

# healthy, happy summer

Bright new breakthroughs in skin care technology mean there's no need to avoid the sun this summer—you can simply outsmart it.

by leading dermatologist  
**REGINA HAMLIN, M.D.**

with a message from

The  
**Skin Cancer**  
FOUNDATION

## Do you miss feeling the warmth of the sun on your face without worrying about the damage it could be causing your skin?

Ultraviolet rays are estimated to cause 70 to 90 percent of the damage to our skin in a process called photoaging. As a dermatologist, I have witnessed firsthand the damage that unprotected exposure to UV rays can cause—lines and wrinkles, age spots, sagging, and thickening of the skin. And still more frightening is the ever-increasing number

of people diagnosed with skin cancer around the world.

Based on my experience, the most effective way to reduce this damage and slow the signs of aging is through a holistic approach that combines the best in dermatological and nutritional science with common sense, like wearing a hat and sunglasses. Scientists have recently made new discoveries in skin care technology that will allow many people to breathe a sigh of relief and enjoy the sun again without the worry.

### INTELLIGENT SKIN CARE

There are five components of a complete skin care regimen to help you outsmart the damaging rays of the sun.

### Sunscreen and Photoaging Correctors

To prevent new damage from UV rays, it is critical to use sunscreen every day—

# A MESSAGE FROM The Skin Cancer FOUNDATION

More than 90 percent of all skin cancers are caused by the sun, as well as premature aging.

While most people know they should use sunscreen when they are outside for long periods of time or at the beach or pool, they fail to realize that "incidental" sun exposure can be equally as damaging.

Over the course of a year, these brief exposures that you experience on a daily basis can add up to as much sun as you'd get in a week's vacation at the beach.

That's why using a sun protection product such as a moisturizer with an SPF 15 or higher every day is an essential part of a sun protection regimen.

Additional sun safety tips include seeking the shade, covering up with the proper clothing and sunglasses, and having a professional skin exam every year.

For more sun safety information, check our website at [www.skincancer.org](http://www.skincancer.org)

SPF 15 works well for most skin types; however, a higher SPF may be necessary for some. In addition, look for new, deep-penetrating compounds that actually amplify the body's natural cell-renewal processes and minimize the effects of sun exposure.

## Topical Nutrition

Sun and other external factors like pollution cause free radicals in the skin, which in turn can cause the appearance of premature aging. Antioxidants are your best defense against free radicals. Research shows that using potent antioxidants, including vitamin C, green-tea extract, whole-grape extract, and vitamin E, on the skin can reduce free-radical effects.

## Natural Refining Complexes

The sun and other environmental elements can accelerate the body's natural aging processes that destroy collagen and elastin. Look for products with new, natural ingredients, such as lupine proteins, that can reduce the appearance of wrinkles and increase smoothness today, and inhibit the skin from losing elasticity, keeping it firm and youthful tomorrow.

## Non-Irritating Preservatives

Most products on the market today contain harsh chemical preservatives that can irritate the skin. However, innovative alternatives are emerging. Look for products that are (1) made without parabens or other chemical preservatives like Quaternium 15 or DMDM hydantoin, which release formaldehyde, and (2) packaged in closed containers to avoid contamination after opening.

## Proper Nutrition and Hydration

Nourishing skin cells from the inside can enhance the visible effects of using advanced topical treatments on the skin. Take high-quality nutritional supplements and drink plenty of water to keep skin healthy. This intelligent approach to skin care will leave you looking radiant and feeling great as you enjoy the sun this summer.

"For my own patients, I recommend Sensé skin care products. Not only are they free from any added chemical preservatives, they combine the most advanced skin care technologies with advanced nutrition for dramatic results that I have seen again and again."

~Regina Hamlin, M.D.

*Regina Hamlin, M.D., has been a dermatologist for over 30 years. She is Chief of Dermatology at four major hospitals in California and a clinical professor of medicine at USCSF Fresno.*



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# inner and outer nutrition



*Beautiful skin begins with healthy skin. Advanced nutritional supplements can boost visible improvements in your skin, making you feel as good as you look.*

by DR. MYRON WENTZ  
 Founder and Chairman  
 USANA Health Sciences, Inc.

When I founded USANA Health Sciences in 1992, it was with a vision of helping people achieve optimal health through advanced cellular nutrition. Today, USANA is a world leader in nutrition, manufacturing the Essentials™, a superior, science-based nutritional supplement, ranked #1 by the *Comparative Guide to Nutritional Supplements*, as well as Sensé, an extraordinary skin care system unlike any other in the world.

Sensé is unique because it is the result of a powerful collaboration of the best minds in both cellular nutrition and cosmetic science. This team had a single purpose: create an “intelligent” skin care system based on the synergy of inner and outer nutrition.

Sensé's outer nutrients produce even more dramatic results when used in conjunction with the USANA Essentials, which help replenish and nourish skin cells from the inside out.

With its exclusive technologies and advanced, self-preserving ingredients, Sensé isn't just another skin care line. It's beautiful science®.

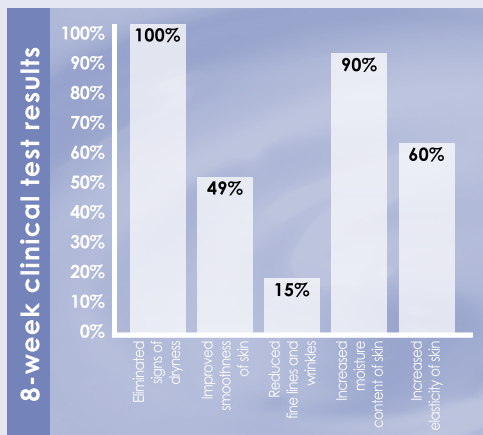
## SELF-PRESERVING TECHNOLOGY

### A better preservative system

All personal-care products must be preserved to prevent spoilage. Nearly all contain chemical preservatives like parabens, DMDM hydantoin, or Quaternium 15. A few others claim to be “preservative-free” and are dangerously unpreserved with a very short shelf life.

Sensé's patent-pending, self-preserving formulas have no added chemical preservatives, yet still provide a full two-year shelf life. With this clinically proven system, **the product is the preservative:** All of the functional ingredients in every formula, as well as clean manufacturing and closed packaging, combine to become a safe and effective preservative system. All the benefits of younger-looking skin can be yours...along with peace of mind.

*See dramatic results in as little as two weeks*



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