

THE MIND-BODY CONNECTION 身心联系

How Sleep & Stress Affect Your Skin

睡眠与压力对皮肤健康的影响

The connection between the mind and body has been widely studied, revealing how our mental and emotional state significantly impact our physical health—including the condition of our skin. Stress and sleep play crucial roles in maintaining or disrupting skin health, making it essential to understand their effects. By managing stress and prioritizing sleep, we can support both our overall well-being and skin vitality.

身心之间的相互作用一直是科学研究的重要领域，揭示了心理和情绪状态如何显著影响身体健康，特别是皮肤状况。压力和睡眠在维持或破坏皮肤健康方面起着关键作用，因此深入理解它们的作用机制至关重要。通过有效管理压力并确保充足的高质量睡眠，我们可以支持整体健康，并促进皮肤的活力与再生能力。

YOUR SKIN: A REFLECTION OF YOUR INNER HEALTH

您的皮肤： 内在健康的反映

Your skin isn't just a superficial layer—it's a mirror of your internal well-being. While genetics, diet and environmental factors all contribute to skin health, one often overlooked factor is mental and emotional health.

皮肤不仅是人体表面的一层保护屏障，更是内在健康状态的直观反映。尽管遗传、饮食和环境因素对皮肤健康有重要影响，但心理和情绪健康这一常被忽视的因素同样不容小觑。



HOW STRESS DAMAGES THE SKIN 压力如何损害皮肤

When we experience stress, our bodies release cortisol, the primary stress hormone. While cortisol is essential in small amounts, chronic stress disrupts the skin's natural balance, leading to:

- Increased inflammation—Worsening conditions like acne, eczema and psoriasis.
- Weakened skin barrier—Making skin more prone to dryness, irritation and sensitivity.
- Excessive oil production—Leading to breakouts and clogged pores.
- Collagen breakdown—Accelerating wrinkles, fine lines and sagging skin.

Long-term stress also reduces the skin's ability to heal, making it more susceptible to infections, redness and premature aging.

当我们处于压力状态时，身体会释放皮质醇（一种主要的压力激素）。虽然适量的皮质醇对生理功能是必需的，但长期压力会导致以下问题：

- 炎症加剧：加重痤疮、湿疹和银屑病等皮肤问题
- 皮肤屏障受损：皮肤更容易出现干燥、发炎和敏感现象
- 过度油脂分泌：可能导致粉刺和毛孔堵塞
- 胶原蛋白分解：加速皱纹、细纹和皮肤松弛的形成

此外，长期压力还会削弱皮肤的自我修复能力，使其更易受到感染、红肿以及加速衰老。

SLEEP: THE ULTIMATE BEAUTY TREATMENT 睡眠是皮肤修复的关键过程

Sleep isn't just about rest—it's when the body repairs, restores and rejuvenates. During deep sleep:

- Blood circulation to the skin increases, delivering oxygen and nutrients.
- Cell turnover accelerates, helping to repair damage from UV exposure and pollution.
- Collagen production boosts, keeping the skin firm and elastic.
- Growth hormones are released, supporting skin thickness and hydration.

睡眠不仅仅是休息，更是身体进行修复、恢复和再生的重要阶段。在深度睡眠期间，皮肤会发生以下变化：

- 血液循环增强，为皮肤输送更多氧气和营养物质。
- 细胞更新加速，有助于修复紫外线照射和环境污染造成的损伤。
- 胶原蛋白生成增加，保持皮肤紧致与弹性。
- 生长激素释放，支持皮肤厚度和水分平衡。

THE CONSEQUENCES OF POOR SLEEP

When sleep is disrupted—whether due to stress, insomnia, or poor sleep habits—your skin pays the price. Lack of sleep can cause:

- Dark circles and puffiness—Due to poor circulation and water retention.
- Dull complexion—Since the skin doesn't receive enough oxygen and nutrients.
- Increased inflammation—Worsening acne, eczema and rosacea.
- Weakened skin barrier—Making it harder to retain moisture, leading to dryness.

Chronic sleep deprivation accelerates aging, reduces skin elasticity and weakens the immune response, making your skin more vulnerable to irritation and breakouts.

THE STRESS-SLEEP CYCLE: A VICIOUS LOOP

Stress and sleep are deeply interconnected, forming a cycle that can be hard to break:

- Stress increases cortisol, making it difficult to fall and stay asleep.
- Poor sleep elevates stress levels, leading to anxiety and irritability.
- Lack of rest disrupts hormone balance, worsening skin conditions.

For example, stress-induced insomnia can trigger excess cortisol production, leading to inflammation, breakouts and premature aging. This cycle highlights the importance of a holistic approach to managing stress, improving sleep and supporting skin health.

睡眠不足的后果

如果睡眠质量差，无论是由于压力、失眠还是不良的睡眠习惯，皮肤都会受到影响：

- 黑眼圈和浮肿—由于血液循环不畅和水分滞留。
- 肤色暗沉—皮肤缺乏足够的氧气和营养供应。
- 炎症增加—使痤疮、湿疹和红斑痤疮恶化。
- 皮肤屏障受损—难以保持水分，导致皮肤干燥。

长期睡眠不足会加速衰老，降低皮肤弹性，并削弱免疫系统，使皮肤更容易受到刺激和出现痘痘。

压力与睡眠的恶性循环及其对皮肤的影响

压力与睡眠之间存在密切关联，形成了一个难以打破的循环：

- 压力升高会导致皮质醇水平增加，从而干扰入睡和维持睡眠的能力。
- 睡眠质量下降会进一步提高压力水平，导致焦虑和情绪波动。
- 缺乏充足休息会扰乱激素平衡，进而加重皮肤问题。

例如，由压力引发的失眠会促使皮质醇过度分泌，从而诱发炎症、痘痘和过早衰老。这个循环凸显了采取整体方法来管理压力、改善睡眠和维护皮肤健康的重要性。

HOLISTIC SUPPORT: SUPPLEMENTS FOR SKIN, SLEEP & STRESS

To maintain a healthy mind-body balance and support your skin, consider these:

CALCIUM COMPLEX

- Supports emotional well-being and cognitive function.
- Helps reduce stress by maintaining optimal calcium levels.
- Promotes relaxation, making it easier to fall asleep.



B COMPLEX & NIACIN (VITAMIN B3)

- Supports energy production, cognitive function and emotional balance.
- Helps reduce stress, fatigue and mental fog.
- Contributes to a harmonious integration of body and mind.



COLLASTA+

- Enhances skin elasticity, hydration and collagen production.
- Helps reduce fine lines and wrinkles for a youthful appearance.
- Supports joint and connective tissue health, promoting overall well-being.



C COMPLEX

- Essential for collagen production and skin repair.
- Acts as an antioxidant, protecting against UV damage and pollution.
- Features a sustained release formula, ensuring better absorption and long-lasting benefits.



OMEGA GOLD FLAXSEED OIL

- Provides essential omega-3 fatty acids that support brain health and mood balance.
- Helps reduce inflammation in both the skin and the body.
- Enhances mental clarity and emotional resilience.



IMMUFLORA®

- Promotes gut health, which is closely linked to skin and mental well-being.
- Enhances digestion, immune response and nutrient absorption.
- Helps reduce inflammation that can contribute to skin issues.



KELP

- Rich in iodine, Kelp supports thyroid function, balancing mood and energy.
- Magnesium relaxes muscles and supports nervous system for stress relief and better sleep.
- Kelp's anti-inflammatory properties reduce stress and promote relaxation.



全面支持：肌肤、睡眠与压力管理的补充剂方案

为了实现身心平衡并提升肌肤健康，以下是一些关键的补充剂建议：

钙合成剂加硼

- 支持情绪调节和认知功能。
- 通过维持理想的钙水平，有效缓解压力。
- 促进身体放松，改善睡眠质量。

维他命B综合丸与烟酸 (维生素 B3)

- 支持能量代谢、认知功能及情绪平衡。
- 缓解压力、疲劳感以及注意力不集中现象。
- 促进身心协调统一，提升整体生活质量。

康丽达胶原红藻+

- 提升肌肤弹性、保湿能力及胶原蛋白生成效率。
- 减少细纹和皱纹的出现，延缓衰老过程。
- 支持关节与结缔组织健康，从而促进整体生理机能。

维他命C综合丸

- 在胶原蛋白合成和皮肤修复过程中发挥核心作用。
- 具有抗氧化特性，保护肌肤免受紫外线辐射和环境污染损害。
- 采用缓释技术，确保高效吸收与持久效果。

奥美加黄金亚麻籽油

- 提供对大脑健康和情绪稳定至关重要的奥美加-3脂肪酸。
- 缓解皮肤和全身炎症反应。
- 增强思维清晰度与情绪韧性。

免疫激菌植

- 改善肠道微生态平衡，进而影响皮肤和心理状态。
- 强化消化系统功能、免疫反应及营养物质吸收能力。
- 减轻可能引发皮肤问题的慢性炎症。

海藻宝

- 富含碘，支持甲状腺功能，平衡情绪和能量。
- 镁可以放松肌肉，支持神经系统，缓解压力，改善睡眠。
- 其抗炎特性减少压力，促进放松。

Special OFFER
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Purchase **\$288 or more** of any listed supplements above and receive a **FREE bottle of Niacin!**

购买以上任何保健品满**\$288或以上**，即可**免费获得一瓶血液循环补充丸！**

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2. 只有正常价格的商品才符合最低购买量。赠品无单位花红和单位分数。
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4. 不允许退货或交换。
5. 附有其他条规与细则。
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