



BODY CARE • 9 TAKEAWAYS*

Healthier, More Vibrant Skin Starts with the Whole Body

A concise recap of the May 21, 2026 Vitality by Design Lunch & Learn presented by Ferna Majewicz.

- 1. Body care is more than facial care.** Your skin is the body's largest organ and a first layer of defense. A complete routine should care for the skin beyond the face by cleansing, moisturizing and nourishing the whole body.
- 2. Skin renewal naturally slows as we age.** The presentation describes healthy skin as renewing about every 28 days when we're younger. With age, regeneration can slow, contributing to dullness, dryness, more noticeable fine lines, and changes in firmness and elasticity.
- 3. What happens inside—and outside—your body matters.** Nutrition, antioxidants and hydration support healthy skin renewal, while UV exposure, inadequate sleep, chronic stress, dehydration and pollution can make it harder for skin to repair and protect itself.
- 4. Think “inside out + outside in.”** Topical products are only part of the picture. The presentation emphasizes pairing good nutrition and hydration with topical care that supports the skin's renewal and protective barrier.
- 5. A simple body-care ritual can make a difference.** The core routine presented is straightforward: cleanse with body wash, add a body serum when desired, and finish with body lotion to help seal in hydration. Exfoliation can be added as an extra step.
- 6. Ingredient quality and transparency are worth paying attention to.** The Shaklee body-care line presented uses vitamins, omega fatty acids, lipids, botanicals and a polyphenol blend. The presentation also highlights the line as free of parabens, sulfates, phthalates, silicones, artificial colorants and PEGs, and notes cruelty-free and vegan formulations.
- 7. Exfoliation helps reveal smoother-feeling skin.** Although skin exfoliates naturally, the presentation notes that the process can slow. A body exfoliant can be used after body wash and before serum or lotion to help remove dull surface buildup while adding hydration.
- 8. Some areas need specialized attention.** Lips are thinner and more delicate than much of the body and don't have sebaceous glands to produce their own protective sebum. The presentation also highlights targeted underarm care designed to support skin pH, the microbiome, odor control and moisture-barrier support.
- 9. Sun protection should be part of everyday body care.** The presentation recommends broad-spectrum SPF, reapplication about every two hours, plus protective clothing, hats, shade and smart timing outdoors. It also encourages checking the UV Index and avoiding sunburn.



Ferna Majewicz | Shaklee Wellness Advisor

Website: <https://meetfern:majewicz.com>

YouTube: <https://www.youtube.com/@fern:majewiczdecadesofhealth>

*Shaklee Compliance Statement: The statements made about these products have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.