

3rd month of coaching

GOOD HABITS

PLUMPED SKIN

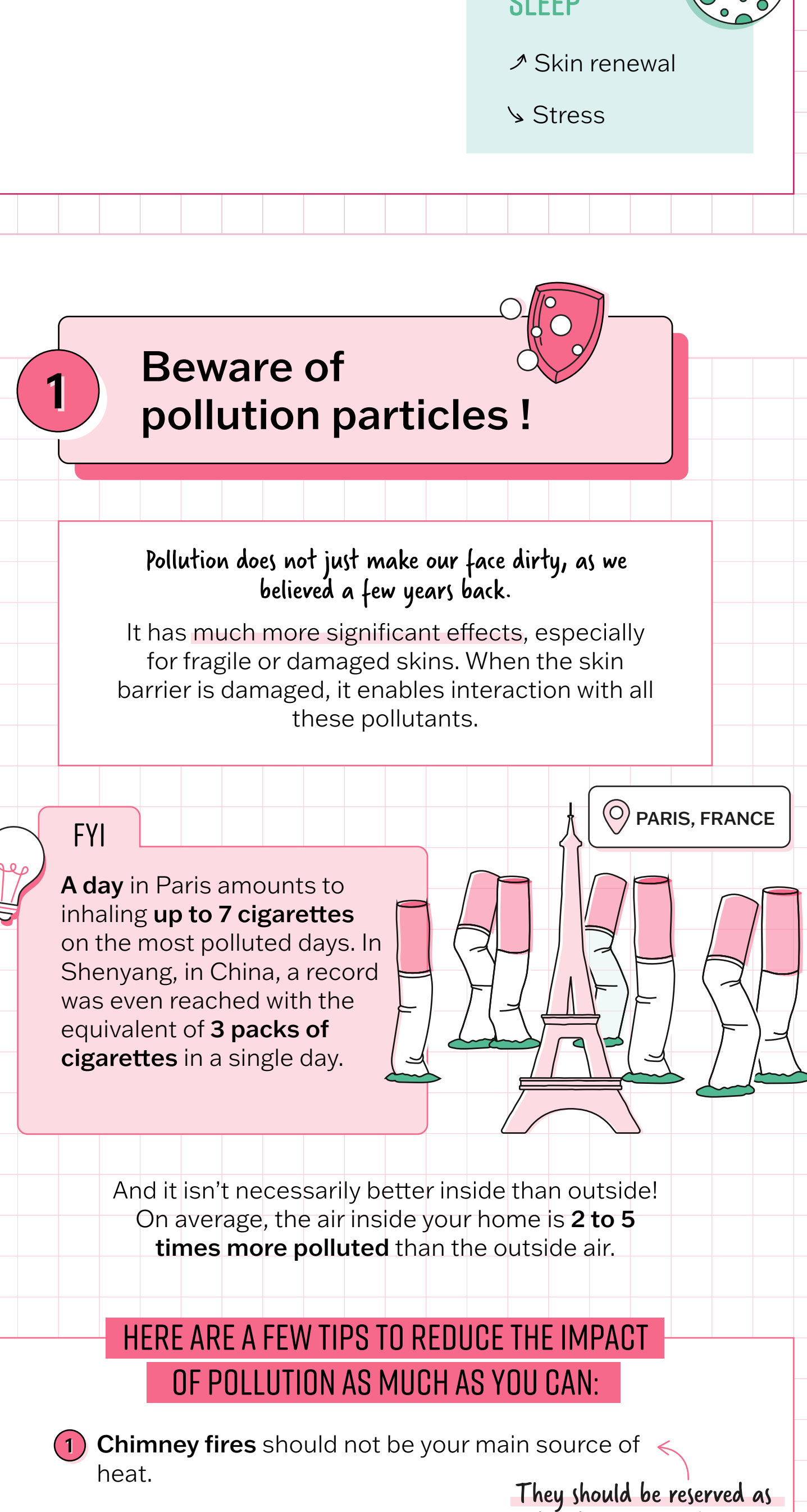
(Re)starting good habits for a plumped skin

TO BE LIMITED

Practices that increase redness

TO BE INTEGRATED

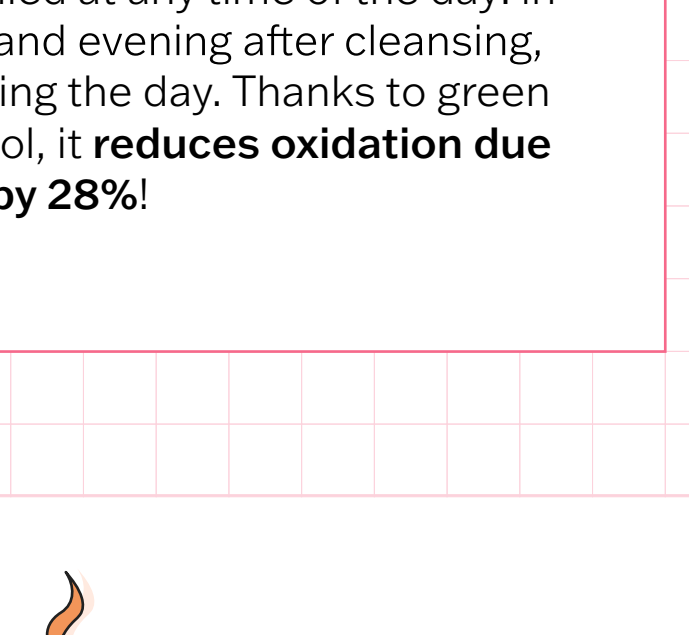
Good habits for soothed skin



1 Beware of pollution particles!

Pollution does not just make our face dirty, as we believed a few years back. It has much more significant effects, especially for fragile or damaged skins. When the skin barrier is damaged, it enables interaction with all these pollutants.

FYI
A day in Paris amounts to inhaling up to 7 cigarettes on the most polluted days. In Shenyang, in China, a record was even reached with the equivalent of 3 packs of cigarettes in a single day.



And it isn't necessarily better inside than outside! On average, the air inside your home is 2 to 5 times more polluted than the outside air.

HERE ARE A FEW TIPS TO REDUCE THE IMPACT OF POLLUTION AS MUCH AS YOU CAN:

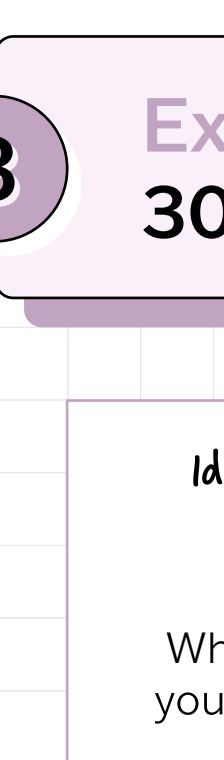
1 Chimney fires should not be your main source of heat. They should be reserved as a treat on weekends!

2 Air your home, but do not do so at any hour of the day if you live in town. Avoid times when there is a lot of road traffic, and remember it is better to air for 10 minutes several times than only once for 50 minutes.

3 Remember to clean and dust air inlets and air vents, ideally every 3 months. And check they are not blocked!

4 If you like DIY, do it preferably outside to avoid propagation of paint, glue or varnish particles.

Perfect glow mist

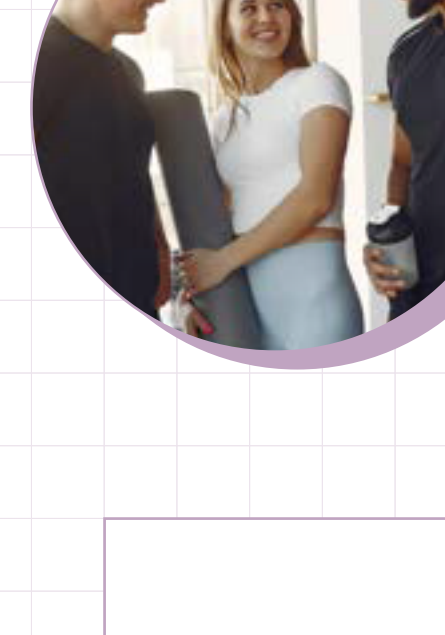


Practical idea
Opt for our anti-pollution reflex!
To prevent the effects of pollution, Doctors at Novexpert have developed a Mist with Green Tea Polyphenols. It can be applied at any time of the day: in the morning and evening after cleansing, or simply during the day. Thanks to green tea polyphenol, it reduces oxidation due to pollution by 28%!

2 Cigarette encourage wrinkles

Smoking, through its effects on blood flow and oxidation, increases wrinkles and inflammation. We have one piece of advice here: quit smoking, to minimise wrinkles and rashes but above all for your health. Easier said than done.

HERE ARE A FEW TIPS WHICH MAY COME IN USEFUL:

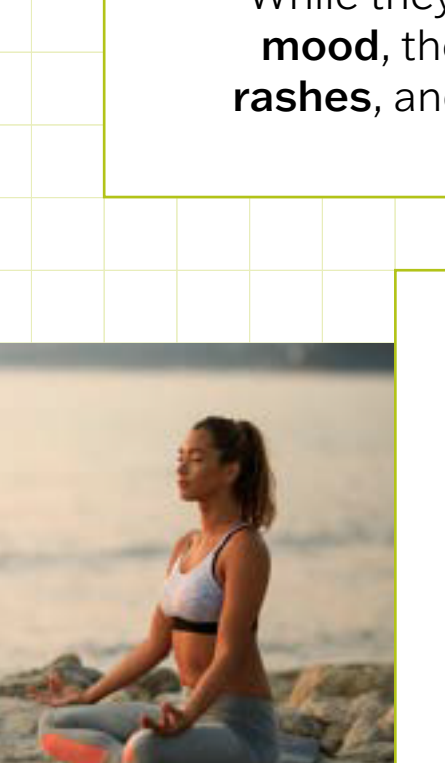


1 **ACUPUNCTURE**
This technique has proven to be effective. The professional carrying out the sessions can also show you movements you can do yourself (without a needle) to fight the urge to smoke.

2 **FIND A SUBSTITUTE**
Substitute your cigarette habit with another habit: making a cup of tea, drinking a glass of water, chewing on liquorice root (but not in case of high blood pressure or when pregnant), playing with a stress ball or a puzzler... The urge will disappear in under 5 minutes.



3 **THE POWER OF PLANTS**
As herbal tea or food supplements, valerian, chamomile and kudzu are beneficial to fight smoking addiction. Be careful though, as kudzu contains phytoestrogens, meaning it is not recommended for pregnant women and people with a history of hormonal cancer.



Practical idea
Tobacco-free month
In France, in November of every year, Santé Public France holds the "Tobacco-free month". A number of professionals are available for support, it is the perfect time to take the plunge and rally your friends. In 2022, over 160,000 people took part.

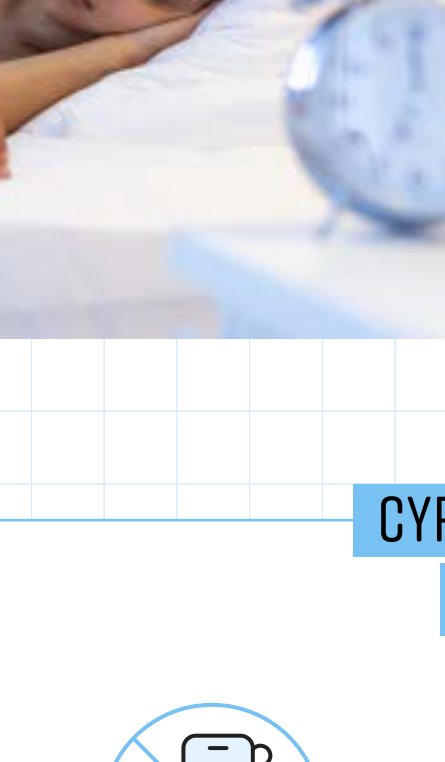
3 Exercise ideally 3 x 30 min a week

Ideally, in order to prevent premature aging, it is recommended to exercise: 3x30 minutes minimum every week. What type of exercise? The type that suits you, at a moderate pace. The motto Faster, Stronger does not apply here.

Happiness hormones
The aim is to release endorphins and to reduce oxidation as well as inflammaging, i.e. premature ageing due to inflammation.

IN ORDER FOR YOUR EXERCISING SESSION TO BE AS EFFECTIVE AS POSSIBLE, REMEMBER TO:

- ✓ Cleanse your face before the session To prevent sweat from being trapped in impurities and/or makeup.
- ✓ Drink at least 1.5L of water during the day.
- ✓ Take a shower 15 min after the session To avoid the accumulation of dead skin and sebum.



Would you rather go out for a drink than exercise?
Researchers at Oxford University have shown people with a strong circle of friends produce more endorphins. Therefore it seems a good idea to exercise with friends!

Practical idea
Exercise on a daily basis without making a lot of changes:

- ✓ Use your bike a few times a week to go to work or do the shopping
- ✓ Have a muscle reinforcement session when watching your favourite show
- ✓ Start a new stretching routine when you wake up in the morning
- ✓ Meet a friend for a quick jog during lunch break

4 10 to 15 minutes of relaxation every day

Yoga and meditation have never been so popular, and with good reason! While they have undeniable benefits for your mood, they are also beneficial for reducing rashes, and can even activate youth proteins!

There is no need to travel as far as the Land of the Rising Sun to start practising. There are numerous free applications and videos on YouTube with exercise examples. You can practise at home, at work and even on holiday! on the beach it is even better!

To make sure you make it part of your daily routine, set an alarm on your phone or carry out these exercises at specific times: when you wake up, when you go to bed or when watching your favourite show...

Practical idea
Breathe deeply every time you have 5 minutes.

Here is an exercise you can do: sit down comfortably or lie down on your back, close your eyes, and breathe deeply, inflating your stomach for 5 seconds, and then exhaling for 5 seconds. Repeat the exercise 5 times in a row and do it 3 times a day. That is the secret to regaining calm and serenity throughout your working day!

5 Better sleep keeps wrinkles at bay

Do you feel that a lack of sleep reflects on your skin? You are right! Scientists have shown that chronic lack of sleep can lead to an increase in stress and sugar cravings, which shows in your rashes.

Your skin has its own internal clock. Skin regeneration is at its peak between 11 pm and 4 am. It is therefore important to be sleeping between these hours. Which differs from yours!

Practical idea
A magical accessory: socks!

A study has shown that having cold hands and feet increases the time required to fall asleep. The more heat you lose through your hands and feet, the longer it takes you to fall asleep! Try wearing socks to fall asleep faster.

TO KNOW

Sleeping needs vary from one person to another and also throughout life. So do not feel guilty if you sleep less than 8 hours a night!

Practical idea
A magical accessory: socks!

References

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