



Radiant Aging

A Simplified Skincare Guide for
the Journey of Aging Well

By Dee Forster

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Introduction

Welcome to “Radiant Aging, Skin Care tips for Women 50 and Over,” a practical guide designed for women navigating the journey of enhancing and maintaining our skin as we age. In this book, we embark on a simplified exploration of skincare, offering insights and viable tips specific to the unique needs of the skin as it progresses through the changes of our lives.

As the passage of time evolves through our lives, our skin undergoes its own unique changes reflecting back to us our experiences and wisdom in its lines, colour, and contour. Each passing year requires a new approach to care honoring the changes that are taking place and recognizing its lasting beauty.

Within these pages, you’ll discover valuable information selected to empower you on your journey for vibrant radiant skin. From understanding the physical structure of the skin and the shifts that occur during the aging process, to active steps you can take to maintain and regain youthful looking skin. We dive into strategies that nourish, protect, revitalize, and are easy to incorporate into your skincare routine with powerful outcomes for overall skin health.

Drawing on the expert guidance of dermatologists, estheticians, and holistic health practitioners, “Radiant Aging” serves as your trusted source for aging well! Whether you are looking for guidance for minimizing fine lines, addressing age spots, or hydrating dry and dehydrated skin, you’ll find practical and easy to follow advice to suit your unique needs and preferences.

Welcome to the journey of preserving and enhancing our skin as we age.

About Me

I have been an esthetician and lover of all things skin care for over 2 decades. My journey in the industry has taken me through various spas to eventually owning my own business where I have helped countless clients enhance and maintain their skin's health. I have been educated in many different skin care lines and enjoyed witnessing the transformative effects of the different products. However, my true passion lies in educating others about skincare essentials, guiding them on product selection and application techniques and sharing my wealth of knowledge with others on the skin care journey.

As a woman in my 50s, I have experienced a good deal of changes in my skin, from acne to excessive dryness, and most recently inflammatory rosacea. By using skincare products that target these issues I have been able to minimize the effects or eliminate them altogether. When I look in the mirror, I am happy to see my reflection and the skin I have diligently cared for. I am at ease whether I choose to wear makeup on my face or whether I choose to let my natural skin shine through. Embracing the journey of maintaining my skin's radiant appearance is an enjoyable part of my daily routine.



My Philosophy on Skincare

There are many different approaches to embracing the process of aging well. There's no one-size-fits-all approach, it is about finding what makes you feel content and confident in your own skin. Whether you choose the path of enhancement assisted by a dermatologist, or the path of a regular skincare routine and facials, or nothing at all, it is about being happy and comfortable with yourself when you look in the mirror and see your beautiful reflection looking back at you.

I have enjoyed the process of caring for my skin since I was a teenager and have adjusted the routine several times as I have aged. Recently I have found that using naturally sourced organic products on my skin makes me happy and comfortable. It is important to me that what I apply to my skin not only promotes a healthy glow but also respects my body. I am mindful that what goes on to the skin will be absorbed into the body, so I choose products that support overall health while enjoying the aging process.

Some important considerations for me when choosing my skincare are where is it made, how far does it have to be shipped to get to me; what are the packaging materials, and what is the cost. I have learned that the price of the product does not always reflect the quality of the product. Especially when so many of the products out there are incredibly overpriced. I used to believe that the more expensive the product the better it will be, I have since learned that is not always true. Try not to be taken in by fancy packaging, marketing, influencer's, and buzz words. Take the time to research the ingredients in the products you would like to use so you understand what you are applying to your skin. Many products on the market consist largely of chemical

based ingredients and filler product.

Over the past 20 years the skin care industry has exploded with new products, new ingredients, and new procedures, at a level that is overwhelming and exhausting. All claiming or implying to be a fountain of youth for your skin. I find it challenging to keep up even with all my research, and my clients are struggling to decide what would be most beneficial to use on their skin for aging well options. This encouraged me to take a deep dive into the skin care world in the attempt to understand what the key factors are that will be of greatest service to those who are seeking to maintain and preserve as youthful a looking skin as they can.

Ultimately, my skincare philosophy centers on balance: nourishing my skin while respecting the planet and making informed choices that align with my values. It's about embracing the journey of aging with grace, confidence, and authenticity.

