

# everything you need to know about skin damage

*From genetics to sun damage, here's what's damaging your skin (and what to do about it).*

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Your skin endures a lot. Every day, natural (intrinsic) and environmental (extrinsic) triggers change its structure from inside and out. Over time these factors lead to the accumulation of molecular damage in the skin, ultimately resulting in premature signs of aging like hyperpigmentation, fine lines and wrinkles.

Let's take a closer look at how each of these triggers affects skin – and what you can do about them.

## **intrinsic triggers**

The intrinsic aging process is largely hereditary, and guided by our genes – so the best way to address it is through preventive skin care. Intrinsic aging generally includes:

- **The slowing of cell turnover and renewal rates**, leading to dull skin
- **Uneven melanin production**, leading to hyperpigmentation
- **Decreased sebaceous activity**, leading to fine lines and wrinkles

## **extrinsic triggers**

The good news: these are things you can control! It just takes a little work; reducing your exposure to extrinsic triggers is all about making healthy lifestyle decisions. Some extrinsic triggers include:

- **Lifestyle habits** like smoking, drinking and an unhealthy diet
- **UV-induced sun damage** from not wearing sunscreen
- **Exposure to pollution** like ozone, smog, smoke and exhaust

Together these triggers can cause uneven pigmentation, wrinkles, loss of elasticity and other signs of aging. Here's how you can prevent that!

- Make healthy choices like eating a balanced diet, limiting alcohol, and not smoking.
- Wear sunscreen – always. (Even when it's not sunny!)
- Fight back: antioxidants like Vitamin C neutralize damaging molecules, helping the skin defend itself against stressors and repair existing damage. For an ultra-potent boost, try a serum like new BioLumin-C Serum!