

KNOW YOUR SKIN TO WIN

Create cards that say “True” and cards that say “False”. Each guest gets one of each. As you ask each question, they hold up the answer they believe to be correct.

Questions

1. The skin is one of the body's organs, true or false?
2. The skin has one main function – protection, true or false?
3. Aging of the skin is primarily due to time, true or false?
4. All skin has the same general pH, true or false?
5. Human skin makes its own collagen, true or false?
6. Oily or Acne prone skin doesn't need a moisturizer, true or false?
7. Aging typically becomes noticeable at age 30, true or false?
8. You continue to look youthful only because it runs in the family, true or false?

How did we all do?

- If you answered 5-8 correctly, you won't want anything other than Arbonne to ever touch your skin again after tonight!
- If you answered 0-4 correctly, you will thank your lucky stars you came here tonight so you can share the information I'm giving you with your family and friends!

Answers:

1. True. The skin is a living, breathing organ, and it is the largest functioning organ of the body.
2. False. The skin has 4 main functions vital to our overall health: protection, temperature regulation, sensation and secretion (or the elimination of toxins from the body).
3. False. Aging of the skin is primarily due to exposure to the sun and environment – that accounts for 90% of the aging process. Time accounts for only 10%!
4. True. All skin types have the same general pH of 5.5 to 6.5 on the pH scale. (If skin is sensitive it may be too acidic, but we Arbonne has a supplement that can regulate your skin's pH and get it where it should be). So when you've used a cleanser or toner that gives your skin that "squeaky clean feeling" you've stripped off your skin's natural pH, prematurely aging your skin and allowing it to be susceptible to unwanted bacteria.
5. True. But as we age, our ability to produce the elements that allow our skin to remain youthful looking; collagen and elastin, dramatically declines. Between the ages of 20 and 80 it goes down 65%! When you see wrinkles, that's due to lack of collagen. When you see sagging, that's due to lack of elastin.
6. False. All skin needs a moisturizer because all skin needs hydration and moisturization, even oily or acne prone skin.
7. False. In our 20's the first wrinkles appear around our eyes and lips!
8. False. Yes, your heritage and skin type play a part, but prevention and protection are the key to a youthful appearance.