

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:

- | | |
|--|--------------------------|
| 1. Your chronological age (based on the year you were born): | <input type="checkbox"/> |
| 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® TIME DEFIANCE®): | -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 |

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