

# Winning the Age Game

When you are 70, who would you like to look like?

Taking care of your skin now will pay big benefits later—no matter what age you are now!



Anonymous

Or



Mary Kay Ash

**At 20 years**—The skin on the face is still free of wrinkles.

**At 25 years**—The first wrinkles appear on the forehead and under the eyes. Laugh lines become apparent.

**At 30 years**—"Crow's feet" develop at the corners of the eyes.

**At 40 years**—Permanent wrinkles begin to appear in the area from the ears to the neck

**At 50 years**—Wrinkles appear around the nose, ear lobes, and chin. The skin is noticeably drier.

**At 55 years**—Folds form at the nape of the neck and mostly on the areas exposed to sunlight. Hyper-pigmentation or discoloration begins.

**At 60 years**—Wrinkles around the mouth deepen and the cheeks begin to sag.

**At 70 years**—Wrinkles begin to overlap, forming a crisscrossing net of creases. Pigmentation is now quite evident.

Although these changes are typical, there may be exceptions. The proper use of cleansers, moisturizers and cosmetics is essential to maintaining a youthful appearance. Use of a good skin care program such as **Mary Kay** offers—Skin Supplements containing Alpha Hydroxy—can certainly alter this progression. Just look around at **Mary Kay** Consultants and Directors of these ages and you'll see living proof!

By James Sternberg, MD and Thomas Sternberg