

SKIN TEST INSTRUCTIONS • SKIN ELASTICITY TEST • DAILY FACIAL MASSAGE

(Is your skin older than your age?)

How youthful is YOUR skin? As we age, our skin loses its elasticity, becoming leathery and wrinkled. This is the result of free-radical destruction and is a sign of degeneration and loss of function - or more simply **AGING!** It's well noted that significant changes in the skin become evident at about age 45. The skin's elasticity is one of the primary factors that determine the impact that aging will have on the appearance of the skin.

Skin elasticity is a common term for the ability of the skin to stretch and then return to a normal state after the need to stretch is removed. The level of elasticity is determined primarily by *collagen* and *elastin*, two proteins that naturally occur in the skin. Skin with high levels of these proteins is more firm, plump, and youthful in appearance.

The following "*Skin Elasticity Test*" indicates approximately how old functionally the skin has become as a result of free-radical deterioration. Take this pinch test and see how your *skin age* rates compared to your *actual age* with the age groups listed. Test to see if your skin is functionally younger or older than your actual biological age.

Skin Test Instructions: For this test, pinch the skin on the back of your hand with the thumb and forefinger and hold it for five seconds. Let go and time how long it takes for the skin to completely flatten back out. The shorter the time, the younger the "functional age" of the skin. Compare your results to the table below.

<u>Time For Skin to Flatten Out (Seconds)</u>	<u>Functional Age (Years)</u>
0 - 2	under 30
3 - 4	31 - 44
5 - 9	45 - 50
10 - 15	60+
16 - 55	70+
56 or more	over 70

How did you fare? Did your skin test older than your true age, or were you right on target? If you want to prevent further skin degeneration or you'd like to regain some youthfulness in your skin, one of the best things you can do is to start using *Solar Essence™ "All-In-One" Skincare* in place of other creams and lotions. If you've noticed that your skin elasticity isn't what it used to be, (and this test confirmed that observation), making a small change to add *Solar Essence™* to your skin can make a significant difference. You're in for a pleasant surprise. *Solar Essence™ helps you feel good about yourself!*

Solar Essence™ is loaded with more antioxidants than any other skincare product on the market!

Antioxidants (the nutrients that guard your body) is a word that pops up constantly when talking about skin elasticity and anti-aging – these compounds are said to be the "weapon against cell-damaging free radicals that can lead to premature aging" – who knew? Antioxidants can speed up the cell replacement process and neutralize the harmful free radicals in your body.

Normal skin cells replenish about every twenty-eight days or so. Use the space below to record your progress. This simple hand skin pinch test is a reflection of how well your facial application should have similar or better results. Just don't forget to apply it to *both* your face & hands for a comparison.

<u>Date</u>	<u>Time for Skin to Flatten Out (In Seconds)</u>	<u>Functional Age (Years)</u>
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Before Solar Essence™:

After Solar Essence™:

About Solar Essence™ "All-In-One" Skincare

Over 80 Plant-Based, All-Natural, Sun-Kissed Ingredients... 47 Essential Oils, 36 Carrier Oils... From Around the World!

Solar Essence™ is an "All-In-One" gender-neutral, healthy and rejuvenating skincare product that is all-natural, whole and unadulterated (synthetic chemical-free, nothing added, nothing taken away) that will benefit your body from head-to-toe because it's been meticulously formulated and abundantly packed with nature's nutrient rich healing energetic essence. It is a plant-based, research-backed, clean signature unisex scent, bio-friendly, cruelty-free, vegan friendly, non-GMO, gluten-free proprietary formulation blend which consists of over eighty (80) plant-derived essential oils and carrier base oils from around the world. . It is both a *non-comedogenic* and *hypoallergenic* skincare product. The ingredients are all organic, non-hybrid, natural native carbon-based botanical compounds (electrical) and alkaline-based (not acidic), organic "phosphate" minerals (not "inorganic" oxide" minerals) to create a clear, healthy, youthful, glowing complexion and a sensory experience that will rejuvenate your body, invigorate the mind and soul and delivers a full spectrum of holistic benefits. Rejuvenating your cells, rejuvenate YOU!

When you wear Solar Essence™, you're literally wearing Nature!

Solar Essence™ is about human physiology and health on a cellular level. Solar Essence™ helps connect you with *Nature* and the "*organic & natural*" minerals of Mother Earth (which is what our bodies are supposed to be made of, NOT "unnatural, lab created, synthetic chemicals" which compromises our immune system). It contains *Nature's natural healing energy in a bottle*. It embodies *Nature's* natural defense arsenal of holistic therapeutic healing properties (*energetic, plant-based medicinal, cosmetic and aromatic active natural-occurring plant-chemical constituent properties*) and powerful antimicrobial compounds that can be especially useful in fighting off a wider range of bacteria, viruses, fungi and a multitude of illnesses. Your skin is "packed" with immune cells. Skin anywhere on the body will benefit from routine application of Solar Essence's rich abundance of skin immune boosting antioxidant nutrients (the nutrients that guard your body from cell damage, counter and neutralize disease-producing free radicals and help to avert some of the "inevitable" effects of aging). It contains a plethora of skin-replenishing, skin-restoring, 100% plant-based ingredients (*topical micronutrients*) to help you find evidence-based alternative therapeutic skin remedies. All of these keep your skin appearance looking healthy to give you the skin you want (supple, fresh, bright, blemish-free, soft, smooth, glowing, resilient, firm and plump), and you can apply it to your, face, hands, neck, hair... **and your entire body** (head-to-toe health benefits). It promotes overall healing & wellness *Solar Essence™ is a skincare nutritional powerhouse!* Please refer to our website for more information about Solar Essence's **MANY USES:** *Makeup Remover/Primer, Facial Cleanser, Facial/Skin Moisturizer, Skin Hydrator, Facial/Skin Toner, Skin Balancer, Skin Tightening/Firming, Reduce Stretch Marks, Hair & Scalp Conditioner, Nail Treatment, SUPER HAND SANITIZER* (Has antiviral, antibacterial, antimicrobial, antifungal, antiparasitic, anti-inflammatory, antiseptic, Immune boosting properties . It's alcohol-free, nontoxic, moisturizes, sanitizes, disinfects and scents), *Sun Tanning/Screen, Aromatherapy* (promotes sleep quality, stress reliever), *Eases Muscle Pain, Massage Oil Therapy* and more!

Why buy several products when one will do?

Solar Essence™ harnesses the healing power of Nature & Sunshine in a bottle!

Put your skin to the test!



DAILY FACIAL MASSAGE

Skin Types: Suitable for all skin types. **Directions:** Shake before using. Apply to skin as desired for personal face and body care. May be applied to slightly moistened or dry skin. It is suggested that you apply *Solar Essence™* at least twice daily as a minimum (morning and night) to experience the best results. Avoid the delicate eye area. If you apply it combined with the mini-facial massage shown below, you will multiply the effects. Facial massage is very beneficial if done correctly and regularly, since there is a multitude of facial muscles involved in this type of massage. It is well practiced by many Asian cultures for its benefit in preventing wrinkles and age lines. It will bring a healthy glow to your complexion and with it nutrients and oxygen to the skin's surface.

Six-Step Daily Facial Massage

This quick and easy massage was specifically designed for today's fast-paced lifestyles. This invigorating facial massage promotes circulation and keeps your skin looking toned not to mention the relaxation it brings after a long day. Follow these six easy steps, massaging at a heartbeat pace using the entire hand. Do not use this massage technique if your facial skin is broken, irritated or sunburned.



Step 1

Apply dabs of Solar Essence™ to entire face. Start from the center of the forehead. Massage your forehead upward and outward toward your temples. Do this three times, making seven circles each time.



Step 2

Place your fingers into the upper inner corners of your eyes. Press gently and draw circles around your eyes. Do this five times.



Step 3

Now, gently press the lower inner corners of your eyes and draw a few strokes outward, then press your temples.



Step 4

Massage up and down the bridge of your nose to the tip ten times, then massage five times up and down the sides of your nose. Finally, draw semi-circles around your nose five times.



Step 5

Draw semi-circles around the edge of your mouth five times applying gentle pressure on the upward stroke.



Step 6

Draw circles upward from your chin toward your temples using the inside length of your fingers then press in at the temples. Do this three times, making seven circles each time.

Apply Solar Essence™ regularly for beautiful and radiant skin that smells heavenly!

PRECAUTIONS: Keep stored away from heat, light, pets and children. As with any essential oil application, if you have sensitive skin, a skin patch test (dime size amount) is recommended before applying liberally. Discontinue use if you experience any unpleasant side effects or irritation of any kind. **Do not ingest this product** (not for internal consumption,) and avoid contact with eyes. **This product is for topical and aromatic use only.** If you are prone to allergies, use caution when applying to skin or inhaling it as with a room diffuser. (Do a 24 hour skin patch test if you are an especially sensitive person.) Pregnant or nursing women, children, or people who are taking prescription drugs or have a medical condition (people with liver or kidney disease or other health condition or who are undergoing major surgery) should consult with their physician or health care providers before using this product which contains essential oils. **Do not use this product if you have a tree nut allergy** (unsafe for nut allergic individuals).

Awakens your Body, Mind & Spirit....Wake up the spark of Divinity inside YOU!

Free of Chemicals...

www.solaessenceskincare.com

...Free to Choose!