



Sophie's  
ANTI  
AGING  
SKIN  
CARE *picks*



# Hello Gorgeous

I field hundreds of questions each year about anti-aging skincare recommendations, and natural/greener alternatives to products that really work. Well, here you go! My gift to you in one handy little e-book, with all kinds of recommendations to suit your budget and skin care type. Keep in mind that I have included products containing very specific anti-aging ingredients, which have been proven to work - these will, for the most part, be serums, creams and peels. I have given my very specific product recommendations from each line, but I encourage you to check out other products (such as cleansers and body products), from these outstanding skin care brands.

Right off the bat, I have to tell you - I am not intrinsically "anti"-aging. In fact, I celebrate each passing healthy year! Aging is a natural process (and you know I'm all about natural living). But, I am all too aware of the appearance of aging, I'm not going to lie. There's a lot we can do to dramatically improve and reduce the look of aging skin!

You may be wondering why go "natural" when choosing an anti-aging product. Why wouldn't you want the most wrinkle-busting, age-spot defying, cellular rejuvenating product you see on TV? Because just like anything else in life, in skincare, you get what you put in. Cheaper products are full of ingredients that can inflame your skin and damage your cells. Choosing non-toxic, naturally clean products not only protects your overall health (because your skin is your body's single largest organ), but also protects the integrity of your skin.

The products in this book are carefully chosen because they WORK, they're SAFE and they take a skin care routine to the next level. I make a point of getting to know the formulators behind each and every product, and I'm always on the lookout for new, cutting edge ingredients and techniques. Any of the products in this eBook would be an amazing addition to a natural, holistic skincare routine.

I've also chosen products at a variety of price points to accommodate any budget. Just remember: The drugstore bargain products are cheap because they have cheap ingredients. Show your skin some love with some wonderfully natural products.

And for you young guys and gals who think you don't need a wrinkle cream, here's my best advice: Start early. The more you take care of your skin in your late twenties and thirties, the better off you'll be.

So please, enjoy this eBook. Get inspired, try something new, and don't hesitate to reach out to me if you have ANY questions. You'll find links to my blog, Facebook, Twitter and YouTube at the end of this eBook - Be sure to check in for more skin care recommendations, DIYs and giveaways!

Love and light

Sophie xx

# Moisturizers & creams

## DERMA E HYDRATING NIGHT CRÈME WITH HYALURONIC ACID

Providing hydration throughout the night, this Hydrating Night Crème with Hyaluronic Acid helps plump skin to reduce the look of lines and wrinkles for a younger-looking complexion. This extra-rich, deeply penetrating formula delivers the unmatched hydrating properties of nature's moisture magnet, Hyaluronic Acid (HA). A single molecule of HA can hold up to 1,000 times its weight in water, binding moisture to help plump, soften, smooth, tone and rehydrate skin. Ideal for dry, dehydrated skin that needs richer moisture throughout the night, this crème delivers maximum hydration while helping diminish the signs of aging for softer, smoother, younger-looking skin. 100% vegan, cruelty-free, paraben-free, sulfate-free, mineral oil-free, lanolin-free, gluten free, GMO-free.

\$29.50



## ANDALOU AGE DEFYING HYALURONIC DMAE LIFT & FIRM CREAM

Fruit Stem Cell Complex, DMAE, and hyaluronic acid join forces for a visible face lift. Together, these age-defying bioactives help diminish the appearance of fine lines and wrinkles, fade hyperpigmentation for even skin tone, and improve overall texture for a visibly lifted, firmer, more youthful complexion.

Unique call outs:

- Resveratrol Q10 is a Super Antioxidant Complex that helps to defy wrinkle formation
- Hyaluronic Acid from sweet potatoes regulates and balances the level of skin hydration.
- DMAE helps to firm, smooth, and brighten skin; reduces the appearance of wrinkles, lines, and sagging skin.

\$24.95

Use the code SOPHIE25 to get a 25% discount off the entire site!



## CV SKINLABS BODY REPAIR LOTION

I love this ultra-soothing, fast-absorbing, deeply hydrating body lotion that replenishes and soothes dry, inflamed skin while immediately restoring radiance. Designed for all skin types. Ideal for dermatitis, eczema, radiation burns, and for soothing irritation from post laser hair removal, waxing and shaving. Skin is left soft and nourished with a healthy glow.

\$36.00





### *HYNT BEAUTY SUN PREP BROAD SPECTRUM SPF30*

SUN PREP Broad Spectrum Skincare SPF30 naturally shields delicate skin from UVA/UVB rays with anti-inflammatory and anti-oxidant rich organic plant extracts such as rhatany root, green tea leaf, wild pansy and licorice that soothe and protect the skin while creating a flawless base. Lightweight with a transparent, non-greasy finish, this organic sun protectant, moisturizer and primer-in-one is free of all ingredients that are irritable or can increase skin's sensitivity.

**\$55.00**



### *JUICE BEAUTY STEM CELLULAR ANTI-WRINKLE OVERNIGHT CREAM*

An intensive hydrating cream formulated with the advanced technology of Vitamin C and fruit stem cells infused into an organic resveratrol rich grapeseed base and combined with olive derived squalane. Nocturnal flower extracts of evening primrose and sacred lily work all night to help reduce the appearance of deep lines and wrinkles while sleeping. Wake up to skin looking replenished, restored & renewed.

Juice Beauty's STEM CELLULAR™ Anti-Wrinkle Overnight Cream is for those concerned with fine lines and wrinkles, looking for a deeply moisturizing cream to use at night. Formulated without parabens, petroleum, propylene or butylene glycol, sodium lauryl sulfates, pesticides, phthalates, artificial dyes or synthetic fragrances.

**\$68.00**

### *GREEN PEOPLE VITA MIN FIX 24 HOUR MOISTURIZER*

Love this moisturizer. Designed to reduce the appearance of wrinkles, it provides instant moisture infusion to soothe and revitalize your skin. Full of vitamins, minerals and antioxidants, with a delicate, natural scent, this super concentrated moisturizer really packs a punch. Key ingredients include: Organic Evening Primrose, Avocado, Squalane from Olive, Green Tea, Baicalin and Seaweed.

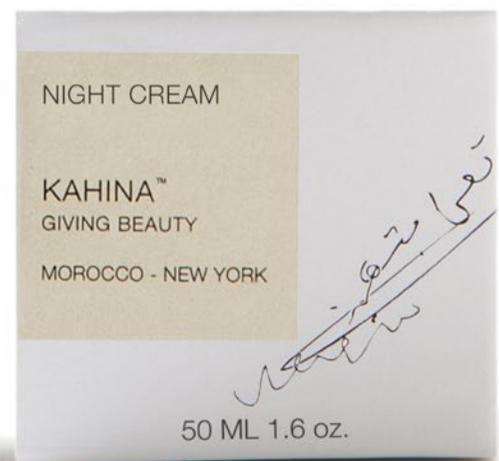
**\$28.00**



### *KAHINA GIVING BEAUTY NIGHT CREME*

Lavish and moisturizing, Kahina Giving Beauty Night Cream targets multiple signs of aging in a luxurious base of aloe vera and certified organic argan oil. Containing a calming blend of essential oils, this cream is ideal for nighttime renewal leaving the skin feeling soft and rejuvenated.

**\$105.00**





## REVIVA LABS NASOLABIAL FOLD + MULTI PEPTIDE CREAM

The facial skin folds are usually thought to be the result of years of facial expressions like smiles, frowns, etc. But Reviva Labs and various medical experts now affirm that "loss of cheek fat" is also a factor. The young face is full, with cheeks that have a "fat pad." With age, the fat falls down toward the nose causing skin sag and folds. In addition, skin along the jawline drops (creating jewels) and skin towards edges of mouth loosens, forming lines or wrinkles.

Reviva's multi-peptide Nasolabial Fold Cream is formulated to help address the problem and help folds look less pronounced. Reviva claims that no skin cream can totally remove the folds but their appearance can be reduced.

**\$49.00**

## SUNTEGRITY 5 IN 1 TINTED FACE SUNSCREEN

An all in one, "UV Chemical-Free" Tinted Sunscreen/Beauty Benefit (BB) cream that treats, hydrates, protects, primes and covers the skin. Supercharged with youth promoting antioxidants that help to scavenge surface free radicals, this cream also provides mineral Broad Spectrum SPF 30 protection. Hyaluronic acid, astaxanthin, red algae and Certified Organic: aloe vera, jojoba, sunflower, pomegranate, cucumber, and green tea help provide additional sun protection and hydration. Non-nano sized zinc-oxide not only protects the skin from the damaging UV rays, but it also soothes and calms the skin. Zinc-oxide is known for it's anti-inflammatory properties that often help skin conditions like rosacea, acne, and melasma.

**\$45.00**



## PRISTINE BEAUTY HOORAY FOR BRALLYWOOD BUTTA

This highly effective body butter smells like a delicious slice of lemon meringue pie. It is 100% natural, mineral oil free, phthalates free and paraben free. Designed to heal, repair and restore very stressed and fragile skin. For a perfect performance, apply this decadent yet graceful massage butta into the skin concentrating on fragile skin and scars. The feeling is so uplifting and completely indulgent. You'll feel like your siren self in no time!

**\$38.00**

# Peeels & gels

## *INTELLIGENT NUTRIENTS PLANT STEM CELL SCIENCE DETOXIFYING GLYCOLIC GEL*

This plant based glycolic gel gently removes dull surface cells, stimulates cell renewal, and revitalizes collagen while boosting radiance. Leaves skin bright, firm and smooth while minimizing the appearance of pores. Designed for all skins, especially oily. My favorite quality? That is deeply dissolves accumulated layers of environmental pollution - MAJOR plus!

**\$65.00**



## *PURECEUTICALS CHERRY GLYCOLIC PEEL*

This 100% natural Cherry Glycolic Peel is a 15% blend of Glycolic and Lactic, which promotes healthy cellular turnover, exfoliation and refining. It balances uneven skin tone with natural skin lighteners that brighten and leave skin glowing for days. Cherry Fruit Pulp aids in skin lightening and clearing dark spots. Due to its anti-inflammatory properties, it treats acne and acne scarring, while soothing damaged skin.

**\$46.00**

# Serums & oils

## BE NATURAL ORGANICS POMME D'OR STEM CELL CONCENTRATE SERUM

Pomme D'Or Stem Cell Concentrate Serum uses the highest concentrations of proteins, peptides and growth factors to provide concentrated epigenetic factors to renew skin's youthful appearance. Designed for all skin types age 25 and up, this serum nourishes and stimulates cellular activity, keeping skin firm and supple. It's remarkable liposomal delivery system that transports growth factors to aging cells, clinically proven to reduce fine lines and wrinkles in 30 days. On top of all that - It's oil-free, alcohol-free and hypoallergenic!

\$58.00



## ANNMARIE SKIN CARE ANTI-AGING FACIAL OIL

Annmarie Skin Care's facial oil for dry and mature skin was designed to be super moisturizing, and is pure "skin care nutrition." The result is a combination of healing herbs, antioxidants and moisturizing oils that will diminish fine lines and ensure your complexion is supple and soft.

Their formula is made with a special blend of red raspberry, acai, broccoli, and pomegranate to give your skin a powerful antioxidant boost. It also features plantain, an herb that stimulates collagen, and has high antioxidant and anti-inflammatory properties.

\$49.95



## ACURE SERIOUSLY FIRMING FACIAL SERUM

Experience concentrated and targeted results as rich antioxidants and nutrients revitalize your skin. Certified organic argan oil restores moisture to the skin's lipid layer. Borage oil soothes inflammation and cranberry works to neutralize free radicals for firmer, glowing skin.

Benefits:

- USDA Organic
- Feeds and restores cells
- Works to correct the signs of aging
- Ideal for normal to dry and mature skin types
- Vegan, Gluten and Cruelty free, Paraben, Sulfate, Silicone, Phthalate and Synthetic Fragrance free

\$19.99

## ALPHA-H LIQUID GOLD

Liquid Gold is an award-winning resurfacing treatment which transforms the skin overnight. Utilizing a low pH delivery system, the potent combination of Glycolic Acid and Licorice Extract effectively diminishes wrinkles, pigmentation and sun damage. Clinical studies show that in just 20 minutes, Liquid Gold decreases wrinkle depth, improves texture and increases moisture within the skin.

\$59.95



## DEVITA C SERUM

Let the 'C' shine in! With DeVita-C 17% topical vitamin C Serum! Each day you are exposed to air pollution, sunlight, smoke, and more, all of which can create free radicals which can cause chemical reactions, leaving your skin looking aged. These free radicals can attack your skin's collagen layer, creating the appearance of fine lines and wrinkles.

DeVita-C 17% Serum can help the appearance of skin's tone and elasticity in addition to virtually softening the look of fine lines and wrinkles. Your skin can appear revitalized and have a visibly enhanced look in just a few short days.

DeVita skin care products are 100 percent Vegan and Paraben Free. They are considered Gluten Sensitive Safe and never contain GMO's. DeVita products are never tested on animals (only humans!).

\$35.95



## LIVING LIBATIONS SOOTH SAYER SERUM

Your face and you have been together, through all kinds of weather. This serum reduces effects of environmental elements on skin and harmonizes healthy singin' cells. Skin-serene formula of organic pure sourced sandalwood, frankincense, rose Otto, geranium, turmeric, thyme linalool, carrot seed and jojoba. Soothe onto skin that has seen all kinds of weather.

\$45.00



## HANA ORGANICS LUXE SERUM

A true pampering oil, formulated for all skin types especially mature, dry and combination skin. The combination of oils work to soften, rejuvenate, moisturize and tone the skin. Used on a regular basis, it can help facilitate cell regeneration. Gluten-Free/Vegan product

\$60.00



## EARTH SCIENCE MAXIMUM HYDRATION HYALURONIC ACID SERUM

Discover the benefits of nature's miracle moisture binder. Hyaluronic Acid is an essential element in human skin. Because it can hold up to 1,000 times its weight in water, it aids hydration and actually plumps up skin and reduces the appearance of fine lines and wrinkles, making skin fresher, firmer and more youthful-looking with each use. Fragrance Free. pH 6.0 Paraben Free, Cruelty Free, Gluten Free & Vegan.

\$24.95





### MAD HIPPIE VITAMIN A SERUM

Featuring an exciting new form of vitamin A, Mad Hippie's serum works to exfoliate by enhancing cellular turnover, dramatically improving the appearance of sun damaged, aging skin. With incredible ingredients such as retinal retinoate, phytoceramide, oat beta glucan, and nourishing coconut oil, this powerful formula works to activate collagen production. It feels great, smells delicious and does wonders to your skin.

**\$32.99**



### ONE LOVE ORGANICS LOVE SPRINGS ETERNAL YOUTH PRESERVATION SERUM

This luxuriously lightweight oil boasts some of Mother Nature's most effective (and clinically proven) gifts: Blue Seakale, a marine plant, to soothe and revitalize; and protein-rich sea algae, to deeply moisturize for improved skin tonicity and firmness. Green tea, watermelon and jasmine oils easily absorb into skin for a super effective nighttime boost of emollient moisture. At the heart of this restorative elixir, Barbary Fig Plant Stem Cells and D'Orientine S, a botanical active extracted from date seeds, display strong youth preservation properties and help to reduce the appearance of fine lines and wrinkles.

**\$75.00**

### MYCHELLE PERFECT C SERUM

MyChelle Perfect C Serum is an advanced, multi-tasking Vitamin C formula to protect skin's health while combating the signs of aging. A potent 17% dose of clinically proven L-Ascorbic Acid and Buddleja Plant Stem Cells brighten, help to strengthen collagen, improve skin texture, and protect against photo damage and oxidative stress through antioxidant and anti-inflammatory activity. L-Ergothioneine boosts cellular energy and helps interrupt the stress reaction that destroys elastin.

**\$44.00**



### MYCHELLE REMARKABLE RETINAL SERUM

MyChelle Remarkable Retinal Serum contains the most potent non-prescription form of Vitamin A (patented-process Retinaldehyde) to promote healthy skin renewal. This advanced serum uses the skin's natural repair cycle to minimize the appearance of fine lines, wrinkles, and hyperpigmentation by accelerating cellular turnover. This non-irritating formula includes Ceramide 3 and Orange Plant Stem Cells to provide essential moisture, protect against environmental damage, and reduce redness.

**\$47.50**

### PYORE GOTU-KOLA LIFT & CONTOUR SERUM

This mix of Anti-Aging herbal extracts, gives mature skin a lift from collagen-building Gotu Kola extract, while Echinacea calms and helps fight aging inflammation. Apple, Orange and Alpine Rose stem cells help "reset" skin's ability to maintain normal cell function.

**\$85.00**





### STARK NEROLI MIDNIGHT OIL

A night-time treatment worth falling for. Experience the most exquisite facial treatment with a scent you will come to worship...imagine the lightness and angelic beauty of neroli grounded with an earthy sensuality, somewhere half in the clouds and half on earth. Just 2 drops is enough to restore tired skin to a dewy, youthful glow.

Neroli oil, besides being one of the most exquisite (if not THE most exquisite) essential oils available, stimulates cell-regeneration which promotes a more youthful appearance. This aromatic delight is quickly absorbed into skin, but as it contains cocoa and mango butter, also creates a light, protective barrier, perfect for a soothing night time treatment. Precious seed oils such as antioxidant-rich raspberry, pomegranate and blackberry, and black cumin are seeped in a base of beautiful organic camellia (green tea) seed oil and golden jojoba from Argentina. Evening Primrose is excellent at treating hormonal skin issues such as acne, as well as treating scars.

**\$68.00**



### TAMMY FENDER QUINTESSENTIAL SERUM

The essence of the complexion lies not upon the surface of the skin but below it, at the cellular level. In order to nourish and rejuvenate these building blocks, renowned holistic aesthetician Tammy Fender has created her most luxurious, most potent formula to date, the Quintessential Serum. The name "Quintessential" was chosen as it is defined as the essence of a substance in its purest and most concentrated form. In addition, quintessential is another word for the fifth and highest element in philosophy, that which represents all things celestial and heavenly. It should come as no surprise, therefore, that this new serum, the first of its kind contains only quintessential forms of natural ingredients, all of which work together to fight signs of aging, ward off environmental damage, keep skin deeply moisturized, and strengthen skin cells. Quintessential Serum contains nutrient oils and pure essential oils and is completely free of water, making it a fully organic product.

**\$175.00**



### S.W. BASICS OIL SERUM

Is it an oil? Is it a serum? It's BOTH. The key to a great facial oil is a nourishing lightness—it cleans the skin while also feeding it the right amount of hydration. The key to a kickass serum is a power-punch of nutrients that correct imbalances in the skin. The S.W. Basics Oil Serum is all of the above. We know, it sounds too good to be true. But so do puppies and kittens, and they're real.

While the rest of the S.W. Basics line is a healthy, balanced diet for your skin, our Oil Serum is sort of like a high-powered, jacked-up multivitamin, full of Avocado, Geranium, Turmeric, and Coffee Oils. So it has crazy-high levels of essential fatty acids, phytoestersols, antioxidants, anti-inflammatories, and other supernutrients essential for a lifetime of healthy skin. This Oil Serum works wonders on acne-prone skin, is incredibly refreshing and silky, and sinks into the skin quickly, leaving you nourished and glowing.

**\$29.00**

### THESIS BEAUTY ORGANIC FACIAL SERUM LULLABY FOR DRY SKIN

This organic facial serum contains truly luxurious oils, such as Moroccan argan oil, grapeseed, rosehip and jojoba - all loaded with powerful antioxidants and natural vitamins to support youthful, glowing appearance. Unlike many products on the market today, it hasn't been watered down or filled with cheap substitutes, preservatives and emulsifiers. Every ingredient is used in a generous proportion to allow for the best, fastest results in nurturing and restoring your skin.

**\$24.95**



# Kits & collections

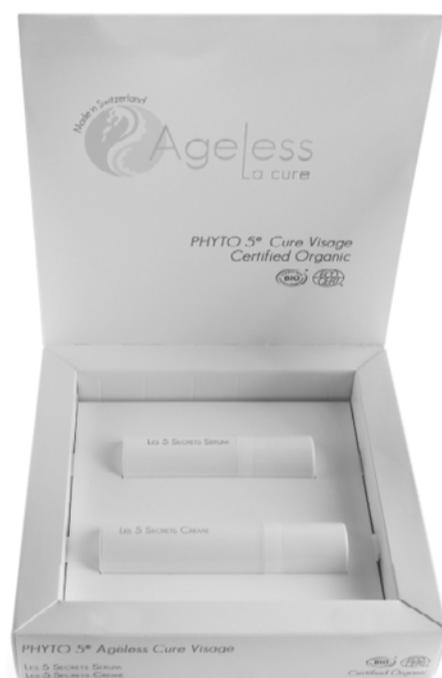
## AGELESS LA CURE FIVE SECRETS SERUM AND CREAM

The Ageless Kit is the award winning duo of The 5 Secrets Serum and The 5 Secrets Cream made in Switzerland with natural and organic-certified ingredients. The duo addresses the 5 Secrets of Youth: Essential hydration, mineralization, wrinkles filled from within, age-defying antioxidants to fight free-radicals, and finally, toning, firming and lifting. Designed as a three week treatment, the Serum and Cream are packed with clinically-proven ingredients to dramatically improve your skin!

The Serum is an organic-certified, non-invasive anti-aging formulation proven to visibly hydrate, mineralize, and tone the skin. It is powered by Commiphora Mukul extract, which is used in Ayurvedic medicine and increases the synthesis of lipids, mineralizes the skin and fills wrinkles from the inside out.

The Cream is an organic-certified hydrating, soothing moisturizer that mineralizes and provides healthy antioxidants, visibly decreasing wrinkle depth and lifting skin from the inside out. The Cream is powered by two high-tech compounds of natural origin: Easyliance, which includes acacia gum to tighten the skin, and Aquaxyl, a powerful hydrating complex.

**\$218.00**



## MUKTI ORGANICS AGE DEFIANCE COLLECTION

This trio is perfect for on-the-go skin maintenance. This collection comes with three serums - Day, night and eye - All containing peptides and vitamins optimized to amplify results! This trio works in harmony to smooth and hydrate fine lines and wrinkles, while nourishing and pampering. Love love love.

**\$217.00**



## DERMOPHYSIOLOGIQUE AETERNA KIT

AETERNA is the line from Dermophysiologie effectively formulated to counteract the effects of aging skin while providing an instant cosmetic lifting effect.

Designed to energize and stimulate the metabolism of the skin cells improving the compactness of the epidermal layers, as well as the elasticity and the resistance of the dermis to obtain a stronger and more elastic skin offering as a result a skin that looks more youthful and relaxed. This powerful trio of cleanser, cream and serum is designed for instant lifting, nourishment and tone.

**\$300.00**





A  
*Gorgeously  
Green*  
Life

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