PREVENT

20

SKIN

- SPF 30+ is your absolute best anti-aging investment
- Use a Vitamin C antioxidant serum in the morning
- Cutting back on sugary & processed foods will cut your acne by 50% over a few months
- If you are acne prone and starting birth control don't choose a progesterone only formula and consider drinking Spearmint tea for mild hormonal control
- Add oral Polypodium leaf gummies for extra sun protection on days you're spending a lot of time outdoors

BODY & WELLNESS

- Strength is significantly easier to maintain than it is to rebuild later. Make exercise a lifelong habit.
- Lock in healthy sleep and nutrition habits (including minimizing alcohol and screen time at night)
- Start your cervical cancer screenings at 21.

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

PRESERVE

30

SKIN

- Switch to a tinted SPF if pigmentation or melasma starts appearing or if you spend a lot of time in front of screens.
- Keep it simple with antioxidants in the AM and a retinoid in the PM. and apply both around your eyes if tolerated-it is the first place to show signs of aging.

BODY & WELLNESS

- Combine strength training with steady cardio.
- Eat the rainbow. Berries, leafy greens, & healthy fats protect your collagen. Sip your antioxidants by swapping your afternoon coffee for polyphenol-rich green tea.
- An alcoholic drink a day is linked to more visible aging in women, including puffiness, lines, and volume loss.
- Protect your sleep and invest in the habits (and people) that actually make you feel good.

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

ADAPT

40

SKIN

- Hormonal shifts may mean acne, dryness or hair thinning. Don't be surprised if the routine you've used for years no longer works.
- Your daily habits are now showing up on your face, it's time to get serious about sleep, stress, smoking and nutrition.
- Interested in procedures to slow aging? Consider Botox for wrinkles and/or microneedling to stimulate collagen. Skip the trends and invest in ingredients that have actually earned their place through science

BODY & WELLNESS

- Lift weights and add Creatine. It supports muscle and helps with brain fog/function.
- Get outside-morning daylight supports your body clock, sleep, and mood.
- Don't normalize feeling "off." Learn the signs of perimenopause and know your options.
- Start mammograms and colonoscopies in this decade
- This can be the decade of career, kids, parents, relationships & hormones all at once. Protect time for exercise, friends and yourself.

DID YOU KNOW? *Skin collagen may drop by as much as 30% in the first five years after menopause. Don't wait for menopause to start protecting your collagen, muscle and bone.*



SUPPORT

50

SKIN

- After menopause your skin makes less natural oil, choose a richer moisturizer but don't skip SPF and retinoids
- If desired, consider collagen-stimulating procedures like microneedling, Sculptra, fillers, or lasers.
- Skip the red light mask if your skin is prone to hyperpigmentation.

BODY & WELLNESS

- Your body can change shape at menopause without a big change on the scale: estrogen loss favors more belly fat and less lean muscle
- Muscle becomes an anti-aging priority. Resistance training and protein are important. Consider adding weighted walking or rucking.
- Your nutritional needs don't decrease with age they matter more. Aging can make it harder to absorb key nutrients like B12, vitamin D, and calcium.
- Menopause happens around 51, but hormonal changes start earlier.
- If hot flashes or poor sleep are affecting your quality of life, hormone therapy deserves an individualized conversation with your doctor

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

STRENGTHEN

60+

SKIN

- SPF is still non-negotiable. Mature skin typically craves more moisture and fewer irritants.
- Skincare still matters but know what it can and can't do. Creams can maintain skin quality, but lifting, tightening, and volume restoration usually require procedures such as lasers, injectables, or surgery.

BODY & WELLNESS

- Keep lifting and moving. Add specific balance and power work to protect your long-term mobility.
- Bone health deserves real attention. About 27% of women 65+ have osteoporosis.
- Don't rely on thirst alone, your thirst signal becomes less sensitive with age, making intentional hydration more important.
- Keep protein, calcium, and vitamin D on your daily radar.
- Friends, family, community, and a sense of purpose are critical for healthy aging. Strengthen your social network.

DID YOU KNOW? *At 60, the average woman has more than 20 years ahead of her? Invest in strength (3x a week), bone health, nutrition, and prevention for the decades to come.*



Skincare For Every Decade by Dr. Noreen Galaria

Beyond the Surface: The New Anti-Aging Equation

The Sunshine Vitamin, Redefined:
We love the sun, but nothing ages your skin faster than repeated UV exposure. So while Vitamin D is essential for bone, immune, and hair health, intentionally getting it through sun exposure comes with a trade-off your face doesn't need.

What Women Should Know:
- 90% of visible aging is caused by sun exposure.
- 97% of women don't get enough Vitamin D through their diet.
- 1 in 4 Americans don't have adequate Vitamin D levels.

Scan to claim 50% OFF your first order.

USE CODE: WOT26

The Equation for Glowing, Protected Skin:

- **VitaMelt Vitamin D:** Skip the sun damage and the extra pills. This fast-dissolving strip delivers your daily Vitamin D and a burst of minty-fresh breath in one effortless step—a pocketful of sunshine on the go.
- **Sol Defense Gummies:** Meet your Sunscreen's Best friend. Because nobody applies sunscreen perfectly, this clinically proven fern leaf gummy provides an internal layer of sun protection.



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