

ARTISTRY™ REAL AGE TEST

What's Your Skin's Real Age?

Your skin's Real Age is the biological age of your skin, based on how well you care for it. Determining your skin's Real Age Is simple! Just answer these 10 questions for your skin's Real Age calculation.

If your answer is "yes," add or subtract as recommended: YOUR AGE

1. Start by writing down your age _____
 2. Sun exposure:
 - Wear SPF daily -2 _____
 - Use tanning bed/booth +17 _____
 - Spend more than eight hours/week outdoors during the day +8 _____
 3. Skin care products:
 - Use daily skin care products (i.e., Cleanser, Toner, Moisturizer) -2 _____
 - Use age-defying treatment products (e.g., Artistry Youth Xtend) -5 _____
 4. Nutritional supplements:
 - Use a mega multi (e.g., Nutrilite Double X) -4 _____
 - Or, use a one-a-day supplement (e.g., Nutrilite Daily) -3 _____
 - Take additional antioxidants (e.g., vitamin C, vitamin E, etc.)..... -1 _____
 5. Experience high stress +3 _____
 6. Sleep 7-8 hours per night -3 _____
 7. Exercise a minimum of 60 minutes weekly -2 _____
 8. Live in a metropolitan area (pollution) +2 _____
 9. Lifestyle:
 - Consume four or more alcoholic beverages per week..... +3 _____
 - Smoke +8 _____
 - Or, are regularly exposed to secondhand smoke +7 _____
 10. Consume eight or more glasses of water daily -2 _____
- YOUR SKIN AGE** _____

Improve your Skin Age. With Artistry anti-aging skincare, you can dramatically improve the visible age of your skin!