



THE WELLNESS FAIRY
Perimenopause and Beyond

THE ULTIMATE GUIDE TO
GREAT SKINCARE

HOW IT WORKS
AND WHAT YOU NEED TO KNOW



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HI, I'M CAMY



Here's a little snapshot of me.

I'm a beauty salon owner who loves helping people to reach an effective skincare routine and make them feel special and beautiful!

Something really happened when I reached 40 ,it felt like I started ageing overnight and hormones started to play havoc in my life so I started studying skincare including changes during perimenopause and menopause.

I think is harder than ever to find a simple effective skincare routine because the market is super saturated with so many products so where do we start?

I would like to send the informations that helped me over to you in easy to understand steps because skincare doesn't have to be expensive or complicated.



01 Introduction

Over the last five years the skincare industry has been and continue to be at a rapid growth rate. With more and more researchers involved especially in testing natural ingredients and ingredients from Natural Resources

We believe that we need to be using all the expensive anti ageing serums and creams when in reality, what our skin needs is hydration and a good understanding of how our skin actually works

Every stage of life changes you, transforms you modifies you... and your skin is a continuous change as well.

If we manage to accept this with a smile on our faces, I know for sure that we will also enjoy having a good skin in our the 40's,50's ,60's and so on

Our skin is made of several layers.The Epidermis is the top layer and is referred as a skin barrier.The skin barrier protects the body from external factors such bacteria,chemicals and temperature

Our skin cells can function when we have a healthy skin barrier.Our skin can feel and look amazing on hydration moisture control ,consistency and correct proper application order.

Our skin is the largest organ,we really need to treat it with care because it sits outside unprotected and is a reflexion of our overall health

Some people are just born with beautiful skin.It's genetics. I have always had problems with my skin

I've had so many painful pimples and uneven skin.

I actually spent a fortune on skincare but my skin didn't look any better .

In fact it looked worse because I didn't know what I was actually doing.

I've started to educate myself and started my training for Level 4 Nutrition and Skincare so I hope this guide will help you not spend a fortune on skincare as your skin doesn't need it.



02

Product Order

CLEANSING



The most important aspect of skincare is Cleaning and Cleansing the skin

First things first .Some people insist on going without cleanser in the morning.

Their reasoning is that they wash their faces each night. There's no make up or dirt coming in contact with their skin while they sleep, so they just splash some water on their face.

That's a big mistake because even the best products won't work if debris or oil is on the skin .Your skin can still produce oil and come in contact with environmental pollution at night

Every evening we need to make sure we get rid of all the stuff we collect on our skin during the day and make sure you cleanse your skin sufficiently.Keeping our skin clean is crucial.



MOISTURISE

The basic products of a good skincare routine are actually a cleanser ,a moisturiser and SPF

After cleanser you can apply moisturizer to keep your skin balanced ,hydrated and plump .For people with dry skin ,reach for a thick moisturizer cream

For those with oily skin try a lighter gel moisturiser.

You want your moisturise cream to have some brightening properties and then follow that with a light SPF coverage.

SPF

The final step to your skincare is sunscreen!

Free radicals contribute to a 80% of ageing and SPF helps fight those free radicals and prevents the skin from

cancer too.

It's the best tool for preventing signs of ageing .I apply sunscreen after moisturiser and I use two fingers's worth of SPF re applying every two hours if I am outside.



03

SKIN AGING

Moisture Loss



40 seems to me like a milestone, like the fresh, youthful glow can no longer feel seen. When I hit 40 it felt like I needed to find solutions for keeping my skin healthy. It felt like my skin had aged overnight.

Moisture Loss is something we really need to make an effort with.

I set a plan to really make moves on my skincare journey! Doing a lot of research and study I've discovered this unique stacking technique into my routine and is called sandwiching your skin but I will give some information about skin aging process.

As we get older the condition of the skin deteriorates ,loses sebaceous output and moisture .



The main hormone, the conductor of all the skin changes is estrogen. The skin is the most important target for estrogens. Progesterone ,the fertility hormone also decreases.

All deficits that are accentuated must be compensated That's why creams must contain hypoallergenic ,tested ingredients that additionally contribute to hydration ,both at the level of the dermis(contain hyaluronic acid) or other ingredients which support the cellular matrix and retain water at the level of epidermis .



Antioxidants are the key when it comes to protect your skin. I use a Defiant beauty intensive serum to restore the skin's natural pH balance and provide deep hydration .



COLLAGEN

04 All About Collagen

We all know that as we age our collagen production slow down and we know that we really should start taking collagen supplements.

Most collagen supplements will be broken down by our stomach acids once they hit the stomach. I'm not a scientist or medical professional but I have joined the Nu Skin Team and I did a lot of research and even try out the Beauty Focus Collagen+

Collagen needs to be absorbed intact into the bloodstream, is the most abundant protein in the body. It's a main component of our bones, skin, muscle and ligament structure.

Collagen can't be absorbed by the body in its whole form. This means collagen proteins must be broken down into smaller peptides or amino acids before they can be absorbed.

Beauty Focus Collagen + have hydrolysed collagen in the form of peptides which is the form in which is best assimilated by the body. The effects are clearly visible on the skin after about two weeks .

+ is what makes us perform every single collagen supplement that's on the market out there

Collagen and Collagen Peptide are not the same thing. The other supplements on the market are collagen ,but not collagen peptide ,the absorption rate is significantly lower rate than peptides.

Beauty Focus Collagen + contains Lutein -an incredible powerful anti oxidant

. In addition to the beauty benefits that women noticed with the long term administration of collagen supplements ,Beauty Focus Collagen have benefits for the health of the joints for hair.

Between 25 and 35 you loose about 15% of collagen and 35 and 45 you loose about 40% .If you are not supplementing that in any shape or form then is not getting any better ,is not any other way to supplement this. You can have the best facial treatments, use injectables, you can use any products .

Unless you are supplementing this from the inside out you are not going to see long visible improvement on your skin

Not all collagen supplements are of the same quality. Beauty Focus Collagen+ is the only collagen supplement where the complete formula is clinically validated.





SKIN RITUAL

05

Product Order

Doing my research in skincare something captured my attention .The benefits of dampening your skin as you layer your face products to trap water inside could be seen on my skin pretty rapidly.

My skin looks amazing, the pores are closed ,the texture is silkier and fine wrinkles under the eyes are not that pronounced ,the skin is firmer, brighter and more hydrated.

MY SKIN RITUAL

- Cleanse skin ,patt off any excess water,leaving the skin a little damp
- Mist
- Eye Serum
- Hydrating Serum (onto damp skin)
- Mist again
- Moisturise
- SPF



Our skin needs moisture. I use Comforting morning and night mist (you can use thermal water or filtered water) directly after cleansing and prior to apply Hydrating Serum and yet again after to trap moisture in between my skincare steps .

Once we apply our facial mist ,we've got about 60 seconds before the moisture starts to evaporate so we need to make sure we seal it with a cream.My skin never looked healthier after incorporated this routine.

06

PRODUCT RECOMMENDATION

The Menopause Plus Skincare Range

CLEANSERS

1 MPlus Cleansers are deeply hydrating and made with 100% natural plant ingredients chosen for their therapeutic properties to help women with their skin as they undergo some uncomfortable perimenopausal and menopausal changes.

HYDRATING SERUM

4 MPlus serums are formulated to help the unwelcome emotional and physical consequences of menopause. Contains nurturing sunflower oil and jojoba. 100% plant based, organic ingredients-no synthetics

2 TONER

MPlus Toner is created to help women with some of the unwelcome emotional and physical consequences of menopause.

5 EYE GEL

MPlus eye gels help tighten and hydrate the skin. Helps combat the unwanted side effects of menopause. Cruelty free

3 HYDRATING MISTS

MPlus Spritz are super powered by naturally occurring plant oestrogens. Helps cool skin during hot flushes as well. Vegetarian and vegan friendly

6 MOISTURISER

MPlus moisturisers are deeply nourishing, best suitable for women who are going through menopause. With 100% natural plant ingredients, they harness the power of great hydration while alleviating your mood

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- Do you need a separate eye cream?

Yes, I think so. Eye creams targets dark circles, puffiness, lines and wrinkles and they are a necessity for hydration in that delicate, thin area. So I treat that as a separate zone because that shows the signs of ageing first too.

- Do I need to use SPF in the autumn and winter?

Regardless of the season and temperature, we must protect the skin from UV radiation every day with a product that provides broad spectrum sun protection from UVA1 ,UVA2 and UVB radiation

The shade does not negate the need to protect the skin and does not provide 100% sun protection.

- The foundation with SPF included is good enough for your skin get protected from the sun?

My answer is no. People use different amount of foundation and don't use it all over , like ears, neck and chest. Foundation shouldn't be used as primary source of protection. Apply a minimum of 30 and better if is mineral.

- Are pore strips good for you?

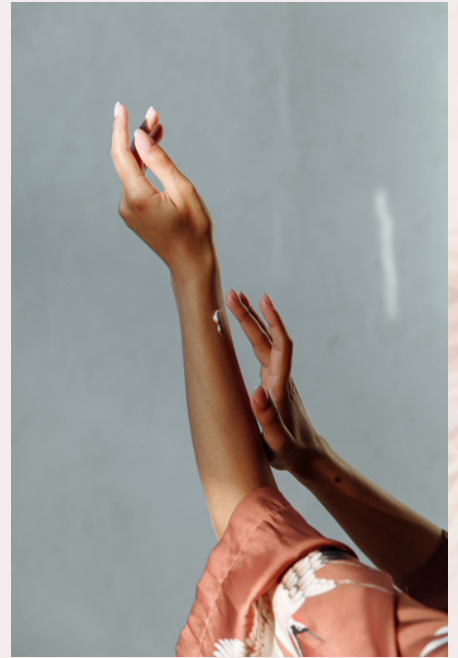
You probably think is worth it but it's not ,they can stretch your pores and cause over stimulation of sebum ,they can damage the skin and irritated it.





08 Tips on Skincare

- Reducing sugar- I can see a big improvement on my skin just from reducing sugar alone.
- Your Gut Health-look after your gut health is very important because is a lot of evidence showing the direct impact gut health has on your skin.
- I recommend a silk pillow case because silk absorbs less moisture than cotton and is great for hair too.
- Take your make up off before bed.
- Exercise-get moving ,big, little ...because exercise increases endorphines and increases circulation, so great for the skin.
- Clean your phone,it goes even in ...restroom
- Don't use face wipes-they barely touch the surface,they are cheaply made,disrupt skin PH balance.
Remember cleaning is the most important step so you don't want to be pushing in dirt.
- Step off social media and don't follow trends,is costly and confusing.Don't copy what others are using.





09 How to Improve Skin Tone During Menopause

Menopause brings many changes to the body, and one of the most noticeable is the impact on the skin. As estrogen levels decline, so does collagen production leading to a loss of skin elasticity, firmness, and overall tone. In fact, during the first five years of menopause, the skin can lose up to 30% of its collagen, resulting in sagging and a less plump appearance. While this process is natural, there are ways to support your skin's health and maintain a radiant, youthful glow.

Nourish Your Skin from Within with Antioxidants

Healthy skin starts with what you put on your plate. A well-balanced diet rich in antioxidants can help combat oxidative stress and promote stronger, more resilient skin. Brightly coloured fruits and vegetables are packed with these powerful compounds, helping to protect skin cells and maintain a healthy complexion.

Women should focus on a balanced diet full of unprocessed whole foods, plenty of fruits and vegetables, and sufficient protein. Supplements like Vitamin D, Vitamin C, Omega-3, and Magnesium can also be beneficial.

By fueling your body with the right nutrients, you give your skin the best foundation to stay firm and glowing.

Boost Your Skincare Routine with Collagen-Enhancing Ingredients

While we can't completely restore lost collagen, we can support our skin with nourishing ingredients that improve texture and elasticity. Look for skincare products that contain plant-based actives known for their regenerative properties.

Investing in a quality menopause-friendly collagen cream can make a noticeable difference in skin plumpness and suppleness.

Use Facial Massage to Improve Circulation and Tone

Regular facial massage is a simple yet effective way to enhance skin tone. Massage stimulates blood flow, encourages lymphatic drainage, and supports detoxification leaving your skin looking refreshed and more radiant.

Using a Kansa Wand, a traditional Ayurvedic skincare tool, can amplify these benefits. Made primarily of copper, this metal alloy has natural detoxifying and antimicrobial properties, helping to balance and rejuvenate the skin while enhancing tone and texture.

Incorporate a Skin-Toning Facial Spritz

A good toner is an essential step in any skincare routine, helping to refine pores, balance pH levels, and improve overall tone. A hydrating facial spritz enriched with plant hormones and energizing essential oils can be especially beneficial during menopause, offering both skincare benefits and a refreshing pick-me-up.