



Clear skin
in 5 steps

Prevent wrinkles
before 20

Glass skin
routine

You're aging
faster than
you think

Get Abs Fast

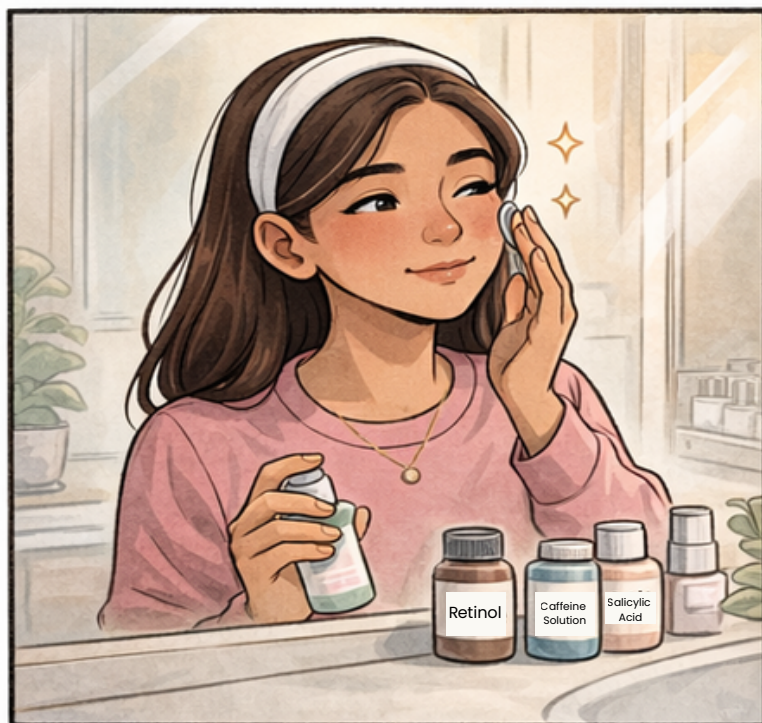
Boost
Testosterone
Naturally

Optimize
Your Body

No
Excuses

We learned early what we were
supposed to look like.

Beauty standards are shaped by media,
advertising, and social platforms.



It didn't feel extreme. It felt like self-improvement.

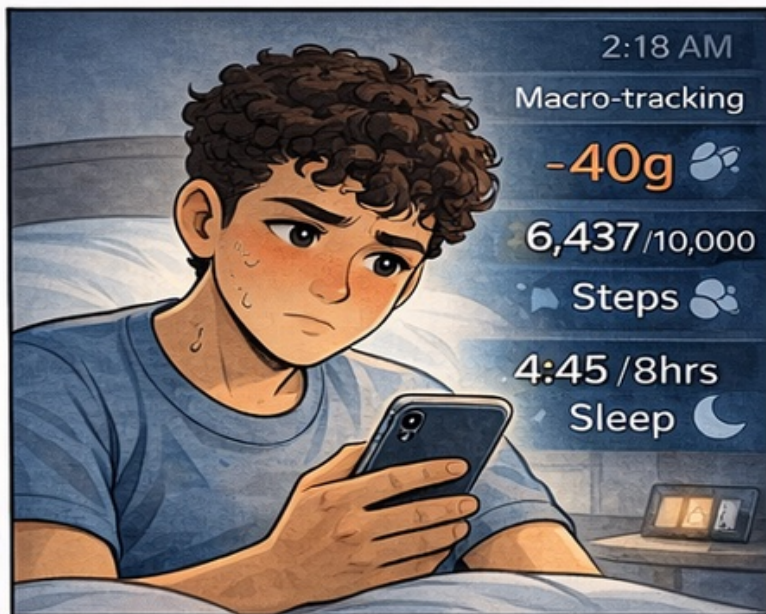
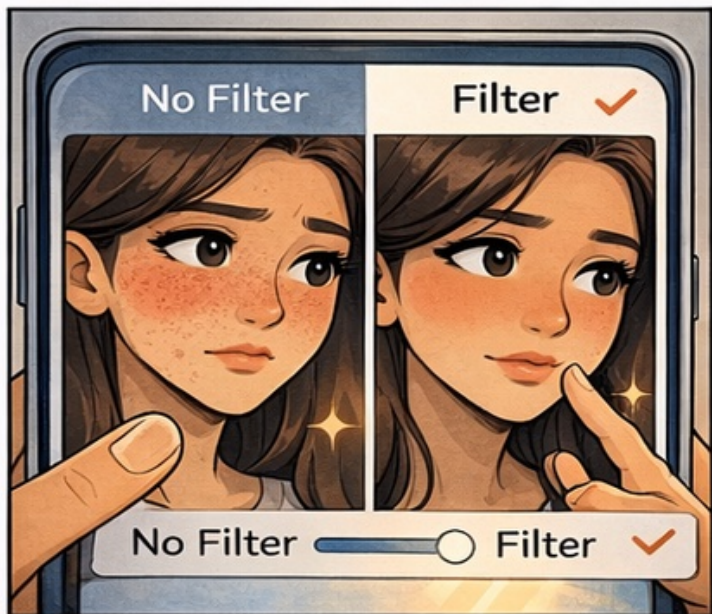


Overusing active skincare ingredients or supplements can increase health risks.

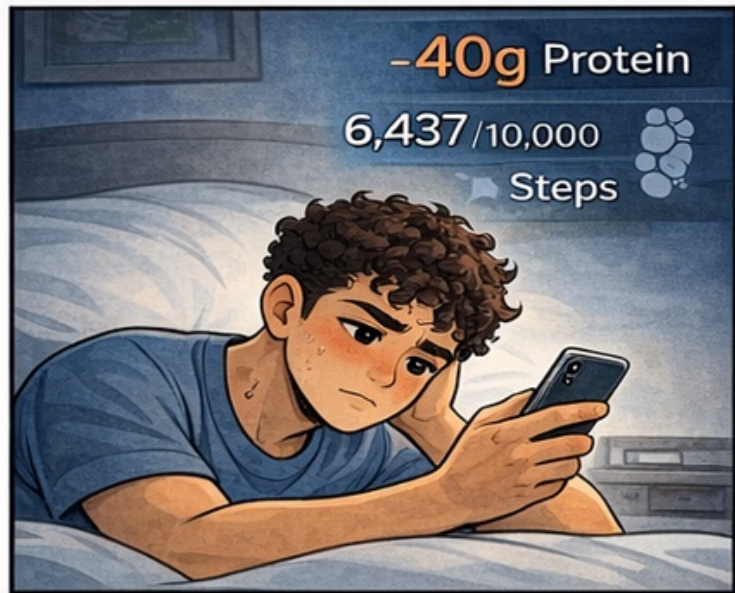


We weren't trying to hurt ourselves.

The pressure wasn't only physical.



The pressure wasn't only physical.



Preventative Botox

Baby Botox is self-care ✍️

Lip filler
consultation

Your Best Body Yet!

Testosterone
Booster



Optimize
Hormones ➡️

The solutions kept getting bigger.



Fact: Cosmetic procedures carry risks including **infection**, **nerve damage**, and **scarring**.



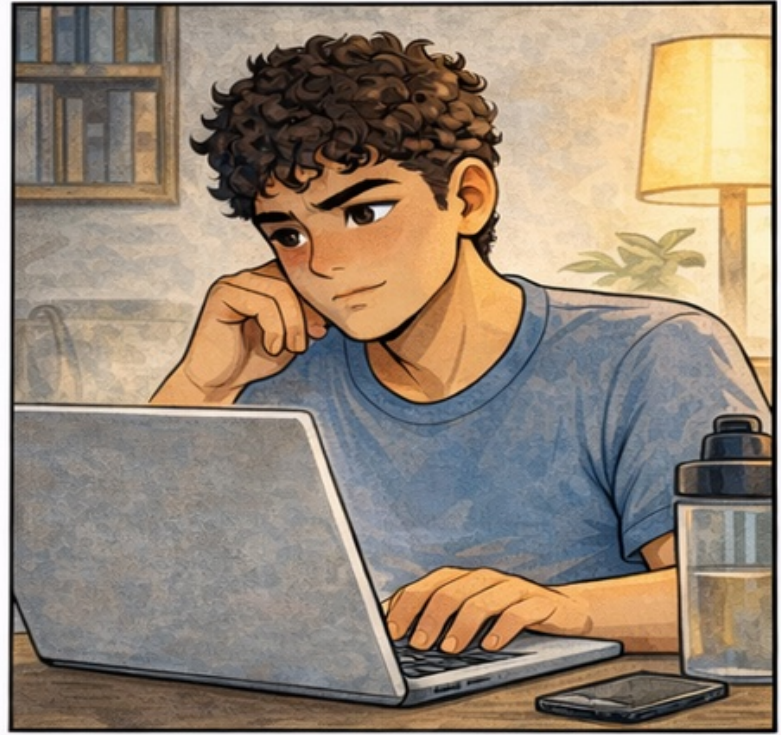
Infection



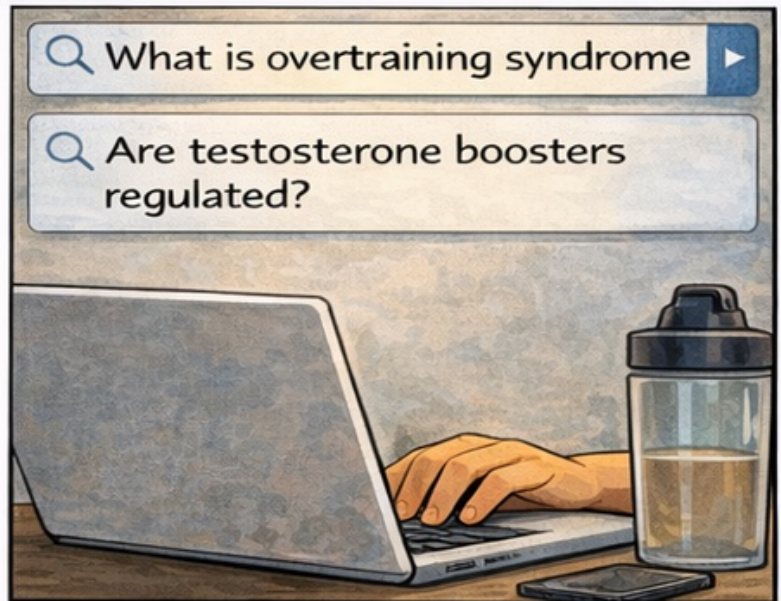
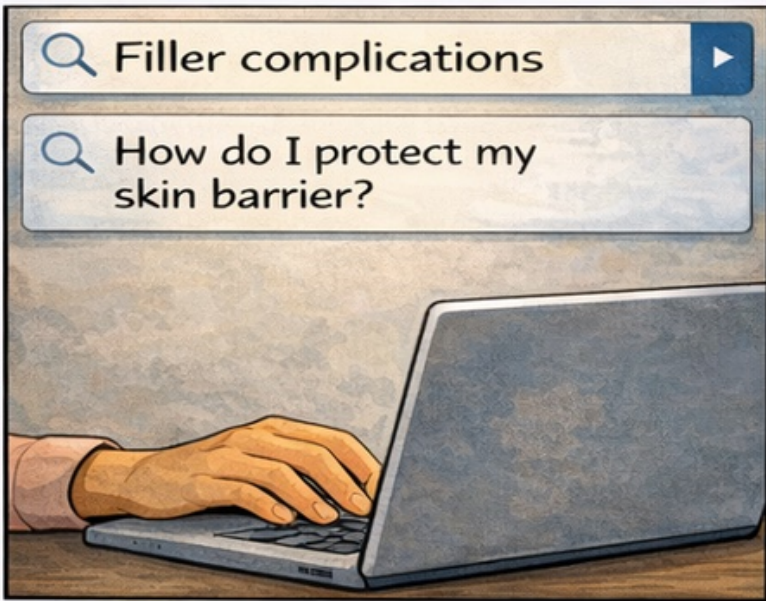
Nerve
damage



Scar



We realized we didn't fully understand the risks.



 **Fact:** Learning about risks helps people make informed decisions. ----->  

We started asking better questions.



Her Checklist

- ✓ Uses one active ingredient at a time
- ✓ Patch tests products
- ✓ Consults licensed dermatologist
- ✓ Waits before cosmetic procedures



His Checklist

- ✓ Stops unregulated supplements
- ✓ Adds rest days
- ✓ Follows balanced training plan
- ✓ Talks to primary care provider



Fact: Ways to reduce risk include checking credentials, understanding ingredients, avoiding “fast results” claims, and consulting licensed professionals. ----->



Who told us we needed to fix this?



We questioned the standards – not just ourselves.



Fact: Increasing body positivity and changing social norms can reduce pressure to meet unrealistic standards. ----->





Marketing isn't medicine.



**Beauty shouldn't
cost your health.**

Not every upgrade improves you.

Sources

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