

Free Skin Routine Guide - 3 Simple Steps to Fresher Skin After 50

You don't need 10 products or an hour every morning. Just 3 simple habits, done consistently, make the biggest difference after 50.

Step 1: Feed your skin from the inside

Collagen naturally declines after 50 - up to 30% in the first 5 years after menopause. Support it daily with a collagen supplement (like Verisol®) plus protein-rich meals. Skin renews from within, not just what you put on top.

Step 2: Keep it simple on the outside

Cleanse, moisturize, SPF. That's it. Skip the 10-step routine - consistency beats complexity every time. Add a facial massage or face taping 2-3x a week to support circulation and muscle tone naturally.

Step 3: Move your face, not just your body

Face taping / facial exercises re-educate the muscles under your skin, helping with firmness and tone over time - no needles, no downtime.

Want personalized tips for your skin? [Message me on WhatsApp](#) - I'll help you build a routine that fits your life.

BeHealth.BeFit.BeYou.

Speak shortly, Ania