

INTRINSIC VS. EXTRINSIC AGING

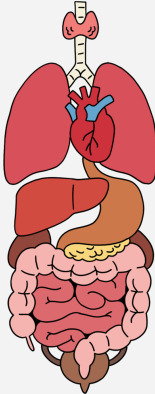
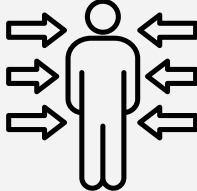


Intrinsic vs Extrinsic

Intrinsic aging, or chronological aging, is the natural, genetically determined, and unavoidable biological process of aging that occurs over time, generally starting in the mid-20s. It is driven by internal factors like metabolism, hormonal shifts, and cellular degradation rather than external environment, resulting in fine wrinkles, thinner/drier skin, and gradual volume loss.

Extrinsic aging is the premature aging of the skin caused by external, environmental, and lifestyle factors rather than genetics or chronological time. Responsible for roughly 80-85% of skin aging, it is largely controllable and results in premature wrinkles, rough texture, leathery skin, and dark spots. Key contributors include sun exposure, smoking, pollution, and poor diet.

Key Causes and Contributing Factors

Intrinsic Factors	Extrinsic Factors
<ul style="list-style-type: none">• Genetics• Oxidative stress• Hormones• Slowed production of collagen and elastin• Metabolism• Bone and fat loss 	<ul style="list-style-type: none">• Sun Exposure (responsible for up to 80% of visible skin aging)• Smoking• Air pollution• Environment• High intake of sugar/refined carbohydrates• Alcohol consumption• Stress• Repetitive facial movements• Gravity 

What's Happening in the Skin (Intrinsic Factors)

Genetics

What's happening:

Your genetics set the baseline for how your skin functions. This includes how much collagen you naturally produce, how thick your skin is, and how your skin responds to damage.

How this affects aging:

- Determines how early or slowly you tend to show signs of aging
- Influences skin thickness, elasticity, and resilience
- Affects how your skin responds to sun exposure, inflammation, and products



Genetics load the gun but environment and habits pull the trigger.

Oxidative Stress (both intrinsic and extrinsic)

What's happening:

Your skin is constantly exposed to things like UV rays, pollution, and internal stress. These create unstable molecules (free radicals) that damage healthy skin cells.

How this affects aging:

- Breaks down collagen and elastin
- Weakens the skin's structure
- Leads to dullness, uneven tone, and premature wrinkles



Oxidative stress is a large contributor to premature aging. This is why you'll see an emphasis on *antioxidants* which play a role in reversing oxidative stress.

Hormones

What's happening:

Hormones (especially estrogen) play a major role in keeping skin firm, hydrated, and resilient. As hormone levels shift over time, skin function changes.

How this affects aging:

- Reduced collagen production
- Increased dryness
- Thinner, more fragile skin
- Slower healing



Hormonal changes are a major reason skin often shifts in your 30s–50s.

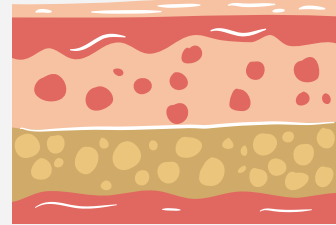
Slowed Collagen & Elastin Production

What's happening:

Your body naturally produces less collagen (firmness) and elastin (bounce) as you age. Collagen is what keeps your skin firm and supported, while elastin is what lets it stretch and bounce back into place.

How this affects aging:

- Skin loses structure and support
- Fine lines deepen into wrinkles
- Skin begins to sag or feel less firm



Collagen is like the stuffing in a teddy bear and elastin is like air in a basketball.

Metabolism (Cell Turnover)

What's happening:

Your skin cells renew themselves more slowly over time. Dead skin cells stick around longer instead of shedding efficiently.

How this affects aging:

- Skin looks dull or uneven
- Texture becomes rougher
- Breakouts or congestion may linger longer
- Products may seem less effective



Slower turnover = skin that looks tired, even if it's healthy underneath.

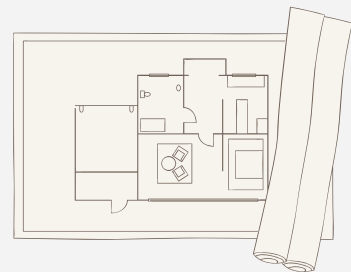
Bone and Fat Loss

What's happening:

As you age, you gradually lose bone density and facial fat that once supported your skin.

How this affects aging:

- Loss of volume in cheeks and under eyes
- Hollowing or sinking in certain areas
- Skin appears looser or sagging
- Facial structure changes over time



Aging isn't just about skin, it's also about what's happening underneath it.

What's Happening in the Skin (Extrinsic Factors)

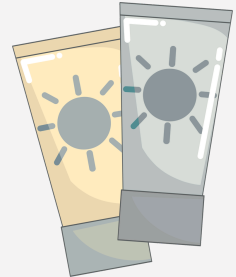
Sun Exposure

What's happening:

UV rays penetrate the skin and damage collagen, elastin, and even the DNA structure of your skin cells. This also increases pigment production and creates ongoing inflammation.

How this affects aging:

- Breaks down firmness (collagen + elastin)
- Causes sun spots and uneven tone
- Leads to deeper wrinkles over time
- Accelerates overall aging faster than anything else



Sun exposure is responsible for up to 80% of visible skin aging.

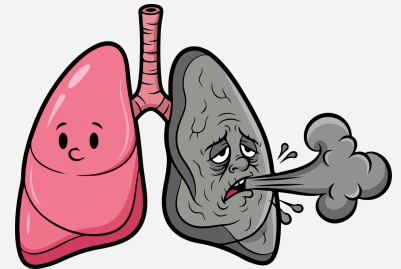
Smoking

What's happening:

Smoking reduces oxygen and blood flow to the skin while introducing toxins that damage collagen and slow repair.

How this affects aging:

- Skin becomes asphyxiated (dull and gray-looking)
- Collagen breaks down faster
- Fine lines form earlier (especially around the mouth)
- Healing is slower



Skin can't function properly without oxygen and circulation.

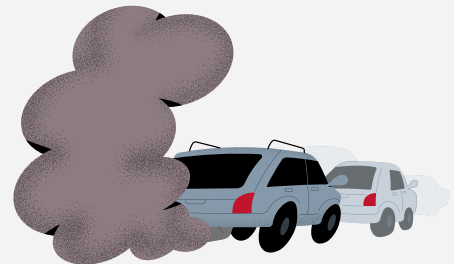
Air Pollution

What's happening:

Pollutants settle on the skin and generate free radicals, leading to ongoing cellular damage and inflammation.

How this affects aging:

- Speeds up collagen breakdown
- Contributes to pigmentation
- Weakens the skin barrier
- Increases sensitivity and dullness



Think of it as constant low-level damage happening daily.

Environment

What's happening:

Things like cold weather, heat, wind, and dry air disrupt the skin barrier and pull moisture out of the skin.

How this affects aging:

- Increased dryness and dehydration
- Compromised barrier function
- Skin becomes more reactive
- Fine lines appear more noticeable



Your environment can either support your skin or constantly stress it.

High Intake of Sugar / Refined Carbohydrates

What's happening:

Excess sugar attaches to proteins like collagen in a process called *glycation*, making them stiff and less functional.

How this affects aging:

- Collagen becomes weaker and less flexible
- Skin loses firmness and elasticity
- Wrinkles form more easily



Sugar doesn't just affect health, it directly affects skin structure.

Alcohol Consumption

What's happening:

Alcohol dehydrates the body and skin while also increasing inflammation and impairing nutrient absorption.

How this affects aging:

- Skin appears dry and dull
- Fine lines look more pronounced
- Increased redness and inflammation
- Slower skin repair



Alcohol impacts how well your skin can maintain hydration and repair itself

Stress

What's happening:

Chronic stress increases cortisol, which reduces new collagen production and increases enzymes that break existing collagen down.

How this affects aging:

- Increased breakouts and inflammation
- Slower healing
- Collagen breakdown over time
- Skin looks more tired and worn



"Stress is the trash of modern life – we all generate it but if you don't dispose of it properly, it will pile up and overtake your life" – Danzae Pace.

Repetitive Facial Movements

What's happening:

Repeated muscle contractions (like frowning, squinting, drinking from a straw) crease the skin in the same areas over time.

How this affects aging:

- Expression lines become permanent
- Fine lines deepen into wrinkles
- Most common areas: forehead, eyes, mouth



Movement + time = etched-in lines.

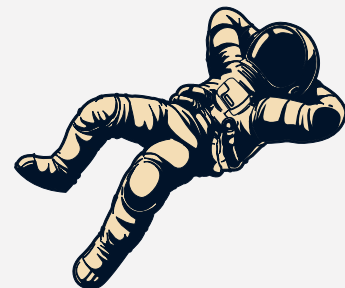
Gravity

What's happening:

Over time, gravity pulls on skin that is already losing collagen, elastin, and underlying support.

How this affects aging:

- Sagging in the cheeks and jawline
- Drooping around the eyes
- Loss of facial definition



Skin isn't just changing, it's being pulled downward.

What you can do

Supporting both intrinsic and extrinsic aging comes down to focusing on what your skin actually needs to stay strong, balanced, and functioning well over time.

For intrinsic aging, the goal is support. Keeping the skin hydrated, maintaining a healthy barrier, and using ingredients that help reinforce collagen and overall skin function.

For extrinsic aging, the focus shifts more toward protection and consistency. Daily sun protection, minimizing unnecessary damage, and using targeted skincare like antioxidants and collagen-supporting ingredients.

Lifestyle also plays a role across both, including managing stress, supporting your body with proper nutrition, and getting adequate sleep. Rather than trying to do everything, the most effective approach is staying consistent with a simple routine that protects, supports, and strengthens the skin over time.