



9 Time-Tested Secrets To Eternal Youth



Beauty By Elodie

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What if the fountain of youth really existed?

Over the centuries, women have always looked for the secret of long-lasting youth.

Nowadays, some rely on the wonders of plastic surgery (Botox, fillers...) to retain their youth, with questionable results.

Or some women spend lots of money on the last cream which promises to make them appear 20 years younger from now. And even if we all know that it isn't true, we always want to try....

And they are all pursuing one thing that will make them attractive in the long run. Well, if this is your case, I have good news for you.



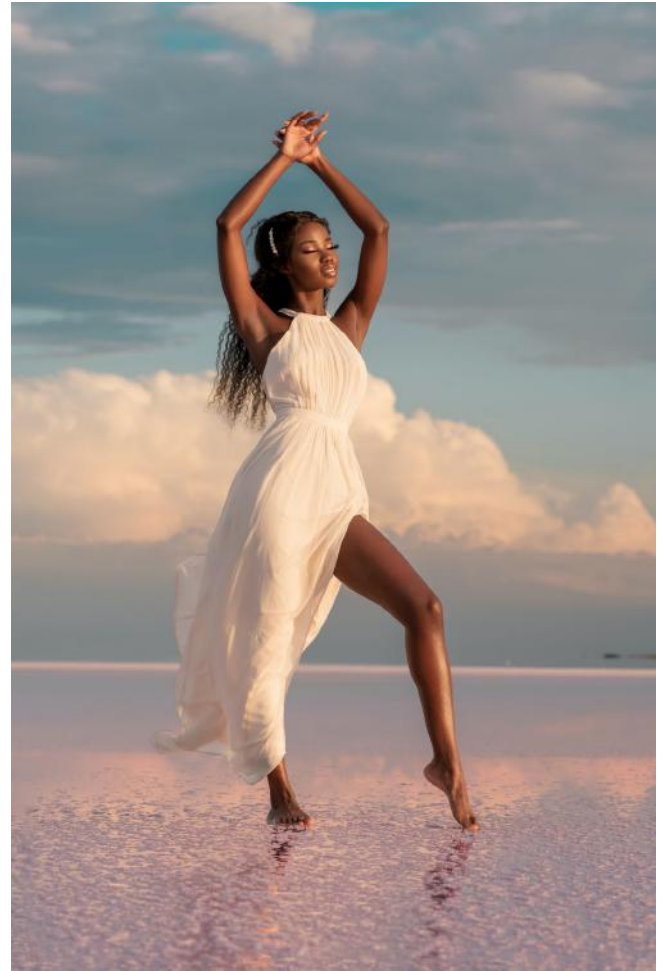
You can be young forever, without spending your money recklessly or getting the last lip filler injection.

I can positively affirm that the fountain of youth does exist. It's not as mythical as you think.

Actually, a French courtesan already cracked the code four centuries ago. Despite getting older, she seemed to appear younger every year. A real Benjamin Button case!

But instead of relying of hazardous methods, she adopted a set of habits that rewarded her in her later years. And this free book will share them with you.

While learning about these secrets, know that your age doesn't matter. It's never too late to take care about your beauty!



You will benefit from these secrets, provided you take action daily. Enjoy the ride, and apply them without failing. I can guarantee you that your face and your body will thank you!



Secret #1:

Limit Your Exposure to the Sun



When I was a child, I was taught that I was a child of the Sun. But in the same time, when I played under the sun at noon, my grandmother would yell at me. "Come back home, it's too hot!", she would say.

As a child, I thought she was a frustrating adult who wanted to take away my best hours to play. But now I realize she was right, despite being illiterate. Why?

Yes, the sun gives us sun-kissed complexion and helps us to synthesize vitamin D. However, the sun rays can penetrate our dermis and damage ur skin as time goes by. Black women must especially be careful about UVB rays, as our melanin protects us from the effects of UVA rays. Praise the Most High Creator for that!

Consequently, getting too much sun exposure can affect your skin's ability to heal and to rejuvenate. It also has negative consequences on the production of collagen and elastin while you age.

Does this mean that you should never get sun exposure? The answer is NO! Actually, a little sun is beneficial for your health and your hormones. But you must watch out and choose the hours where you can go under the sun.

To get your daily dose of sun, choose to expose yourself around 6-10 am; or after 4:30 pm if you are a late riser. However, if you must absolutely go out during the periods where sun rays are very strong and harmful, then use the following habits:

- Have an umbrella
- Apply sunscreens and sun blocks (at least SPF 30)
- Put hats and scarves on, as well as white garments with long sleeves





Secret #2:

Drink plenty of water



Did you know that the human body was made of 70% of water?

This means that water is essential to our life, but also to our beauty. When we drink plenty of water, you will notice several positive effects on your appearance, such as:

- A radiant and supple skin
- Strong hair and nails
- Brighter eyes
- An overall youthful appearance

Also, many studies have shown that lack of water could lead to many ailments, such as headaches or dehydration. And whenever you are dehydrated, your skin is the first organ to suffer.

However, many people think that they drink water whereas they drink harmful beverages that make them lose more water from their bodies. I'm talking about sodas, coffee, and commercial juices.

For all these reasons, drinking plenty of water is essential in your quest for long-lasting youth. Aim at drinking 8 to 10 glasses of water to look radiant and support your optimal health.

If you're sure to get your 8 glasses of water, you can follow the plan below:

- one glass of water when you rise
- two glasses of water during the morning
- one glass of water before lunch
- three glasses of water in the afternoon
- one glass of water before going to sleep





Secret #3:

Get your beauty sleep



Don't worry, I won't ask you to turn into the modern-day Sleeping Beauty... However, if you're a workaholic, you may think that sleep is a waste of your precious time. And I am one of them.

But the older I got, the wiser I became. And I realized that having my beauty sleep was critical for my rejuvenation and healing processes. That's why you must sleep at least 7-9 hours every night.

Are you an insomniac? Or maybe a recovering workaholic like me?
In that case, these tips might help you to get a better sleep:

- Eat a light dinner at least 2 hours before going to bed
- Get a soothing night time routine
- Drink a bowl of warm milk with honey before bedtime - if you are vegan, don't worry. Almond milk is perfect for this tip!
- Wear comfortable clothes and get a firm mattress
- Read a book and avoid all electronics
- Listen to some relaxing music
- Don't argue with your partner before going to sleep - if you do, try to reconcile promptly





Secret #4:

Watch what you eat



Did you know that your appearance is directly affected by what you eat? For example, drinking soda in excess gives you a dull skin. Eating too many sugary foods gives you pimples and age you.

Consequently, you must eat lots of green veggies and colorful fruits, as well as whole grains and lean proteins. These foods will give you the collagen as well as the key nutrients and vitamins you need to be healthy and beautiful.

Here are some major vitamins that you must add to your diet in your quest for eternal youth:

Vitamin A

Skin rejuvenation and repair, anti-wrinkles, even skin tone.

Foods: orange/yellow fruits and vegetables, liver, egg yolk

Vitamins B

Metabolism and energy booster, skin exfoliants, boosters of brain, anti-cholesterol

Foods: whole grains, eggs, legumes

Vitamin E

Anti-wrinkles, repair for dry and cracked skin, moisture, protection from sun damage

Foods: fortified cereals, nuts, seeds, green leafy vegetables, vegetable oils, avocado



Vitamin C

Anti-oxidant properties, skin firmness, collagen booster

Foods: citrus fruits (oranges, lemons, grapefruits)

Vitamin D

Elastin booster, calcium absorber, skin moisture

Foods: fish oil, cod liver, soy products, oysters, oats, mushrooms, eggs





Secret #5:

Move your body, baby!



You already know that exercise is excellent to maintain your ideal weight. But did you know that it could help you to look younger?

Indeed, studies have shown that vigorous exercise could slow the aging of your cells by 10 years. Also, regular exercise moves oxygen and key nutrients within your body, while maintaining your muscle mass. All of these advantages lead to a youthful appearance.

As a consequence, regular exercise must be part of your beauty and anti-aging routine.

The ideal exercise regimen would involve a 5-day per week practice with the following elements:

- Cardio (at least 3 times a week): running, brisk walking...
- Strengthening exercises (at least twice a week)
- Flexibility (at least once a week): stretching, yoga, or Pilates.

If you're a busy person and that you don't have time to implement exercise in your life, don't panic. Start with a 15-minute routine everyday, first thing in the morning. Then, increase your time by 15 minutes every 15 days until you reach 45 minutes per day, 6 times a week.

Don't worry, you can do it!





Secret #6:

Create your personal beauty routine

Up to now, many secrets I shared with you involved your beauty inwards. But now, we will be interested in your outwards habits.

Having a good beauty routine can help you to prevent and/or cure skin and hair damage. That's why it's very important to have the routine that will suit your needs, according to your skin and hair type.

Don't hesitate to create your own daily, weekly, monthly and annual routine. YOU are the only one who knows what is best for you!

However, if you have specific issues such as acne or hair loss, a visit at the dermatologist is highly recommended.

Here are the staples you'll need for your own beauty routine:

- A gentle cleanser
- A serum
- A moisturizer
- An exfoliant
- A mask
- A shampoo
- A deep conditioner
- A daily hair moisturizer

You may use a tonic lotion if you want but it's not necessary. Here are some natural recipes that you can use with products from your kitchen.



DIY Face Cleanser

MILK & HONEY FACE CLEANSER



Benefits of this DIY cleanser

- Heals your skin
- Moisturizes your skin
- Gives your skin a healthy glow
- Protect your skin from harsh climates

Recipe

- Mix 1 tablespoon of honey with 2 tablespoons of full-fat milk until reaching a creamy consistency (you can use coconut milk if you're vegan)
- Apply the mixture on your face in gentle circular motions
- Let it sit on your face during 10 minutes
- Wash your face with cool or warm water
- Pat dry and follow with a toner and a moisturizer



DIY Face Lotion

COSMETIC VINEGAR



Benefits of the cosmetic vinegar

- Restores the PH balance of your skin and scalp
- Evens your skin tone
- Gives your skin a healthy glow

Recipe

- Mix 1 pint of apple cider vinegar with 1 pint of homemade peppermint herbal tea
- Put the lotion in an appropriate jar and store it in the fridge.
- Use the lotion as you see fit: on your skin or your hair



DIY Hair Mask

YOGHURT & HONEY HAIR MASK



Benefits of the mask

- Natural remedy for dry hair
- Moisturizes your hair and scalp

Recipe

- Mix a yoghurt with 1 tablespoon of honey
- Apply on your hair and let it sit during 30 minutes
- Shampoo and condition your hair as usual





Secret #7:

Laugh, laugh, laugh!



Are you the kind of person who stupidly laughs at any joke or silly sitcom on TV? I know I am. And if that's your case, I have good news for you!

See, laughter has many benefits if you want to retain your youth and beauty for a long time.

Let's examine them together...

It has been scientifically proven that laughter can:

- Reduce your cortisol levels, thus making you less tired, anxious, and depressed
- Boosts your immune system
- Gives you emotional and physical release
- Keeps negative vibes and emotions away
- Gives you an opportunity to connect with other people

And I'll never forget what my mother used to tell me: "Don't frown! Laugh as long as you can, so that your wrinkles might be well placed when you're older". A good piece of advice, don't you think?

Now every time you'll feel angry or depressed, don't take the first cup of ice cream. Just connect to your Netflix account and binge watch your favorite funny TV shows. You won't regret it!





Secret #8: ✨ Sex is a woman's best friend

Do you remember Samantha Jones from the TV series Sex & the City?

She exuded confidence, radiance, and a glow that her other friends didn't have. Her fierce sex drive might have been one of her secrets...

Now, I don't ask you to be promiscuous like Samantha. With all the STDs and other risks, you must protect your health and your body.

However, this doesn't mean that you can't benefit from having sex with your partner. A Duke University study even said that you could reduce your physiologic age by 6 years if you have 200 orgasms a year! Impressive, isn't it?

Moreover, sex releases you from stress with the production of endorphines. Another reason to have great sex! So don't hesitate anymore...You won't regret it!





Secret #9: ✨ Just Say No to Harmful Chemicals!

Haven't you noticed that many party-goers, chain smokers, and drug addicts always appears older than their real age?

It's because all these harmful chemicals dehydrate your body and rob it of key nutrients. Thus, your body will lack proper nourishment and you won't glow as you should. Shame!

My advice is to stay away from these chemicals, but also from those who are legal, such as prescribed medication and sugar.

Conclusion: The Fountain of Youth Exists – But You Must Work for It

Dear Friend,

We arrive at the end of this free report.

I hope that you have noticed that all the secrets of eternal youth that I've give you are not rocket science. They are highly affordable, but you must work everyday to see a result.

Our famous French courtesan applied them everyday, until the day she died. And she remained fresh and young until the day she died.

To summarize, here are the nine secrets she applied to remain young throughout her life:

- limit your exposure to the sun
- drink plenty of water
- get your beauty sleep
- watch what you eat
- move your body
- create your personal beauty routine



- laugh often
- have sex regularly
- don't consume harmful chemicals

By applying these simple 9 secrets everyday, you'll also find your own fountain of youth!

Before we leave each other, do you have a clue about the French courtesan we are talking about? If not, don't worry! Because you'll read her beauty secrets as well as many other on my website.

So stay tuned for my future updates!

Bye for now!

Elodie

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