



The Hawaiian Secret to Beautiful, Radiant Skin For Life



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The Secrets Inside Your *FREE BOOK* Will Save You Time, Money, Effort and They Give Your Skin a Beautiful, Radiant Glow for Life

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Why Do Hawaiian Women (and Men) Enjoy Beautiful, Radiant Skin for Life?

*Is it the island climate?
Lack of stress?
Diet?
Moist sea air?*

Fascinated by the strength, calm and inner and outer beauty of the Hawaiian people, I’ve long wanted to know the answer to this one question:

Why, of all cultures on earth, do the Hawaiians have such beautiful, radiant skin?

This little book of skincare secrets reveals the answer to that vital question. The answer can get you on the fast track to an organic, chemical-free, plant-based skincare solution unlike any you have ever experienced before.

If you want to give your skin a lifelong gift by repairing, renewing and nourishing your skin with proven, botanical extracts combined with the advanced plant-based science, read on and you will learn the Hawaiian secret to beautiful, radiant skin for life.

What you are about to learn will truly be a lifelong gift for your skin.

Part I



How Can You Gain the Glow of Hawaii?

The Hawaiian islands are known and loved for their botanical diversity. From plants to fruits to essential oils, the islands have everything you need to nourish and replenish your skin.

For the first time, the secrets revealed in this book will show you how to rescue, restore and rejuvenate your skin using the best-of-the-best Hawaiian botanicals and oils along with the best plant-based “patented actives” that have been widely and successfully tested.

Skincare is Not a Vanity Issue

Skincare is not a vanity issue. It’s a smart health choice. Think about it. You want to maintain good health, so you exercise and eat right. You get regular check-ups. So why would you not want to take care of your body’s largest organ, your skin?

Maybe you think you don’t have the time to worry about your skin. Maybe you are confused by conflicting views on skin treatment. Or maybe you think, in the scheme of things, you have more important health issues to attend to than skincare.

But the truth is: your skincare is a vital part of your overall health. In fact, just as the eyes are said to be a window into your soul, your skin is a window into your general health, your vibrancy and your well-being.

The health of your skin is linked to diet, digestion, exercise, water intake, sun exposure, and to how easily and quickly your body eliminates toxins and waste.

Your Skin is Where Health Begins

Your skin performs several critical functions, including protecting you from foreign substances and serving as a transfer point for the release of toxins through perspiration.

Your skin accounts for 15% of your total body weight. It is composed of 70% water, 25% protein, and 2% lipids—the remainder is trace minerals. Your skin is also porous, which means it absorbs many of the substances with which it comes into contact.

That’s why you should never put anything on your skin that you couldn’t, in theory, eat. Your skin is a direct link to your bloodstream. What you put on your skin is part of your body’s system—immediately. (This is why you must NOT use products with chemical preservatives! More on this later.)

Your skin provides an honest reflection of your inner health and well being. When you eat fatty foods or foods to which you are allergic, your skin is often the first indicator that you have mistreated yourself.

On the other hand, when you get plenty of fresh air, get regular exercise, stay well hydrated, eat six to eight fresh fruits and vegetables every day, your skin exhibits a healthy glow. It is an instant report card on your lifestyle choices.

You Are What You Eat

If you eat organic fruits, vegetables, nuts and seeds, and a small amount of whole grains, you are putting clean fuel into your body.

If you eat cookies, cakes, ice cream, and other energy-draining foods, you are putting junk-fuel into your body that creates pockets of distress, constipation, excess fat and inflammation.

Inflammation is now believed, by a wide range of traditional and alternative health care providers, to be the primary culprit behind heart disease, insulin resistance, diabetes, joint pain and a number of chronic skin ailments.

In general, inflammation-creating foods are high-glycemic

carbohydrates that increase your blood sugar quickly. Why is this sugar spike hard on your heart and your skin at the same time? It's because your body responds to increased glucose by releasing insulin to control it.

Insulin Spikes Are Insults to Your Skin

Increased insulin use sets the stage for weight gain and increased inflammation throughout the body, including your skin. (One of the primary reasons that teenagers suffer so severely from acne is that their diet is largely based on sugar-saturated grain products.) But guess what, those same sugar-saturated grains challenge the health and skin of every other age group as well.

Worse yet, the more high-glycemic foods you eat, the more you want. Your body stops using fat for energy and starts using the increased sugar intake for fuel.

The result is a blood sugar imbalance requiring more and more insulin spikes to bring it back into balance. These insulin “spikes” are linked to high blood sugar, fatigue, brain fog, intestinal gas, weight gain, increased blood pressure, insulin resistance, heart disease, and, yes, skin problems, including acne, rashes, splotches, redness, puffiness and dryness.

Here's One Simple Food Rule Your Skin Will Love. If It's Off the Vine, It's Very Fine!

Nearly every dermatologist (and doctor for that matter) will agree: your skin can benefit from eating more fruits and vegetables.

If you're serious about improving your health and your skin, you'll also want to limit breads, pasta, crackers, cookies and white rice (or eliminate them altogether) because they are an unending source of insulin spikes and internal inflammation that are linked to skin problems.

Here are a Few Simple Rules to Consider

- Cut back on dairy and soda.
- Cut back on all sugar products.
- Drink filtered water.

To fix the skin, you need to start burning fat instead of sugar. The best sources for healthy fat are deep-water fish, coconut oil, olives, olive oil, nuts, seeds and avocado.

When you reduce high-glycemic carbohydrates and replace them with healthy fats, amazing things start to happen. Like what?

- Your body stops craving sugar.
- Your blood sugar levels stabilize.
- You no longer require insulin spikes to match sudden glucose spikes.
- Your energy returns with vigor.
- Your skin regains its natural elasticity and glow—regardless of your age or current physical condition.

Think of Your Skin As a Three-Level House

Your skin consists of three layers: the epidermis, the dermis and the hypodermis.

LEVEL 1—THE EPIDERMIS: This is the skin that you see in the mirror. It's the layer where skin cells are produced, where your skin is continually in a process of renewal.

In younger women, this takes about two weeks. As you age, this process can take three to five weeks. Old cells are dry and flat. New cells contain a higher percentage of water, and are plump and flexible. The more water the epidermis contains, the healthier the skin. This layer contains proteins, lipids, antioxidants and water.

The top layer of the epidermis (the stratum corneum) is where the moisture content of your skin is regulated. The keratin is the protein that provides the structure. Lipids (fats) act as the glue that helps firm up the keratin.

So, the health of the epidermis is dependent upon moisture, protein and healthy fats like olive oil and fish oil.

LEVEL 2—THE DERMIS: This is the thickest layer of skin where collagen and elastin keep your skin firm and flexible.

The primary cells in the dermis are fibroblasts, which organize *collagen* and *elastin*. The dermis also houses capillaries that are essential for nourishing your skin.

The dermis also contains sweat glands, hair follicles, nerve endings and lymphatic vessels that protect your skin from invading microorganisms. Wrinkles develop at the dermis level, so any anti-wrinkle treatment you choose must be able to penetrate this level.

LEVEL 3—HYPODERMIS: This is the deepest layer of skin and consists mostly of fat. It acts as a buffer zone for excess heat, cold or trauma. The loss of subcutaneous tissue, often associated with age, leads to facial sag and increased wrinkles.

What Causes the Aging of the Skin?

The aging of the human body in general (and the skin in particular) is directly linked to your ability or inability to eliminate toxins.

Some longevity scientists believe that if the human body could eliminate toxins as fast as it absorbs them, the body would not age. Sadly this is not the case.

Free Radicals Will Do You No Favors

Free radicals (found in everything from household chemicals to car exhaust to chemical preservatives in food) are unstable compounds that can alter the DNA in your body.

They wreak havoc by stealing electrons from other cells in the body, including your skin. That action causes healthy cells to become unstable.

Free radicals are everywhere, in the food you eat, in the air, in the soil and water. The skin gets bombarded by free radical pollutants every day.

Your Skin Craves Chemical-Free Health

Since your skin is bombarded with pollutants and chemicals throughout your life, there's no need to add insult to injury by using skincare products that are loaded with chemical preservatives.

Virtually all cosmetic companies turn to chemical preservatives. Why? Because chemical preservatives are cheap to put into skincare products. They also provide a longer shelf life than some organic ingredients do. But cheaper doesn't equal safer, and most chemical preservatives can be harmful to your skin and your body over time.

Why are Companies Allowed to Use Harmful Chemicals in Skincare?

The regulation of harmful chemicals in skincare is not as stringent as many would assume. For instance, the NPA (Natural Products Association) published a "positive list" of ingredients, including dozens of chemical preservatives that have no business on your skin—or anywhere else for that matter.

Switching to natural, plant-based preservatives in your beauty products can reduce your risk of skin irritation and allergic reactions and even some forms of cancer. The toxic free radicals and carcinogens found in chemical preservatives, while they do increase shelf life, are not worth the risk.

Why? There are already 80,000 common chemicals in our air, water and soil. No one needs any more of them—even in fractional amounts.

The Best Way to Combat Free Radicals

Longevity scientists describe the aging of the human body as a series of "oxidative stress" checkpoints. What that does mean?

As we breathe, we take in oxygen for energy and life, but at the same time, this oxygen brings into our bodies free radicals found in pollution, soil, water, air, in fact, everything.

To counteract this non-stop, stressful exchange, the body produces antioxidants to combat the free radicals and to limit the oxidation exchange or natural "rusting" of cells.

When we improve our air and water quality while also making dietary changes, we limit the amount of oxidative stress we are subject to. Unfortunately, we can never eliminate it entirely.

The Best "Rust-Proofing" Antioxidants For Your Skin

A growing body of scientists believe that the internal production of antioxidants is not adequate to neutralize all the free radicals found in air, water, soil and food today.

We need to eat organic, pesticide-free foods and take supplements that are antioxidant-rich. Here is a short list of powerful

antioxidants that are linked to robust health and youthful skin tone.

Vitamin A: It is widely believed to slow the aging process. A deficiency of vitamin A is linked to rough, dry, fragile skin.

Vitamin C: Vitamin C is vital for the synthesis of collagen in the skin. A deficiency in vitamin C can reduce the skin resilience and ability to heal.

Vitamin E: Vitamin E is a soluble antioxidant that protects cellular membranes, lipoproteins and other oily substances. Vitamin E may aid in the prevention of skin damage from the environment. A deficiency is linked to dry, rough skin and age spots.

Vitamin D: Vitamin D is formed in the body through an interaction with sunlight. It has been shown to help in treatment of psoriasis. A deficiency can cause severely dry, flaky skin.

Selenium: Selenium aids in the synthesis of prostaglandin hormones that affect the smoothness and texture of the skin. A deficiency is associated with eczema and psoriasis.

Zinc: Zinc helps regenerate skin cells and reduce inflammation. It also aids in wound healing. Zinc is necessary for oil gland function and skin hormone activation. It is used successfully to treat acne, eczema and psoriasis. A deficiency can speed up the breakdown of collagen.

Alpha Lipoic Acid: Alpha lipoic acid is both water and fat soluble. It is capable of protecting all your body tissue and is effective against most types of free radicals. It also has the benefit of lowering blood sugar, making it an inhibitor of glycation and cross-linking (both play key roles in causing wrinkles). A deficiency can result in a stiffening and thinning of the skin and connective tissue.

CoQ10: CoQ10 is an antioxidant that is an essential part of the cellular respiration system. It protects against free radicals and increases the rate and efficiency of energy production of the cells. A deficiency can reduce the flexibility of cell membranes in the skin.

Vitamins B1 and B2: Both vitamin B1 and B2 are critical for cellular energy production. A deficiency can lead to dermatitis, especially around the nose and corners of the mouth.

Vitamin B3: Vitamin B3 (niacin) increases the cellular energy needed for cells to repair free radical damage. A deficiency can result in slow skin repair.

Vitamin B2 and B6: Both vitamin B2 and B6 are factors in the synthesis of prostaglandin hormones that determine the smoothness and texture of the skin. A deficiency can result in dry, flaky skin.

Vitamin B12: Vitamin B12 is essential for a variety of processes in the cells including cell formation and cell longevity. A deficiency can result in uneven, dark patches on the face known as hyperpigmentation.

Essential Fatty Acids: Essential fatty acids (EFAs) improve all skin types whether oily, normal or dry. Do not confuse EFAs with oily fatty substances that will make your skin oily. EFAs help your skin retain moisture and a youthful tone.

From helping your skin, your heart and your brain, and increasing oxygen in your body, scientific evidence supporting the beneficial effects of EFAs is staggering. Primarily, EFAs are essential for rebuilding and producing new cells.

Omega 3 EFAs: Omega 3 EFAs are found primarily in cold-water fish (such as salmon, mackerel, halibut and sardines) as well as in some plant and nut oils (such as flaxseed, pumpkin seed and walnut). A deficiency can result in dry, thin, flaky skin.

Omega 6 EFAs: Omega 6 EFAs are found in raw nuts, seeds, legumes, grape seed oil and evening primrose oil. In cosmetic testing, Omega 6 EFAs have been shown to preserve the “barrier function” of cell membranes. A deficiency can result in an outflow of moisture and a loss of skin elasticity.

Less Oil, Less Water, Equals Faster Aging of Your Skin

As part of the normal aging process, starting exactly at age thirty-five for women, skin dries out and produces less oil. Said another way: starting at thirty-five, your skin starts to become more like a desert and less like a lush, moist meadow.

What happens exactly? At thirty-five, the skin starts to show the accumulated effects of sun exposure, poor dietary choices, lack of exercise and the exposure to environmental toxins.

The gradual breakdown of collagen and elastin break cause the loss of elasticity. With age, fat is easily stored beneath the skin, resulting in changes in the cheeks, neck, jaw and eye area.

Most women also begin to experience aging below the eyes and at the corners of the eyes. Most men also begin to experience aging, with deep lines on the forehead and crow's feet at the eyes.

Dry Skin is the Biggest Single Problem Associated With Aging

Problems with dry skin adversely affect millions of people, especially as we age. Our skin naturally becomes dryer, thinner and less elastic as we get older. We sweat less and we produce less oil.

What's more, conditions leading to dry skin are on the rise. Using central heating, air conditioning and blow dryers, traveling by air, being exposed to detergents, chemicals and harsh weather, along with drinking too little water and too much alcohol, all cause the body—and the skin in particular—to become dehydrated.

How Can You Help Age-Proof Your Skin?

WATER: THE TRUE MIRACLE WORKER FOR YOUR SKIN! Almost everyone knows that it's important to drink water, but how much water should you drink? The easy formula is to take your body weight and divide it in half. That is the amount of water in ounces you should drink daily. Since your body is comprised of 70% water, water intake is the single most vital choice you can make for healthy skin.

HEALTHY OILS: Just as a car needs oil to run, so the human body is designed to use healthy fats every day to keep it lubricated and energized. Although much attention has been spent on the need to reduce saturated fat (found primarily in animal products), your body needs and craves the healthy fat found in monounsaturated fatty acids like olive oil, coconut oil and avocado.

Fat is the body's most concentrated form of energy. If you use

healthy fats for fuel instead of junk-calorie carbohydrates, your body can find its ideal weight and build its own immune reserves, and your skin can reflect a body that runs efficiently on healthy fat instead of sugar.

You Can't Live Without Sunlight!

We hear a lot about how we must always protect ourselves against sunlight. But is this entirely true?

Nearly every major health clinic in the world, including the famed Mayo Clinic, has now identified the health benefit of limited sun exposure. Why?

Because your body requires vitamin D for life itself.

Countless studies confirm that vitamin D—best found and processed through sunlight—can help protect us against breast, prostate, ovarian and colon cancers, osteoporosis, osteoarthritis, multiple sclerosis, poor immune response, dental decay and failing eyesight.

The form of vitamin D that we get from food and supplements is not fully active. When the skin is exposed to sunlight, a compound in the skin is transformed into vitamin D. Many experts agree that exposing the face and arms to the sun for 10 to 15 minutes three times a week is the best and most efficient way to reap the benefits of vitamin D.

Sunlight is Still Used to Treat One of the Most Chronic Skin Conditions

Vitamin D plays a key role in skin cell metabolism and growth. If this were not true, why is sunlight prescribed, around the world, as the best way to treat psoriasis? Sun exposure has been shown to be effective in treating itching and flaking skin, which are common symptoms of this chronic skin problem.

Men and women living in the upper third of the continental U.S. (above the 42nd parallel) can't get enough sunlight in the winter months, so they need to supplement with vitamin D to avoid deficiencies. Even so, they are at a risk of suffering from a vitamin D deficiency.

The One Thing You Must Know About Using Sunscreen

If you want to keep a youthful appearance, you do need to use a good broad-spectrum sunscreen (with both UVA and UVB protection) with an SPF rating of at least 15.

WARNING: Use a sunscreen that does not use chemical preservatives, dyes, masking fragrances, lanolin, formaldehyde, PABA or benzophenones, because most of them are toxic and should not ever be used on your skin.

Apply the sunscreen liberally and reapply it every two hours when out in the sun or after going swimming.

Avoid the sun at the hottest parts of the day, and wear clothing and a hat to shield your skin from intense sun. Use sunscreen even on cloudy days.

Extended sun exposure causes wrinkles on your face, hands, and arms and other parts of your body. Your skin literally dries up.

How Does Dryness Set In?

Along with the breakdown of collagen and elastin, the skin loses the ability to retain moisture. The result is loose, baggy, dry skin, which can give you a leathery appearance.

One of the common causes of dryness and hyperpigmentation is sun exposure and sun damage to the skin. Excessive sun exposure and tanning increases the amount of melanin in the skin. Melanin is a dark brown to black pigment occurring in the hair, skin and iris of the eye in people and animals. Excessive sun exposure can eventually result in darkened spots on the chest, hands and face. This damage leaves skin even more vulnerable, increasing the risk of skin cancer.

How Important is Facial Cleansing?

As the human body ages, we lose water and oil. Therefore, the most important two things we can do for our skin is to replenish oil and water in our diet and on our skin.

Cleansing the skin is important, but we need to be careful not to cleanse it too much. There are many methods in which to do

this. Here are some of the methods that work the best for different skin types:

CLEANSERS: Foaming and gel cleansers are generally good for normal to oily skin, but many of the ingredients can be drying, so cleansing milks are usually better for drier skin.

TONERS & ASTRINGENTS: These can help ensure that your skin is really clean and PH balanced. They can also help ensure that the products you use over them will penetrate better. If you have dry skin, avoid toners with alcohol. Aloe-based toners, for example, are better alternatives.

EXFOLIATING MASKS: Applied on the skin and washed off after a few minutes, these are good for normal or sensitive skin. Frequency depends on skin type. Particularly sensitive skin benefits from mild exfoliation with a face cloth.

FACIAL SCRUBS: Scrubs contain tiny particles that loosen dead skin. If scrubs are used too often or too harshly (of if the scrub itself is too harsh), it may cause broken capillaries and irritation, especially in people with sensitive skin. Alpha hydroxy acids are fruit acids that exfoliate dead skin and are found in cleansers, lotions, toners and masks. Though many people use them with success, these can also be too harsh for sensitive skin, so they are best used with caution.

Easy-Does-It Skincare in Cold Months

If you live in a place where winter means cold, then you have to pay special attention to your skincare habits.

First of all, stay well hydrated. Even if you don't feel thirsty, make sure your intake of fluids is optimal.

Increase your essential fatty acids intake, because these help your body develop new cell membranes, which in turn hold more water during winter. This does wonders for your hair, nails and skin. Up your intake of nuts, seeds and cold-water fish like wild salmon. Also, increase your antioxidant intake including alpha lipoic acid (ALA). Eat tomatoes, eggs, blueberries and leafy green vegetables rich in beta carotene.

During winter, it's essential to improve blood flow to your

skin through regular daily exercise, massage and facials, which you can do yourself as part of your daily skincare regime.

Be careful to choose nondrying soaps and body washes. Many soaps and washes dry your skin by robbing it of oil. Finally, use warm water rather than hot water, which is extremely drying for the skin.

The Single Best Fruit for Your Skin.

Blueberries are considered by many experts to be the highest food source for antioxidants that can target free radicals. Blueberries are an excellent source of both soluble and insoluble fiber, vitamin C, manganese, vitamin E and riboflavin. Eating blueberries helps protect skin cells from damage and disintegration. The result is that the skin gains strength and resilience and looks younger.

The Single Best Animal Protein for Your Skin.

Wild caught salmon is high in essential fatty acids that are key for achieving healthy skin. Essential fatty acids such as Omega-3s help keep cell membranes healthy by keeping out harmful substances and by allowing nutrients to enter cells and for waste products to exit. Increasing consumption of Omega-3 fatty acid-rich foods such as salmon helps keep the skin supple and youthful.

The Single Best Daily Oil for Your Skin.

Olive oil skincare is nothing new. Discovered over 5000 years ago, olive oil quickly became an essential component of skincare. In fact, it's an ancient beauty secret that was used by Cleopatra herself.

The Egyptians, Greeks, Phoenicians and Romans all took full advantage of this prized oil. Today, you can observe the beautiful skin of Mediterranean women. Many claim their secret is the oil of this tiny fruit.

Olive oil is high in antioxidants, including vitamin E. Antioxidants are nutritional powerhouses that protect against age-accelerating free radicals. The oil of this miraculous fruit guards your body and your skin from the inside out.

The Single Best Exercise for Your Skin

You can use the best skincare products money can buy. You can eat the best organic produce in the world, but if you don't get regular exercise, it won't matter what you eat and what you put on your face. Why?

Aerobic exercise, which is about increasing the amount of oxygen pumping through the cardiovascular system, increases your heart rate and your breathing. When you do aerobic exercise, your body produces more energy, your muscles get more oxygen and your heart beats faster.

When you provide more oxygen to your heart, lungs and muscles, you sweat and release toxins through your skin.

The very best exercise you can do for your skin is rebounding on a mini-trampoline. Why? Because only rebounding activates your lymphatic system to instantly cleanse all 70 trillion cells in your body from the inside out—including the cells found in the three levels of your skin.

NASA Scientists first discovered that rebounding was the only exercise proven to exert the maximum amount of “pull” on the human body down to the cellular level, with the least amount of effort. That cellular “pull” is what helps stimulate your lymphatic system which, in turn, helps to cleanse your body of toxins.

What Good Things Happen to Your Skin When Your Lymphatic System Switches On?

When your lymphatic system is switched on through rebounding, your skin looks firmer, tighter and younger. Your hair feels and looks silkier. Your nails look healthier.

Researchers have discovered that jogging and other strenuous activities place great stress on the legs, over time, cause the skin to actually sag.

For this reason, after years of rigorous activity, exercisers can develop jowls and sagging breasts. They also often have a number of injuries caused by strains on their feet, ankles, knees and spine.

On the other hand, rebounding is gentle. It puts gravity to work in your favor, with zero negative impact on your muscular-

skeletal system. And because your skin receives the maximum amount of oxygen with the least amount of impact, toxins are quickly and easily removed.

Eliminate Toxins that Inflamm the Skin in Just Ten Minutes a Day

Four primary organs responsible for eliminating waste and toxins—the liver, the kidneys, the colon and the skin. Rebounding helps the body eliminate toxins through all four channels—all at the same time.

Think of your lymphatic system as your body's internal garbage collector. If you want to eliminate toxins that are an inflammation-triggers for your skin, your lymphatic system must be activated on a regular basis. Rebounding is the most efficient and gentle way to accomplish this in just ten minutes a day.

What's the Real Difference Between Young and Old Skin?

Collagen formation and breakdown takes place in the dermis or inner skin, the thicker, firm layer of skin that lies beneath the paper thin outer skin or epidermis, much as a mattress lies beneath a sheet. Collagen consists of proteins that comprise a supporting structure surrounding the skin cells.

In youthful skin, collagen is firm, taut and abundant, like a new mattress. In older skin, the collagen structure begins to sag and drag.

Just as a foam mattress over time becomes flatter and creased as its structure breaks down, aging skin begins to sag and wrinkle when its collagen is diminished and fragmented.

With age, the skin loses its elasticity and firmness. Cell turnover slows down and collagen production decreases. But above all, the supporting tissue is disorganized, leading to a slackening skin and the appearance of increasingly deep wrinkles.

As skin ages, reactive oxygen species (chemically reactive molecules containing oxygen) that are associated with many aspects of aging, lead to increased production of the enzyme collagenase, which breaks down collagen.

Then fibroblasts, the critical players in firm, healthy skin, lose their normal stretched state. They collapse and more enzymes are produced that break down collagen. People in their 80s have four times more broken collagen than people in their 20s.

If you want to maintain the look and feel of youthful skin, you need to take action to repair and reinvigorate the cellular structure of the dermis with a broad spectrum of deep penetrating oils, plant actives, antioxidants and other super nutrients.

This skin renewal process will not happen overnight, but with dietary changes, adequate water, regular exercise and the right balance of nutrients, you can revitalize even the most troubled skin.

Why 99% of All Skincare Products Don't Work the Way They Claim

Most commercial skincare creams are mainly water. Their moisture is quickly absorbed into dry, wrinkled skin.

As the water enters your skin, it expands the tissues (like filling a balloon with water) so that wrinkles fade away and the skin feels smoother. But this is only temporary. As soon as the water evaporates or is carried away by the blood stream, the dry, wrinkled skin returns.

No matter how hard you try, you will never be able to permanently cure dry, wrinkled skin with these water-based skincare formulas.

In addition to water, most lotions and creams use an oil that is almost always a highly refined vegetable oil deficient of all natural protective antioxidants.

Why 99% of All Skincare Products Are Not Good for Your Skin

Most skincare creams are water-based and rely upon chemical preservatives to increase shelf life. Since most are water-based, shortly after application, the water evaporates, leaving only the chemical preservatives which will never nourish the skin. Chemical preservatives do not belong in your food, and they don't belong on your skin.

Most of these products are made up of thickening agents, waxes and fillers and will not reach the dermis layer where the rebuilding of collagen and elastin take place.

Many people don't realize that these harsh chemicals, found in most skincare products, strip away human sebum, which is the oily secretion of the sebaceous glands. Once your skin's natural oil shield is removed, the harmful chemicals are free to damage your unprotected skin.

What's more, cosmetics makers use chemicals in the manufacturing process that contribute to pollution. These chemicals are generally non-biodegradable, and contribute to air, water and soil contamination.

There Is a Better, Safer, Organic Way to Repair and Rejuvenate Your Skin

Everyone faces some sort of skin problem in their lives, whether it's acne, rosacea, oiliness, blotches, sun damage, dark spots, dryness or some other skin challenge.

Just as the inner organs of your body need vitamins and minerals to remain healthy and work properly, so does your skin.

It has been scientifically proven through various studies and observations that nature's botanicals and oils can make the skin look healthier, younger and more vibrant while eliminating wrinkles.

If you don't want to put the health of your skin at risk, choose skincare formulas made from natural botanicals and oils.

Part II



The Hawaiian Secret to Beautiful, Radiant Skin for Life

Hidden deep within the islands of Hawaii are the botanical answers to the question: How can you achieve beautiful, radiant skin for life?

In Hawaii, botanical extracts and nut oils have been used for centuries by Polynesian healers to repair and rejuvenate the skin.

Island Oils Unlike Any Other

The top three Hawaiian nut oils—tamanu, kukui and macadamia—contain high levels of essential fatty acids which are helpful for softening the skin. They are intensively hydrating and keep the skin soft and supple.

Tamanu Oil

For centuries, the Polynesians have used tamanu oil for its anti-inflammatory, antineuralgic, antibiotic and antioxidant properties.

Among all the world's sacred oils, tamanu oil (called "green gold" by islanders) has the unique ability to promote the formation of new tissue which speeds wound healing and the growth of healthy skin. The scientific term for this process is "cicatrization."

Tamanu oil accelerates the healing process by penetrating deep into the skin's underlying connective tissues. It is applied liberally to cuts, scrapes, burns, insect bites, stings, abrasions, acne, psoriasis, dry skin and blisters.

Research shows that tamanu contains three basic classes of lipids—neutral lipids, glycolipids and phospholipids. The oil

also contains a unique fatty acid called calophyllic acid and a novel antibiotic lactone and anti-inflammatory agent called calophylloide.

Tamanu oil is made from the nut kernels of the tamanu trees. Its scientific name is *calophyllum inophyllum*. This evergreen tree is native to the Polynesian islands. In Hawaii, it's known as the Kamani tree.

The tree produces a fleshy fruit that is inedible. Inside the fruit is the tamanu nut. Only after the fruit of the tamanu tree has fallen to the ground naturally are the nuts collected and dried. Consequently, there is no negative impact on the trees themselves.

The nut kernels are then laid on racks to dry for one to two months. During this process, the kernels release a strong, rich oil. The oil from the nut is extracted by cold-pressing and filtration.

Hands down, tamanu oil is one of the greatest healing oils on the planet.

Kukui Oil

Kukui oil has also been used for centuries to heal the skin after a sunburn. Early Hawaiians discovered that the lightly roasted kukui nut oil soothed sunburns and provided exceptional dry skin protection and could be easily absorbed into your skin.

That is one of the reasons why Polynesians are world-renown for their beautiful skin, even though the sun shines year around. Rich in linoleic and linolenic fatty acids, kukui is one of nature's supreme skin remedies. It also adds luster and shine to sun-damaged hair.

Kukui oil helps protect against premature aging, helps diminish fine lines and wrinkles, improves elasticity, infuses the skin with antioxidants to help fight free radicals, and helps stimulate the production of collagen.

It's easy to see why kukui oil is a must if you want soft, healthy, luminous skin for life.

Macadamia Oil

Macadamia nut oil is high in palmitoleic acid, a fatty acid that is similar to the skin's sebum, which tends to decrease naturally with aging.

It is also naturally rich in vitamin E, which helps improve the appearance of scars and tones the skin. As a natural moisturizer, macadamia nut oil can help fight dryness. This Polynesian oil is also absorbed quickly by the skin.

4 Hawaiian Tips for Giving Your Skin & Hair A Radiant Island Glow

AVOID THE DAILY HOT SHOWER SPRAY. Avoid washing and cleansing your face with hot water, especially in the shower. The strength and pressure of the shower spray, coupled with the hot water, actually damages your skin. It breaks capillaries in your face and causes blotchy and uneven skin. Wash your skin gently with lukewarm to cool water and with a mild, nondrying, organic soap.

TRY COCONUT MILK: Coconuts are good for our bodies in many ways. First of all, drink it. The fat in coconut milk is not the harmful kind. It's monosaturated, so you'll do your body a good turn by drinking it. Secondly, use it as a skin and hair treatment. Milk from the coconut adds shine to your hair and stimulates hair growth when you use it after shampooing.

TRY COCONUT OIL: Coconut oil is great as a skin moisturizer. It aids in removing the outer layer of dead skin cells and making the skin smoother.

Coconut oil can easily penetrate into the deeper layers of your skin and strengthen the underlying tissues. With continued use, the skin becomes more evenly textured and gains a healthy glow.

What's more, coconut oil can help to keep your skin from developing age spots, and other blemishes caused by aging and overexposure to sunlight.

TRY PINEAPPLE: Pineapples are naturally rich in alpha hydroxy acids which can be used to exfoliate skin. All you need to do is puree pineapple in a blender and rub it over your face.

This natural exfoliating solution is so much less costly than those expensive, designer cleansing solutions. (This pineapple trick is often too harsh for exceedingly fair or sensitive skin, but for most women, pineapple works wonders as an exfoliant!)

Your Best Multipurpose Skincare Solution

Although aging is inevitable, how well our skin ages depends on how well we take care of it. Let's start with four basic questions.

- Are you confused about which skincare formula to use?
- Are you concerned that the cost might be too much to help solve different challenges?
- Are you tired of using skincare products loaded with chemical preservatives?
- Are you tired of being told you have to use 5 to 10 different products each day in order to achieve optimal results—and that's before you even consider cosmetics?

If you answered YES to any one of these questions, you'll want to consider the benefits of using MAKANA.

Without question, MAKANA is the most advanced, chemical-free, multipurpose skincare solution on the market today.

Most of the over-the-counter or prescription ingredients, designed to slow or stop wrinkles have a drying and swelling effect on your skin. This is not the case with MAKANA. In Hawaiian, makana means gift, and, in every way possible, MAKANA is a gift for your skin. Why?

Unlike any other product on the market, MAKANA offers you a superior system of potent Polynesian botanicals, vital nutrients and the best in next-generation skincare science.

Together, the Hawaiian oils and patented plant-based actives found in MAKANA help not only reduce the appearance of wrinkles and fine lines, but also smooth the skin, enhance moisture retention and improve dermal function in the skin around the eyes.

There is no other skincare formula like it anywhere.

With MAKANA, you infuse your skin with pure Hawaiian botanicals, antioxidants and the best-of-the-best, plant-based patented actives—all free of parabens, artificial coloring, fragrances, petroleum-based ingredients and chemical preservatives.

Makana Gift #1 Anti-Aging Serum

With MAKANA, you get a patented blend of plant actives and natural antioxidants that shield skin cells from attack by free radicals. The result is this: MAKANA helps to preserve elasticity, smooth wrinkles and extend the life of cell membranes. And it does this quickly.

How does MAKANA help you achieve fast-track firming and smoothing?

FAST TRACK SKIN HELPER: MAKANA uses *acmella oleracea extract*, a powerful but gentle plant-based active, to target the mechanism responsible for the formation of expression lines.

Expression lines result from the accumulated effect on the skin of movements constantly imposed by the subcutaneous muscles.

Acmella oleracea helps reduce those contractions and thus delay deepening of these wrinkles. In testing, 83% of volunteers experienced a significant reduction in crow's feet and other expression wrinkles, including forehead wrinkles and frown lines.

How does *acmella oleracea* really work? This flowering herb helps reorganize and rebuild the dermis structure by stimulating the fibroblast biomechanical functions. Fibroblasts are the workhorse cells in connective tissue that produce collagen.

Acmella oleracea has demonstrated a powerful ability to tighten the collagen fiber network, thus reducing the most obvious sign of aging, the creased appearance of the skin.

The result is this: Your skin density and firmness are rapidly enhanced, leading to greater skin smoothness.

FAST TRACK SKIN HELPER: MAKANA uses an extract from the *avena sativa* (oat) kernel as a highly effective moisture regulator. Its unique magnet-like action holds water tenaciously and doesn't let it escape. This one plant active helps protect dry skin against brittleness, roughness, itching and unevenness.

The result is an instant tightening yet moisturizing effect intended to retone, remodel and smooth your skin.

Makana Gift #2 All-Day Moisturizer

MAKANA contains Polynesian essential fatty acid moisturizing agents that are superior to anything else in the world. Free of synthetic thickeners that suffocate skin, **MAKANA** keeps your skin supple and smooth all day long without leaving it feeling or looking greasy.

The top Hawaiian oils—kukui, macadamia and tamanu—are intensely hydrating for keeping the skin soft and supple. They contain high levels of powerful and unique essential fatty acids, which are vital for repairing and softening the skin.

In addition to these three miraculous oils, **MAKANA** also relies on a number of other proven moisturizing agents to gain the full complement of antioxidants, vitamins and vital nutrients for skin protection, hydration and restoration.

MOISTURIZING POWERHOUSE: GRAPE SEED OIL.

MAKANA uses grape seed oil containing powerful polyphenols, which are antioxidants that can help slow the aging of the skin. Using this oil helps prevent pores from clogging, while helping to tone and tighten the skin.

Grape seed oil contains a high amount of linoleic acid, which is a fatty acid essential for the health of the skin and cell membranes. Best known for its ability to lock in moisture, grape seed oil leaves your skin feeling more supple and smooth, without a greasy feeling, which makes it ideal to use on all skin types.

The nutrients in grape seed oil are easily absorbed into the skin. They don't sit on top of the skin. The quick absorption helps grape seed oil fight free radicals and stop some of the enzymes that destroy collagen, elastin and other connective tissue.

Grape seed oil is rich in vitamins E, C, D and beta-carotene. It also contains linoleic acid, oleic acid, palmitic acid, stearic acid and palmitic acid. These essential fatty acids help repair damaged skin and wrinkles around the eyes by penetrating the skin with powerful moisturizing properties.

MOISTURIZING POWERHOUSE: MAKANA uses sweet almond oil because it is one of the world's "miracle" moisturizers. Since sweet almond oil is easily absorbed into the skin, it doesn't leave it feeling greasy and tacky. It is used to soften the skin and to promote a clear, young looking complexion. It is a greatly nourishing and protecting oil, and is ideal for chapped and irritated skin.

The main fatty acids contained in sweet almond oil are: oleic, linoleic, myristic, palmitic palmitoleic, heptadecenoic, 9-heptadecenoic, stearic, linolenic, arachidic and eicosenoic.

More than anything else, sweet almond oil helps balance skin moisture. In the case of the loss of moisture, it helps to restore it. Sweet almond oil makes a great lubricant to help combat itching and inflammation. It is an excellent natural moisturizer that is suitable for all skin types and a perfect complement to the plant-based Polynesian oils in **MAKANA**.

MOISTURIZING POWERHOUSE: MAKANA uses jojoba (pronounced ho-HO-ba) oil, an amazing botanical extract of the seed of the jojoba tree. What's interesting about jojoba is that it isn't actually an oil, but rather a wax ester. Why is this important for you to know?

Because out of all the compounds in nature, this wax ester is the most similar to human skin oil (sebum). It is theorized that applying jojoba to the skin can "trick" the skin into thinking it is producing enough oil, thus helping to balance the body's oil production.

The lubrication properties of jojoba leave a rich, velvety nonoily feel on the skin, while retarding water loss and enhancing flexibility and suppleness of the skin. Jojoba is completely mixable with the natural sebum of the skin, and when used on the skin forms a very thin, nongreasy layer.

This jojoba-enriched layer is partially porous, thus providing exceptional transepidermal respiration and moisture control. With jojoba, your skin can reduce transdermal water loss without totally blocking the transpiration of gases and water vapor.

Said another way: Jojoba, as found in **MAKANA**, can help

provide all-day moisturizing without clogging the pores or irritating the skin.

MOISTURIZING POWERHOUSE: MAKANA uses unrefined shea butter, which is naturally rich in vitamins A, E and F. Vitamin A and E help to balance and normalize the skin. They both help both promote new collagen, which prevents wrinkles, facial lines and slackened skin. Vitamin F acts as a skin protector and revitalizer. It soothes rough, dry or chapped skin on contact. Vitamin F consists of linoleic, linolenic and arachidonic acids, three essential fatty acids that aid with moisture retention.

MOISTURIZING POWERHOUSE: MAKANA uses cocoa seed butter, which is rich in vitamins E, A and C. It is also dense with polyphenols that are effective at neutralizing free radicals. In fact, cocoa butter contains a much higher antioxidant concentration than even blueberries or other super foods.

Cocoa seed butter also contains a large proportion of minerals, including calcium, potassium, magnesium, zinc, manganese, copper and iron, all of which are in a highly bioavailable form that renders them more effective than commercial vitamin supplements.

Pure cocoa butter has been recognized for centuries as the ultimate emollient ingredient for keeping the skin supple. It is absorbed easily into the skin because of its tendency to melt at body temperature, and therefore soak into the skin almost immediately upon contact.

It is scientifically proven that cocoa butter prevents skin degradation due to the harmful effects of overexposure to UV light. It also helps alleviate eczema and dermatitis because it works to inhibit the production of immuno globulin, which continues and worsens these conditions.

Makana Gift #3 Advanced Eye Cream

Patented peptide actives improve dermal nerve function in the delicate skin around your eyes, causing it to remain tight.

Peptides are short-chain amino acids that are the building

blocks of protein. They have been studied for 50 years and have been shown to play a key role in the healing of the skin. How do they work?

Peptides are “messengers” that help stimulate collagen production. Acetyl tetrapeptide 5 is a key active ingredient with a proven efficacy in reducing puffy eye bags and circles. It also has been shown to enhance skin elasticity and skin smoothness.

In one study, a group of 17 volunteers, aged 34 to 54, applied this peptide twice a day under the eye area for 28 days. Eye bags were reduced 70%.

This is just one of the powerful but gentle actives found in MAKANA.

Makana Gift #4 Rejuvenating Night Treatment

Super nutrients promote cellular energy production to help repair and restore your skin while you rest, so it can be bright and healthy upon waking.

NIGHT REJUVENATOR: MAKANA uses a powerful algae extract that acts as an efficient skin energy regenerator. This extract replenishes the energy reserves of stressed skin by stimulating the mitochondria, which are the energy “engines” of your skin cells.

Studies show that this one algae extract increases cell turnover and thus helps to improve overall skin complexion.

NIGHT REJUVENATOR: MAKANA uses aloe vera gel as a skin healer, moisturizer and softener. For 6,000 years, the natural stabilized gel taken from the inner leaf of the aloe vera plant has been used for a wide range of skin problems, including sunburn, itching, swelling, acne, dark spots, inflammation and even scars.

Aloe vera gel naturally contains anti-inflammatory and antibacterial properties as well as a rich cocktail of nutrients that lubricate, soften, smooth and heal the skin—especially at night.

NIGHT REJUVENATOR: MAKANA uses hibiscus flower extract, which helps to prevent the breakdown of elastin. How

does it accomplish this? This extract contains natural amino acids and hydroxy acids, which help exfoliate the skin and improve flexibility, moisture retention and elasticity—all at the same time.

NIGHT REJUVENATOR: MAKANA uses organic green tea extract, which is one of the world's most potent and widely studied antioxidants. Numerous studies demonstrate that the polyphenols in green tea have the ability to inhibit the breakdown of collagen. And green tea extract helps prevent UV penetration into the skin.

Green Tea Extract Helps

- **INHIBIT** cell mutations
- **REDUCE** blood fats
- **LOWER** LDL cholesterol
- **REDUCE** blood pressure
- **INCREASE** heart efficiency
- **SPEED** metabolism

All of these benefits help reduce internal inflammation, which, in turn, help repair the skin. If you have any doubts about the potency of green tea extract, consider that it is currently being tested at the world-famous Mayo Clinic for its efficacy against leukemia.

NIGHT REJUVENATOR: MAKANA uses both vitamin E and CoQ10. The concentration of naturally occurring vitamin E and CoQ10 in our bodies is reduced with age while an even more dramatic depletion is observed after UV irradiation of the skin.

The lipids or fats found on the surface of the skin are the natural shield that protects it from external insults. Like no two other antioxidants, vitamin E and CoQ10 work together to protect sebum lipids, restore the lipid barrier and increase the barrier's resistance to oxidative stress.

More Than 50% of Makana is Composed of Scientifically Proven Plant-Based Active Ingredients

Most skincare formulas only contain one or two patented active ingredients. Here's a big point of difference with MAKANA. More than 50% of MAKANA is composed of scientifically proven,

plant-based active ingredients. Which means simply this: Every active ingredient in MAKANA is working in synergy to enhance effectiveness in improving the health, feel and look of your skin.

MAKANA contains only the highest quality, natural moisturizing oils, super antioxidants, essential fatty acids, vitamins, and carefully selected botanical extracts.

MAKANA contains:

- No parabens.
- No fragrances.
- No allergens.
- No chemical preservatives.

MAKANA is a unique formula that combines the most advanced scientific skincare discoveries with the purest nutrients found in Hawaiian botanicals to create a face cream that heals and protects like no other product you've ever tried.

Women are Now Seeing the Results of Using Organic, Chemical-Free Skincare

Organic skincare products are gaining in popularity. This is because more consumers are discovering the benefits of using organic, plant-based ingredients for their bodies.

MAKANA is manufactured in a certified organic facility using native and organic ingredients extracted from botanicals found in Polynesia. The ingredients are not only safe for your skin and the air you breathe, they also work in harmony with your body for more deeply therapeutic results.

The organic botanicals found in MAKANA are very helpful in softening or removing fine lines and wrinkles, while at the same time adding deep-level moisturizing to your skin.

The active plant-based ingredients found in MAKANA have all achieved results in published studies. Other key Polynesian oils found in MAKANA—especially tamanu and kukui oils—have been used for centuries to increase the elasticity of the skin and to restore its natural glow.

The Next Best Thing to the Fountain of Youth

There's no such thing as the fountain of youth, but there is such

as a thing as the Hawaiian secret to beautiful, radiant skin for life.

In our global search for skin-healing botanicals we discovered that tamanu oil—found primarily in Polynesia—is a rejuvenating oil unlike any other. It's no mystery it's called "green gold" throughout Polynesia. Tamanu oil has proven itself effective against a wide range of troubling skin problems, including acne, psoriasis and sun damage.

MAKANA combines tamanu oil with other healing oils, plus a number of other proven, patented actives to create a formula that rapidly penetrates deep into the dermis to repair damaged cells, hydrate the skin and protect against signs of aging.

The result? Radiant skin with a youthful glow.

Here's Why You'll Want to Try Makana— Risk Free!

If you've been searching for a 100% pure skincare product with world-class performance without the world-class spa price...

If you've been searching for a 100% natural solution to younger-looking skin that minimizes the appearance of wrinkles, fine lines and dry skin...

If you've been searching for a multipurpose skincare solution that allows you to accomplish anti-aging, all-day moisturizing, eye treatment and night treatment—all in one formula—without breaking your bank account...

If you've been searching for ONE, multitasking go-to skincare solution that's perfect for travel and for any busy, stressful lifestyle...

If you've been looking for a pure, nontoxic moisturizer that you can use everyday without fear of putting more chemicals into your body or into the environment...

If you have bags and circles under your eyes, and decreased firmness in your face...

If you have sun-damaged skin or skin prone to breakouts and blackheads...

If you have rough skin with large visible pores...

If you have deep laugh lines that crave softening...

If your skin has a dull, flat look that needs all-day tightening and a healthy glow...

If your skin is stressed due to poor diet choices, smoking, alcohol, burns, scars, eczema, acne or even bruising...

If you want to look younger (without injections) by using plant-based ingredients that have been tested for hundreds of years by beautiful Hawaiian women and men...

If you've had chronic dryness or flaking of skin and your face is like a sponge that just can't get enough moisture ever...

THEN, you owe it to your skin to give MAKANA a try. You have nothing to lose and everything to gain. And you can act with speed and confidence because only MAKANA comes with a 30 DAY GUARANTEE.

Most Big-Name Skincare Lines Come With Big Hidden Problems

Most of the big-name skincare lines use ingredients that irritate, redden, dry, irritate and swell your face. Some women, may experience temporary improvements, but the long term health of the skin has not been improved.

Most of the big-name skincare lines use chemical preservatives, including parabens, paraffin, mineral oil, sodium laurel, lauryl sulfate, acrylamide, propylene glycol, phenol carbolic acid, dioxane, toluene, phenoxy-ethanol, sodium benzoate and other petroleum-based ingredients. (All of these DNA-altering toxins are linked to an increased risk for illness and disease.)

Most of the big-name skincare lines also use vegetable oils that have been robbed of potent antioxidants. They don't use the unique essential fatty acids found in the healing oils of Polynesia.

Most of the big-name skincare lines do not work as promised.

The Big Promise of Makana

MAKANA is not a quick fix that makes a lifetime of skin challenges go away over night. But over the course of just the first month, MAKANA will start to help repair, rebuild and rejuvenate the skin—without chemicals, without irritation, without harm.

As such, MAKANA will truly outperform your moisturizer,

your night cream, your eye cream and your anti-aging serum—
or its FREE.

**How Many Other Skincare Companies
Will Offer You This 30-Day Guarantee?
We Offer It in Total Confidence
That You Will Achieve the Results
You Want, Need and Deserve.**

Many of the ingredients have been used for centuries in Hawaii. They have been scientifically formulated to nourish your skin and bring out its natural glow. The natural ingredients are easily absorbed, so they can hydrate, repair and rejuvenate your skin over time.

Your Secret to Beautiful, Radiant Skin

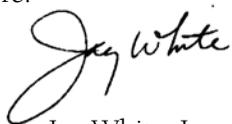
Like no other skincare formula, MAKANA replenishes, renews, rebuilds, restores, repairs, refreshes and revitalizes your skin while keeping it well-hydrated. With a pleasant orange oil scent, it is luxurious to use. Best of all, a little goes a long way.

Women from 30 to 60 have routinely reported how MAKANA keeps their skin both hydrated and tight all day long. Most comments fall within one of these five categories.

1. Improved firmness
2. Reduction of fine lines and wrinkles
3. Reduction of dark under-eye circles
4. Soft, silky skin texture
5. Radiant, visibly healthy and hydrated skin

If MAKANA does not help you unlock the Hawaiian secret to beautiful, radiant skin for life, then you can return it and get a full refund. Once you work with MAKANA, over 30 years in the making, you will discover how easy it can be to rejuvenate your skin, and keep it looking and feeling vital, healthy and refreshed.

There's no other chemical-free skincare formula like MAKANA—anywhere!



Jay White, Longevity Researcher



Jay White has spent three decades researching, testing and creating neutraceutical and skincare formulas that really work. Some of the formulas he helped create are currently being used by men and women all over America. He is also a poet and novelist, and his books are sold under the name J.P. White.

**For more information on MAKANA
or to place an order, go to
www.makanaskincare.com**



How Can You Gain the Glow of Hawaii and Keep It for Life?



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