The Truth About Aging Skin:
The Aging Skin Ingredient Revolution
Booklet

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To fight aging skin, one must:

A. Fight ROS*, MMPs, AGEs
   1. Fight ROS (Reactive Oxygen Species—or free radicals) and MMPs (Matrix Metalloproteinases) with:
      - Camellia Sinensis (White/Green tea)
      - Glycine Soya (Soy)
      - Tocopherol (Vitamin E)
      - Ascorbic Acid (Vitamin C)
      - Glycyrrhiza (Licorice)
      - Lycopene (from tomatoes)
      - Resveratrol (from grapes)
      - Ginkgo biloba
      - SOD (enzyme)
      - Pomegranate
   2. Fight AGEs, (Advanced Glycation End-products) with:
      - Arginine/Lysine Polypeptide
      - Glycine Soya Protein (Soy)
      - Glucosamine
      - Niacinamide
      - Carnosine
      - Alpha lipoic acid
      - Plantago major extract
      - Blueberry anthocyanins

B. Stimulate cell renewal and cell turnover with:
   - Lactic acid, glycolic acid
Lactic acid superior to glycolic acid: stimulates ceramides, inhibits melanogenesis and is a humectant

- Salicylic acid
- Retinol
- Glucosamine/Yeast Extract/Urea
- Nopal (Prickly pear cactus)
- Galactoarabian
- Rice extract
- Enzymes: papain, bromelain, proteases

C. **Stimulate collagen synthesis**

- Retinol (Vitamin A)
- Ascorbic Acid (Vitamin C)
- Magnesium Ascorbyl Phosphate (a form of stabilized vitamin C)
- Palmitoyl Pentapeptide-3 (synthetically made peptide)
- Palmitoyl Tripeptide-5 (synthetically made peptide)
- Oligopeptides (synthetically made peptide)
- Palmitoyl Tripeptide-5 (synthetically made peptide)
- Soy Isoflavonoids
- Genestein (active agent found in soy)
- Yeast Extract (often listed in cosmetics as Saccharomyces cerevisiae)
- Glucosamine

D. **Hydrate and reinforce the barrier lipid properties of the epidermis; the best humectant for skin is Hyaluronic acid (HA):**

- Holds up to 1000x+ H2O
- Provides Turgor & elasticity to skin
- HA surrounds collagen & elastin to enhance tissue elasticity
- To hydrate skin...increase HA content and retain HA in the dermis. This attracts water molecules to the tissues

Reinforce the barrier lipid layer of the Stratum Corneum with lipids such as Oil of Evening Primrose, Rose Oil, Avocado Oil, Shea butter.
IDI: Setting the Gold Standard for Professional Success

For over 25 years, The International Dermal Institute has pushed the skin care industry envelope to its limits, literally redefining professional excellence and offering skin therapists a unique opportunity to reach their personal best in the process. We do it by offering the most challenging and rewarding postgraduate skin and body therapy curriculum available anywhere today, with 38 postgraduate Training Centers worldwide; 18 of which are located in the U.S.

What we offer our students goes far beyond technical training and access to expertise you won’t find anywhere else. Our mission is to stay in touch with that original sense of “electricity” – the feeling of connecting with destiny, and creating your own future with your own heart, mind and hands. A postgraduate skin care education at The International Dermal Institute offers that connection literally around the world, and gives students their own opportunity to get “plugged in” as part of a uniquely rewarding profession which thrives on human touch and communication.

This charge to be the best in postgraduate skin care is led by Jane Wurwand, a professional skin therapist. Since founding IDI in 1983, she’s continually carried an urgent message to skin therapists: education is the key to improving every aspect of your business, from understanding galvanic current to creating a seamless booking system!

IDI is at the forefront of the evolution of skin care, elevating the respect and success of the skin care industry and the professional skin therapist around the world. Today the industry is just as competitive, and IDI maintains the international gold standard for postgraduate skin and body therapy training. Stand tall as a member of The International Dermal Institute’s worldwide student body committed to professionalism, and having the best hands in the business!

Continuing with our legacy of innovation, we are supporting FITE, Financial Independence Through Entrepreneurship, a global platform to fund women worldwide into their own business to create sustainable income. From one woman to another, one entrepreneur to another, we can evoke a positive change. Learn how you can get involved at joinFITE.org.
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