



GUIDE TO

an AGELESS FACE

The smartest
skin training system



Tonya Zavasta

The following is an excerpt from:

GUIDE TO AN AGELESS FACE

Tonya Zavasta

For the full version of this e-book, click the following link.

Chapter 1: The Beauty Secret...It Does Exist

The moment they learn my chronological age, they get in close, inspecting. Sometimes, they just stand at a more respectful distance and stare. Whether or not people know how “old” I am, they compliment my “glowing complexion.” I’m 56 years young—yet not a wrinkle in sight.

So what’s my secret? Or is there a beauty “secret” at all? If there is, can you learn it from ancient sources, or perhaps from famous beauties of the past?

Beauty Secrets... Something is Missing

From the Middle East, Europe, Asia, and elsewhere have come celebrated beauty potions and elixirs—olive oil, henna, honey, oatmeal, milk, almond oil, aloe vera, and such highly praised practices as rose-petal baths and sea-salt scrubs. From geishas and other Asian beauties came rice powder for the face, crushed safflower, pearl powder, tea, mint, dandelion, and rice water. The list goes on for every culture and period in history. If these listed ingredients and practices indeed are “beauty secrets,” why do so many who use them fail to get the expected results?

If these venerable items indeed work so wonderfully, why are Botox and soft-tissue fillers now so phenomenally popular? The year 2013 alone saw 6.3 million Botox and 2.2 million soft-tissue filler treatments, these being the top two cosmetic anti-wrinkle procedures. Seriously, why *do* so many opt for Botox, fillers, even plastic surgery?

My theory: It’s desperation...Many of us feel, deep down, that mere topical treatments won’t do enough, that there’s a precious *something* missing. Several of these old wives’ remedies derived from other cultures actually do offer some useful help. But I’ve a strong feeling the celebrated beauties of the past have left out a crucial part of their “beauty secrets.” What you use on your face is important, but that’s just one variable in the beauty equation.

Skin Care... Don’t Do What Other People Do!

Now I want you simply to forget most of what you’ve learned about skincare. Look around you...Most people after 40 show some degree of wrinkling. After 50, those wrinkles are omnipresent. Want good skin? *Don’t do what other people do!*

Skin “experts” are to blame for the whole misbegotten approach people in our culture are urged to take. If you look at these skincare experts and purveyors of “miracle” products, their appearance so often doesn’t demonstrate the results they’re

promising you. And the models they parade before you in their advertisements generally are genetically blessed with near-perfect skin to begin with, and moreover usually are *chronologically much younger than you*. (Here's Jennifer, age 30, the TV commercial says, *yet she doesn't look a day over 21*...Look, Jennifer—I'm 56. Come back and talk to me when you are, too.)

Okay, Tonya... Why Should I Listen to You?

Skincare has been my passion for the last 20 years. I study and experiment all the time, because I'm chasing what many might think impossible. I've just *gotta* have it—the complexion of a 30 year-old. And have that even when I'm 60. As if that's not enough, I want to achieve it 100 per cent naturally. I must have that ageless face, as I'm getting closer to the dream I've had since I was a girl—to dance carefree, before an audience.

It takes time to learn to dance. All the longer when you were born an invalid and have a pair of titanium hips. Before I could start dancing, in my 50s, I had to “fix” my disabled hip joints *without* medical intervention. The orthopedic surgeons gave up on me in 2001 and sentenced me to a wheelchair. Their community would flip, if they knew what I've achieved since, attaining normal mobility in my once severely damaged hips.

Against that background, my skin care ambition didn't look to me so unrealistic. In my quest, I've learned a great deal. The most important learning of all—the one that changed my life in ways that go far beyond beauty: You can find an answer to *any* challenge you set your mind to.

I discovered that the best, most original answers to problems often don't come from where you'd expect. Not from the common shelves of the mainstream markets. Good ideas so often start on the fringes. But by the time they become mainstream, they're no longer advanced enough, no longer the best. And I say: not good enough for you.

Everything in the mainstream is, almost by definition, clutched within the grasp of the old paradigm, of old-school thinking on its last legs. Something “everyone” does is virtually never the best. It's only that endless striving for innovation, for enhancement, that drives my ever-developing skincare system.

Because of my peculiar circumstance, you'll be hard-pressed to find anyone who knows more about natural skincare than I do, even less likely are you to find those who've attained more satisfactory results, at age 56, than I have. Now, I'm giving away my own secret skincare philosophy.

Why am I sharing my secrets with you? Because besides natural beauty, I have another passion: quantum physics. Yes, it's true. I'm a complete geek. Graduate work in

physics and mathematics... I'm a card-carrying nerd. But it doesn't mean I can't be passionate about skincare. So what's the connection?

Quantum physics offers one startling implication: We live in an undivided universe. It gives to the givers and takes from the takers. What I'm doing for you, I'm doing for myself. The only way I can stay healthy and youthful is by sharing my knowledge with you, and contributing to your health and beauty in whatever ways I can. And once *you* get positive results, I suggest that you, too, begin to share with others the beneficial ideas that have worked for you.

Your Facial Skin Must be Trained

The approach I will outline in this book does not require any strange ingredients from a faraway land. Instead, it teaches you methods that you can do yourself to help your face become and stay ageless. But *you* will have to work, and work daily, to get your desired results.

What do you do to keep your muscles toned, youthful? You train them. Likewise, your skin must be trained. You read that right. *Train* your facial skin, and it will get stronger, tighter, far less prone to wrinkles, blemishes, and redness. Soon you'll be surprised to see people starting to scrutinize your face once they learn your age. Meanwhile it's important you don't even entertain the thought of any invasive cosmetic procedures. And here, in the very next chapter, is why...