

AGE DEFYING



*Your guide to
more vital skin*

How to achieve healthier happier skin without fillers!

VIVENTESKINCARE.COM



01 *When do I need to start injectables?*

If you are beginning to see signs of aging: uneven skin tone and texture, fine lines that don't disappear when you aren't smiling and saggy jowls, you may feel pressure to act quickly with laser rejuvenation, fillers and other injectables. There are alternatives that are non-invasive yet effective in stimulating collagen & elastin production, firing up the engine rooms of your skin cells, lightening pigmentation, smoothing 'barnacles', even perking up lazy facial muscles. You won't even have to hide at home during the recovery period.

Once you begin the process of injectables, you can become reliant on them more and more often and unless you have an exceptional doctor who can keep your outcomes subtle, you can start looking like an entirely different person.

At Vivente, we endeavour to slow down that acceleration in a way where you will always look like you, just fresher and healthier!

02 Where do you start ?

When your oil and hydration are balanced, your skin will respond by releasing the proper amount of oil to keep your texture supple.

As you age, you will see evidence of sun damage, hormone change and a loss of oil production (your natural moisturiser) It's often said that the very best anti aging product you can use is sun protection and we do agree. We do, however recommend one with minimal harsh chemicals. It is never too late to improve your skin care - your skin totally replaces every couple of months!

If there was one word that would be the enemy of your skin :

INFLAMMATION

Most diseases of the human body can be sourced back to inflammation - and it is true that your skin will begin deteriorating when inflammation is constantly present.

This can be from too much sun, over stimulation from heat (think sauna's and hot yoga!) sudden changes in temperature, harsh products, excessive hot spicy foods, alcohol, some medications, allergies, and even stress!

Step One



Cleanse without stripping :

Your skin should never feel 'squeaky clean'.

Your product ingredient list should not contain sulphates and astringents or smell of alcohols.

No over-exfoliation! Keeping your skin's natural barrier intact will keep it more resilient when under stress attack.

What Not to do !



Don't keep using products that you have been using since you were a teenager! People who have struggled with oily or acne skin can be quite phobic when it comes to product choices as they age. A good quality, non-clogging oil will actually become your skin's best friend.

Care at home



- Use gentle products without ingredients heavy in alcohol (especially toners)
- Prevent your skin from drying out by keeping a protective layer.
- A luscious oil based serum will give almost immediate relief.
- Drink plenty of water
- Add an omega supplement
- Give some love - no rough stuff!

Giving the Love



When you see problems with your skin it can be really hard to give it any love.

If you see or feel flaky areas, avoid going for harsh scrubs or peels. These can make you even more flaky, red and angry.

Sensible in-salon treatments that promote hydration will help your skin repair and respond beautifully.

What to do ?



1. Make an appointment with us at Vivente for a discovery session to learn about YOUR skin.
2. Bring along the products (including primers & foundations) that you are currently using so we can look at the ingredients
3. Ask for a personalised Skin Treatment Plan

Stop looking for Instant Results



Instead of following the latest fad product or worse - buying a product online without getting an in-depth personalized skin consult, please ask a skin therapist who loves finding solutions to skin problems, for their advice.

Most instagram influencers get paid for their recommendations. Following popular advice can often make skin problems worse!

Besides injectables - What are some alternatives?



Microcurrent

Stimulates the underlying facial muscles to 'exercise' passively

Radio Frequency (RF)

Reduces fatty tissue, gives a tightening effect, great for lifting sagging jowls

Skin Needling

Stimulates collagen and elastin production

Shibata

A more gentle alternative to needling that stimulates collagen and elastin production

LED

Light Emitting Diodes fire up the engine room of your skin cells (mitochondria) that increase collagen & elastin



What can I add to my home regime to use as an alternative to botox?

Botanical Extracts: Age Management is a natural alternative that communicates face muscle relaxation

Meder: MyoFix Concentrate diverts messages around facial muscles.

Both will not paralyze the muscles and are more subtle with no side effects : available in store at Vivente or online at viventeskincare.com



Don't go it Alone

It is easy to feel like you are all by yourself and no one understands your frustrations with your skin not behaving like you want.

There is no need to put on a brave face, ask us for help!



How fast will it get better?

The sooner you begin a healthy daily home routine with nourishing products, the sooner you will see results.

Slow and steady wins the race. There will often be set backs but we can help you get back on track fast.



Your unique pathway

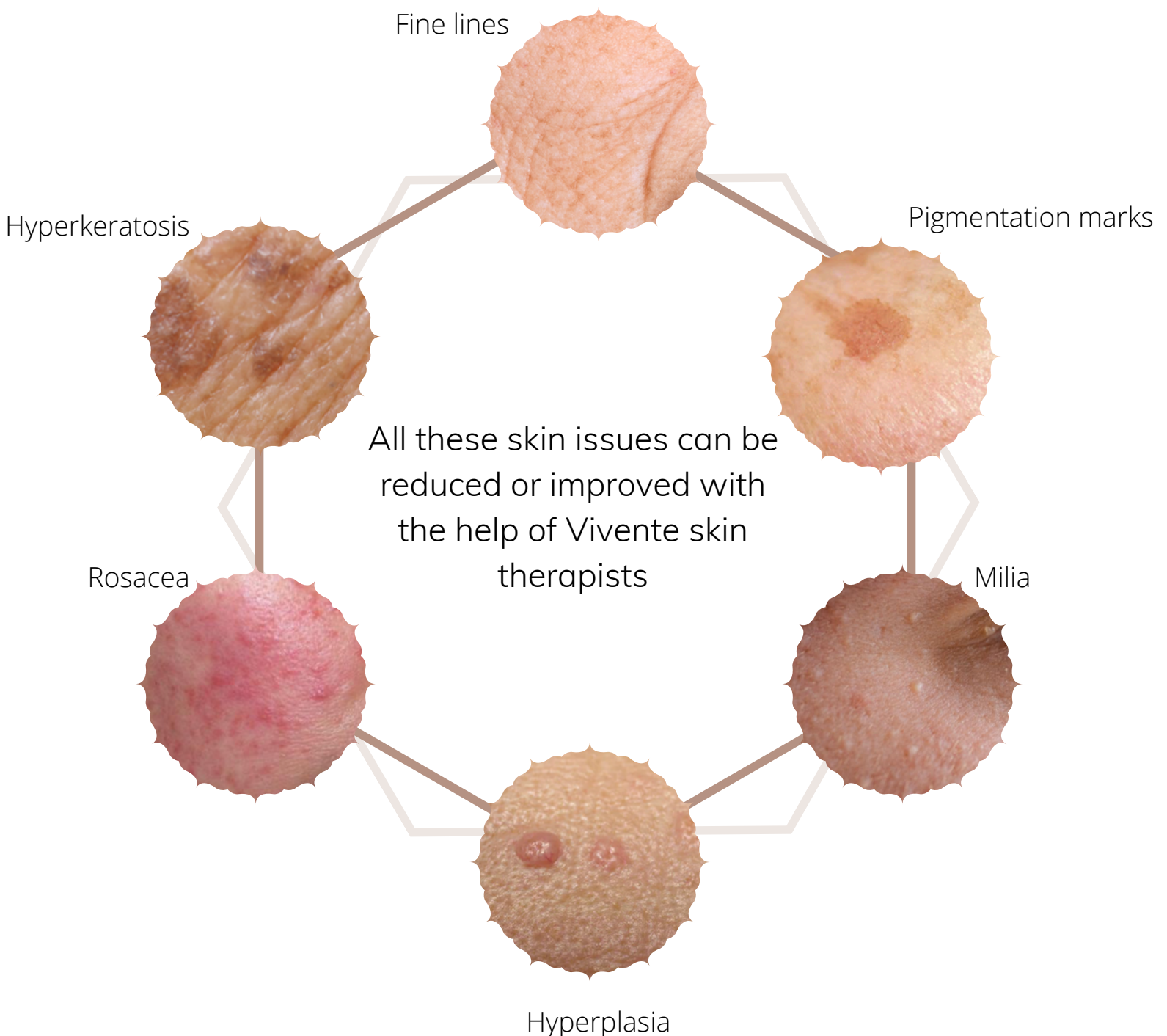
Our favourite pathway at Vivente to get you quick results is :

- Skin Diagnosis
- Gentle Home Care Products
- LED (for healing and collagen repair)
- Regular hydrating facials
- Gentle skin peels (you really don't need those 'your face will fall off type of peels!)
- We specialize in gentle resurfacing

What symptoms of aging skin can we help remove or reduce?

From brown spots to barnacles, skin tags to fine lines:

These are some of the common problems that can be dealt without serious medical intervention





How can Vivente help?

At each visit, we monitor your progress, help you understand why your skin behaves like it does, and slow down the acceleration of the aging process



Your first visit with us

Our main objective is to get your skin's barrier function back to what should be normal. We calm the skin and concentrate on normalising hydration levels so your skin becomes more resilient. Once this is achieved, we can begin the fun with designing a treatment plan.



Your follow up sessions

All skin treatment plans and product prescriptions are regularly monitored according to your feedback and what we see.

Healthier skin is our passion here at Vivente

Hi! I'm Kim

I have been in the beauty industry for 40 years and I literally have seen it all. My passion is to get you feeling confident and smiling again!



Let's start your skin journey today.

There are lot's of ways to reach out to me at Vivente

email

hello@viventeskincare.com

facebook & instagram

viventeskincare

or

book online for a skin diagnosis on our website:

viventeskincare.com

Let's get in touch

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