

# ask.jacquie

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## FACE

### **Why do I occasionally get dark residue on my cotton pad when I tone my skin? Am I not cleansing properly?**

Much of the residue found on your cotton ball after cleansing and toning is a combination of exfoliated skin cells and sebum (oil) that appear dark against the cotton. When swiped across your skin, the toner helps lift the damaged and dying skin cells from the surface. Use Herbalife SKIN Energizing Herbal Toner every morning and every evening for best results.

### **Why do I need to exfoliate?**

Everyone exfoliates naturally. In fact, we lose about a million skin cell particles every minute. Using an exfoliating scrub helps this process along. Teenagers completely regenerate their skin about every 14 days. By the time we reach age 40, that rate can increase to about 30–40 days, resulting in dry, ashy or mottled-looking skin. Proper exfoliation reduces the time cells sit on the surface. The scrubbing particles slough off the dry, dead cells and bring the newer skin cells to the forefront, giving us a healthier and more vibrant complexion. Herbalife SKIN Instant Reveal Berry Scrub contains Blueberry seeds for exfoliation along with jojoba beads to smooth and polish the skin.

### **If I decide to use a mask and exfoliate on the same day, which should I do first?**

I would advise exfoliating the skin first. There is no sense in

wasting a good mask on dead skin cells. By exfoliating first, you start with a nice, fresh face to mask. This will allow the mask to really deliver its benefits without any interference from dead or dying skin cells.

### **Why is using a night cream important?**

Skin cells replace themselves faster than any other cells in the body. The peak hours for cell reproduction occur while you are sleeping. It is during this time when your body repairs the damage that was done during the day. Because this is when new cells are born, it is imperative to use a night cream that is enriched with vitamins and nutrients to facilitate healthy cell renewal. Our Herbalife SKIN line contains an antioxidant-rich night cream for all skin types to help fight the signs of aging.



If you have questions, please email me at: [askjacquie@herbalife.com](mailto:askjacquie@herbalife.com)

