FIRESIDE CHAT · WOMEN OF TODAY

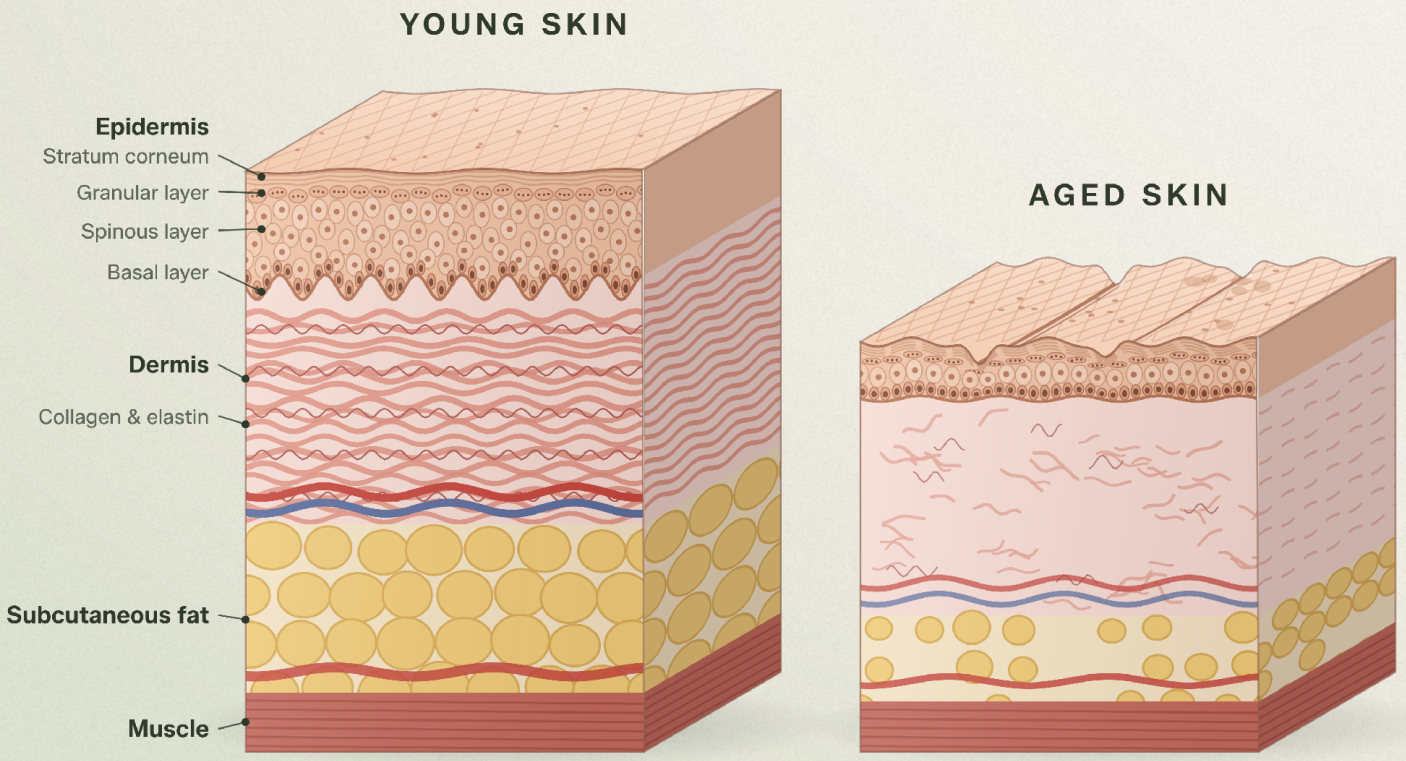
Noreen Galaria, MD



- BOARD-CERTIFIED DERMATOLOGIST FOR 20+ YEARS
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- CEO & FOUNDER, INNER GLOW VITAMINS

With Camila Alves McConaughey

Young vs. Old Skin: What Happens



01 **Thinner epidermis**

Cell turnover slows, so skin looks duller and heals more slowly.

02 **Collagen & elastin break down**

Fibers thin and fragment, leading to lines, wrinkles and sagging.

03 **A flatter, fragile junction**

Layers lose their interlocking ridges, so skin tears and bruises easily.

04 **Volume loss**

Fat beneath the skin shrinks, causing hollowing and laxity.

PREVENT · PRESERVE

Skin Through the Decades: 20s–30s

YOUR 20s

Prevent

SKIN

- SPF 30+ is your best anti-aging investment
- Vitamin C antioxidant serum every morning
- Cut sugary & processed foods to calm acne
- Acne-prone? Avoid progesterone-only birth control
- Polypodium leaf gummies for extra sun protection

BODY & WELLNESS

- Build strength now: easier to maintain than rebuild
- Lock in sleep & nutrition; limit alcohol & late screens

DID YOU KNOW? *The most powerful anti-aging product is sunscreen. Start now and you'll age better than most of your peers.*

YOUR 30s

Preserve

SKIN

- Tinted SPF if melasma appears or you're on screens a lot
- Antioxidants AM, retinoid PM, around the eyes too

BODY & WELLNESS

- Combine strength training with steady cardio
- Eat the rainbow: berries, greens & healthy fats
- Swap afternoon coffee for polyphenol-rich green tea
- A drink a day is linked to more visible aging
- Protect your sleep and cultivate strong friendships

DID YOU KNOW? *Tinted sunscreen isn't just makeup. Its iron oxides protect against visible light, a major trigger for melasma and pigmentation.*

Skin Through the Decades: 40s–50s

YOUR 40s

Adapt

SKIN

- Hormonal shifts can bring acne, dryness or hair thinning
- Sleep, stress, smoking & nutrition now show on your face
- Botox for wrinkles, microneedling for collagen

BODY & WELLNESS

- Lift weights and add creatine for muscle & brain
- Morning daylight supports sleep, mood & body clock
- Don’t normalize feeling “off”: know perimenopause signs

DID YOU KNOW? *Skin collagen may drop by as much as 30% in the first five years after menopause. Start protecting collagen, muscle and bone now.*

YOUR 50s

Support

SKIN

- Go richer on moisturizer, but don’t skip SPF & retinoids
- Consider microneedling, Sculptra, fillers or lasers
- Prone to hyperpigmentation? Skip the red light mask

BODY & WELLNESS

- Estrogen loss means more belly fat, less lean muscle
- Prioritize resistance training, protein & rucking
- VItamins get harder to absorb-supplement VIt. D, Calcium etc.
- Hot flashes or poor sleep? Ask about HRT

DID YOU KNOW? *Skin repairs while you sleep. Women who sleep 7–9 hours show 30% better skin-barrier recovery than those getting 5 or less.*

Hair Is Fed from the Bottom Up

01 **From your plate to your bloodstream**

Nutritional building blocks like protein, iron, zinc, biotin, vitamin D, collagen and copper peptides are absorbed and carried in the blood to your hair

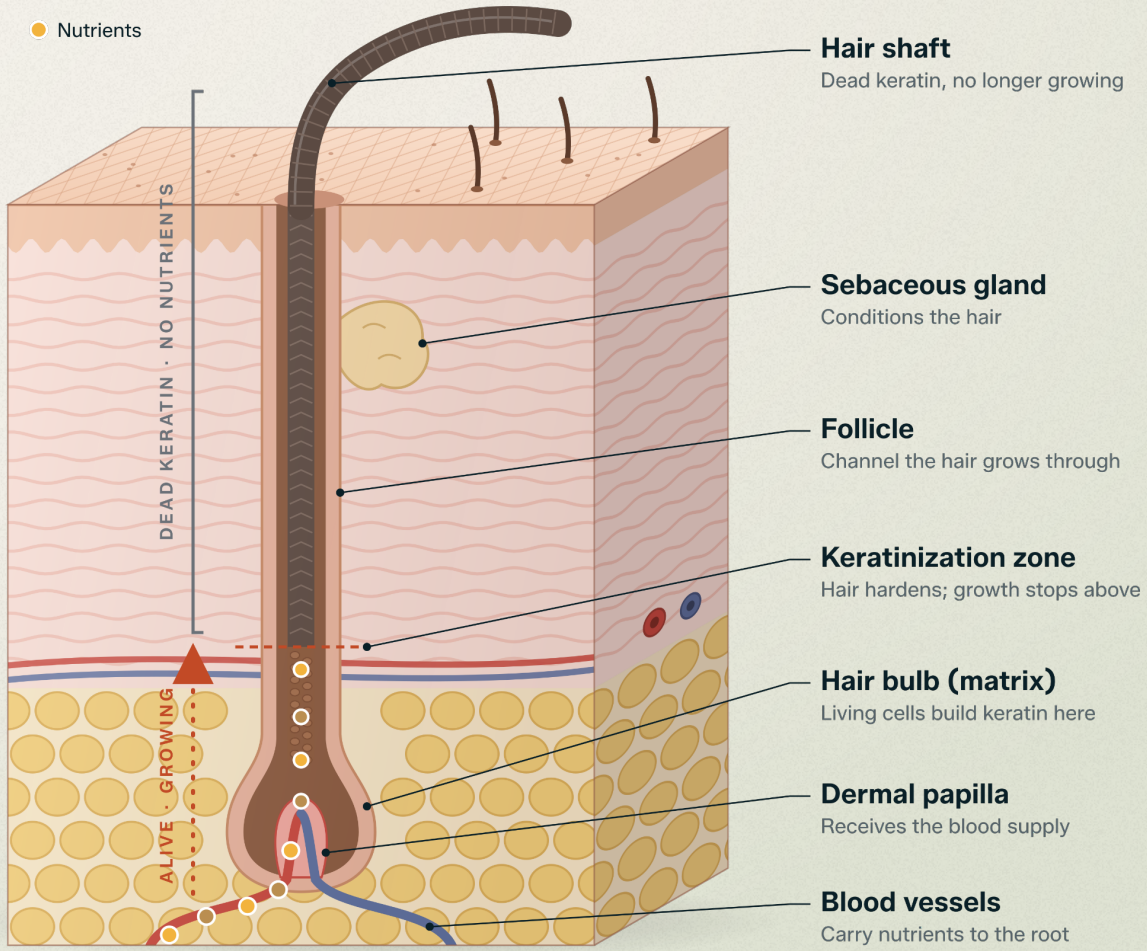
02 **Delivered to the root**

Tiny blood vessels feed the dermal papilla at the base of the hair follicle.

03 **Built into new hair**

Cells in the hair bulb use those nutrients to make keratin, pushing the hair up and out.

“The hair you see today was made at least 3 months ago. What you feed your body today will be visible in 12 weeks.”



DIET

Natural vs Processed vs Ultra-Processed Foods

Natural Food



Comes from nature and still looks like the original food. It has little to no added ingredients or industrial processing.

Think: a whole apple.

Processed Food



A natural food that has been changed to make it safer, easier to eat, or last longer. Processing can include cutting, cooking, freezing, steaming, or blending.

Think: sliced apples or applesauce.

Ultra-Processed Food



Usually made in a factory with multiple ingredients, flavorings, sweeteners, colors, or additives. It often no longer resembles the original food.

Think: apple-flavored gummy candy or fruit snacks.

Aging stat: In one study, adults eating more than 3 servings/day of ultra-processed foods had nearly **2x** the odds of having short telomeres—a marker of faster biological aging.

Source: Alonso-Pedrero et al., *American Journal of Clinical Nutrition*, 2020 (SUN Project).

STAY CONNECTED

Thank You!

Stay connected with Dr Galaria and her company, Inner Glow Vitamins

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WoT

BEAUTY SUMMIT 2026

WE'RE SO GLAD YOU'RE HERE!