



THE SCOOP ON PEPTIDES

We spoke with Elina Fedotova, formulator and CEO of Elina Organics; owner of Elina Advanced Skin Care, in Chicago and Kalamazoo, MI; and president of the Association of Holistic Skin Care Practitioners.

What are some of the best sources of natural peptides?

I am an organic formulator, so I only use peptides from natural sources. These sources include: wild cod fish, silkworms, bovine collagen and other tissues. These ingredients might not excite vegetarians or vegans, but for omnivores, they work really well!

How do peptides work?

Peptides are short chains of no more than 50 amino acids that can trigger the regeneration of proteins, like collagen and elastin. Natural peptides—whether applied topically, or taken internally—have the ability to find

and restore proteins damaged by the aging process.

Why are they gaining so much traction?

Because natural peptides are very effective. They definitely add anti-aging, deeply hydrating and skin-restoring properties to skin care formulas.

For best results, use skincare products, as well as dietary supplements containing natural peptides for an “inside out” approach. Try: Elina Organics Natural Peptide Mask, Elina Organics Mermaid Elixir, elinaorganics.com

Skin Fitness: A Healthy Skin Workout

By **Olivia Kreft**



Skin Fitness is part of the Perris Group Family, a renowned family-owned global beauty company based in Europe.

Michele Perris founded the company in 1981 with a mission to craft luxurious skincare based on expert Swiss technology. Their signature line, Skin Fitness, features elegant natural age-defying products based on compelling scientific

research. Skin Fitness, a full facial regimen for all skin types, especially those with sensitive skin, smoothes lines and wrinkles, corrects dark spots and hydrates skin with a combination of innovative skin technology and unique natural ingredients.

The Skin Fitness Skin Peeling Collection relies on natural seed powders to help gently slow down

the aging process and reduce fine lines without the harsh effects often associated with synthetic and chemical exfoliants. Among other hero products, the line also offers nourishing and refreshing Micellar Water makeup remover designed to strengthen the skin's ecoflora and leave skin looking youthful and radiant. skinfitness-cosmetic.com