin type is a general description of how your skin feels and behaves. The most common types used for commercial products are normal, oily, dry and combination skin. Other categories include blemish-prone, sensitive and sun-damaged skin. Convenient as these skin type categories are in choosing products, it is not exactly the best way to know and understand your skin on a level that will really help it. This is perhaps the reason why, even though the "right" products have been used for your designated skin type, you still experience either dryness, oiliness, acne and other problems.

## NO HARMFUL CHEMICALS, ARTIFICIAL FRAGRANCE OR DYES.









### 71% Organic Ingredients

Aloe Barbadensis Leaf Juice\*, Cetyl Alcohol (non-drying fatty alcohol derived from coconut oil), Kaolin, Glycerol\*, Glyceryl Stearate, Isopropyl Palmitate, Cocos Nucifera (Coconut) Oil, Squalane (Olive) Oil, Vitis Vinifera (Grape) Seed Oil, Terminalia Ferdinandiana (Kakadu Plum) Fruit Extract, Juglans Regia (Walnut) Shell Powder, Rosa Canina Fruit (Rosehip) Oil\*, Simmondsia Chinensis (Jojoba) Seed Oil\*, Prunus Armeniaca (Apricot) Kernel Oil\*, Bambusa Arundinacea (Bamboo) Stem Extract, Carbomer, Calophyllum Inophyllum Seed (Tamanu) Oil, Sodium Hyaluronate, Terpeneless Lemon Oil, Pyrus Malus Fruit (Apple) Extract, Cetearyl and Stearyl Alcohol (non-drying fatty alcohols), Water, Glycerin, Calanthe Discolor Extract (Orchistem), Xanthan Gum, Cymbopogon Schoenanthus (Lemongrass) Oil, Rubus Idaeus (Raspberry) Seed Oil, Tocopheryl Acetate (Vitamin E), Pullulan, L-Ascorbic Acid, Curcuma Longa (Turmeric) Root Powder\*, Mandelic Acid, Camellia Sinensis (Green Tea) Leaf Extract, Vaccinium Angustifolium (Blueberry) Fruit Extract, Glycyrrhiza Glabra (Licorice) Root Extract, Vaccinium Macrocarpon (Cranberry) Powder, Citrus Aurantium Dulcis (Orange) Peel Extract, Brown Sugar Flavor Oil\*, Lactic Acid, Ubiquinone, Glycolic Acid, Phenoxyethanol, Ethylhexylglycerin.  
(\* ) Organic Ingredients

Why is this so?

First of all, you have to remember, like any part of your body, your skin is never the same all throughout. It goes through all sorts of conditions depending on several factors, some of which include your genes, your lifestyle, habits, climate, etc. Add to this the fact that the problems you are experiencing may not

be simply the result of lack of care. There are cases when skin diseases are the reasons. So, from here on out, it will be good for you to take with a grain of salt what beauty magazines and cosmetic salespeople tell you about your skin type. It's about time you go beneath the surface and really know what your skin is about.

You want to know the factors that influence your skin type. This can get tricky since almost everything can influence your skin and the condition it's in. Just looking and feeling your face is not enough to determine your skin type. To get an effective evaluation of your skin, consider the following: The first set of factors affecting your skin are those within your own body.

Hormonal changes brought on by your body's development influence your skin to a huge extent. For women, the menstrual cycle can cause drastic changes on the skin. The same goes for periods of pregnancy and menopause. Men are also subject to these influences, especially during puberty as hormones cause the body to develop.

Your genes also influence the propensity to acquire a certain skin condition that is characteristic of your parents' own skin types. However, as their skin is also influenced by different factors, your skin and theirs may not necessarily be the same. Lifestyles and habits also affect your skin and while these may seem external to your body, the way you conduct daily activities such as diet, exercise, smoking and drinking habits influence your body and therefore your skin as well.

Other influences affecting your skin lie outside your body such as weather and climate as well as your skin-care regimen of choice. The climate of areas you spend prolonged periods in will influence how your body reacts. Cold climates tend to cause dry skin and flaking, whereas humid areas cause excessive sweating and oil production. The skin care products you choose also affect your skin condition. Using creams or moisturizers that have too much emollients could cause your skin to be oily whereas strong cleansers and exfoliators could result in dry, sensitive skin.

**Now that you know what influences your skin, it is time to know what condition it is in.**

First of all, don't evaluate your skin right after you've washed your face. This is because your skin is reacting to the water and cleansers you've put on it. Wait four to five hours after you've washed. This will give your skin time to recover from the cleansing and allow it to resume its "normal" activity. Also try to do this on a day you have not worn any makeup or put on creams so a more accurate evaluation can be made.

Take a piece of facial tissue and press it on different areas of your face. Hold the tissue against the light and if blotches can be seen, then you have oily skin. This is the reason why you should carry out this assessment when you are not wearing makeup or moisturizers since the oil may be caused by these substances.

If the general area of your face appears dry, feels tight and can see patches of skin flakes, then you are dealing with dry skin. On the other hand, if you observe that some areas are both dry and oily then you have combination skin.

Now that you know the degree of oiliness or dryness your skin has right now, you want to validate that there are no signs of any type of skin disease.

Are there areas of redness around your nose and cheeks with red bumps and blemishes but aren't pimples? Do you see fine lines of capillaries on the surface that are sensitive to the touch? If yes, you may have rosacea. Patches of irritated, dry, red to white scaly and crusty skin around the hairline, nose, eyes and cheeks may be caused by a skin disorder called psoriasis. In both cases it is advisable to be evaluated by going for a consultation with a dermatologist.

With these evaluations, you can be equipped to develop a more effective skin care routine to help maintain your skin's health. But remember that your skin type won't remain constant for long, even with the right choice and use of products. As your own body undergoes development, your skin type will change as well. It is recommended that you perform this simple assessment every 4 to 6 months.

With proper attention and care, you can give you skin the right treatment when and how it needs it – something that is far more effective than taking guesses on what your skin may need with products or fancy treatments at a spa.

## Recommended Products

To save you some time and effort searching for products that you know will be safe for your skin and body, I'd like to let you know about some of our other products that likely will benefit you. You can find them on amazon.com or on our online store.



### Remarkably Clean Purifying Facial Cleanser

This detoxifying activated bamboo charcoal face cleanser tightens and lifts dull, dead skin, and draws out pore-clogging impurities, oils, and makeup like a magnet.

Perfect for all ages.

Anti-aging and pore minimizing, collagen boosting MSM drives botanical extracts deep into skin to balance oil production and improve tone, texture, and elasticity, leaving skin revitalized.

[Discover what makes this cleanser so amazing on our website.](#)

### Kakadu Vitamin C Brightening Serum

Infused with a botanical 1-2 punch of mega-hydrating Hyaluronic Acid and organic Reishi mushrooms. This power-duo holds moisture, reduces inflammation, puffiness, wrinkles & free radical damage, while also promoting cell regeneration.

The difference with this hyperpigmentation serum is the Kakadu Plum extract. Kakadu Plums contain 55 times more vitamin c than an orange. Super Vitamin C skin lightening tonic, this is essential for glowing skin – it also firms and promotes fading of brown spots and acne scars.

[Once you read more about this serum, you'll want to add it to your daily routine.](#)







### Brilliant Eyes Day & Night Eye Cream

The perfect moisturizing under-eye and eyelid treatment for dark circles, puffiness, and wrinkles is now available in our airless pump dispenser.

Our advanced daily eye cream is a wrinkle repair moisturizer with natural, plant-based retinol that softens and firms the skin around your eyes, and reduces puffiness, minimizing eye bags.

[See what others are saying about Brilliant Eyes on our website.](#)

### Vitamin C Infusion Daily Face Moisturizer

Safe organic and natural ingredients. This gently crafted dark spot remover formula is a natural hyperpigmentation treatment.

You'll love knowing its vegan, cruelty and paraben-free. Known to smooth wrinkles, this natural facial moisturizer is ideal for dry or mature skin. Helps slow the signs of aging by firming; fine lines become less noticeable with improved texture. Lightweight, easy to apply and penetrates quickly. Works great for daytime use under makeup or days without makeup.

The perfect Vitamin C boost that hydrates skin without feeling heavy or greasy.

[Discover more amazing facts on this moisturizer by clicking here.](#)





### Invigorate Biotin Shampoo and Conditioner

Formulated with more than 20 ingredients that stimulate the scalp and promote healthy hair growth, this sulfate-free shampoo and conditioner set is perfect for those who are looking for a natural and organic hair care product.

Whether you are challenged with hair woes that you're hoping to overcome, or if you just enjoy aromatic essential oils of Tea Tree, Mint and Rosemary, you'll be excited to try out this heavenly scented duo.

[Learn more about this dynamic duo on our website.](#)

### Rejuvenating Sulfate-Free Moroccan Argan Oil Shampoo

It's free of harsh ingredients, such as sulfates and sodium chloride (so it's safe for colored and keratin treated hair) and works beautifully on most hair types, including even those with fine hair.

Available as a set with the shampoo, or individually in 8 and 16oz sizes.

[Discover why everyone loves this Argan Oil shampoo.](#)



### Rejuvenating Paraben-Free Moroccan Argan Oil Conditioner

Also free of all the nasty ingredients discussed before, and has a delightful, citrus creamsicle scent. Our customers absolutely love this product for how soft and manageable it leaves their hair.

Though appropriate for all hair types, I will say our customers with curly (fine or coarse) hair have particularly gorgeous results with it!

Available as a set with the shampoo, or individually in 8 and 16oz sizes.

[See what others are saying about our Argan Oil conditioner on our website -- just click here.](#)



### Refreshing Mint CoWash Cleansing Conditioner

Also known as an “In Between Shampoo Alternative,” this conditioner with gentle cleansing agents is the perfect resource following a chemical treatment, giving you days or even weeks off from shampooing, helping to preserve your recently treated hair by not stripping it, but instead moisturizing and refreshing it.

Refreshing light mint scent leaves your hair refreshed.

[Learn more about cowashing on our website. It's a game-changer for your hair!](#)

### Deep Conditioner + Hair Mask

A solution for dry or damaged hair from color treatments that allows you to dry without tangles. This organic deep conditioning hair mask is what you've been searching for.

Fuller feeling hair for less than the cost of dinner for two...Yes! Marshmallow root extract soothes dry scalp, with a calming and relaxing scent.

You'll wish you found it long ago. [You can find it here, now!](#)





### Bond Integrity Protein Hair Treatment

This refreshing mint mojito ultra-nourishing & gentle protein treatment mask works wonders on your hair and your senses! Ancient amino acids from hydrolyzed rice and quinoa proteins, panthenol (vitamin B-5), and 2% biotin strengthen & support the integrity of bonds in your hair, making it softer, shinier, and stronger. Organic aloe, Shea butter, jojoba, hemp, and coconut oils deeply hydrate and smooth, leaving your hair feeling voluminous and healthy.

This product helps everyone achieve their #HairGoals- [Get started on yours today!](#)

### Moroccan Argan Oil Styling Cream


Perfect if you're wanting to give your hair added protection, while softening and adding manageability with a light hold. Great treatment before drying or styling and equally dazzling to create beachy waves.

Works beautifully for all hair types, especially those with wavy, curly or frizz-challenged hair. [You can pick up your style cream here.](#)



## Need help?

It means the world to us that you have a delightful experience with our products! If you have any questions or if there's anything we can do to help you, please don't hesitate to reach out to us [here](#).

Feel Beautiful 

*Christine Kominiak*  
Founder, LuxeOrganix

[LuxeOrganix.com](http://LuxeOrganix.com)

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