

SKINGLO

BEAUTY FROM WITHIN

WHY YOUR BEAUTY REGIME NEEDS TO START FROM THE INSIDE

Forget serums, it's time to look at your diet for real anti-ageing results.

Ever heard the phrase you are what you eat? It's not as far off as you think! Everything we consume has an affect on our appearance. Acne sufferers are told to avoid dairy, those suffering with pigmentation are told to avoid gluten, not to mention the havoc alcohol and takeaways can cause with our skin.

We spend a fortune on serums, creams and ointments to keep skin looking its best. But many of us forget to look to our nutrition in order to restore what our bodies are slowly losing over time.



WHY DO WE AGE?

So what exactly causes the skin to age? Sun exposure and smoking are the two main external factors to have an affect on our skin. Bad diet and poor genes also play a role.

But why? The reason our skin begins to sag and show lines and wrinkles is because our bodies are losing what keeps it strong and supple to begin with – collagen.

The most abundant protein in the human body, collagen plays a huge factor in the way our skin looks and feels. It's the main structural protein and a fundamental building block for our bodies.

But from our early 20's, we begin to lose collagen at a rate of 1% each year. So, by the time you're 30, you've lost 10% of your collagen reserves – resulting in the appearance of lines, skin dullness, and a lack of volume.

Smoking and sun exposure also contribute and speed up this depletion.

So, to prevent signs of ageing and stay looking younger for longer, it's important to keep our collagen levels topped up.

HOW DO I GET MORE COLLAGEN?

Consuming collagen is a quick, easy way to prevent signs of ageing. Load your plate with foods like sweet potato,

carrots, salmon and leafy greens to boost your collagen intake.

Unfortunately, you'd have to eat a LOT of greens in order to get the recommended 8 grams of collagen a day. You could make bone broth for an extra collagen hit, though it's a time-consuming process and not everyone is a fan of the taste.

SkinGlo stands apart from the crowd due to their unique NutriProtect Liposomal Technology, providing 8X better absorption than traditional supplements.

IS THERE ANYTHING I SHOULD BE AVOIDING?

While moisturisers and serums do work to a certain extent by keeping skin moisturised and smoothing the texture, it's important to note that any creams claiming to increase collagen levels are unlikely to do so as collagen molecules are too large to be absorbed by the skin.

Avoid smoking and sunlight – wearing an SPF daily and avoiding cigarettes will all help prevent unwanted collagen loss.

Sugar is thought to cause early signs of ageing too, so cut down if you want to keep skin smoother for longer.

WHAT TO LOOK OUT FOR WHEN CHOOSING A COLLAGEN SUPPLEMENT

With so many collagen supplements now on the market, it can feel like a bit of a minefield. Here's what to look out for:

- Avoid solids or powders. Instead look for a liquid formula, which has a higher absorption rate.
- Avoid sugar. If a collagen supplement has sugar in, it's going to be more detrimental to your skin as sugar can cause ageing.
- Choose the right kind of collagen. Hydrolysed Marine Collagen is the highest quality with the best absorption rate, and lowest molecular weight available.
- Check the other ingredients. Vitamin C is known to help the body absorb collagen. Hyaluronic acid will help hydrate skin, giving a plumper, more youthful appearance. B Vitamins are well known for their skin enhancement abilities. Cermamosides improve skin moisturisation.
- Choose a supplement that provides 8 grams of collagen a day. If a supplement claims to provide more, it's false – the body can only provide this much at a time. If it's less, you're not getting the key amount.

SkinGlo is a ready-to-drink 8g hydrolysed marine collagen supplement, ticking all the boxes needed for best results. As the only skin supplement currently to use liposomal technology, it provides 8x more absorption compared to traditional supplements. Taken once a day, results can be seen from as little as 2 weeks.



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