



The Forbidden

Youth Cream

The Forbidden Youth Cream

Welcome to The Forbidden Youth Cream — your homemade anti-aging formula that stimulates collagen production, firms the skin, reduces sagging and wrinkles, and strengthens nails and hair. Called 'forbidden' because this level of effectiveness was previously only available in luxury beauty clinics costing thousands of dollars.

Why Your Skin Needs This Now

After age 25, your body produces **1% less collagen every year**. By age 40, you've lost 15% of your collagen — and by 50, up to 30%. This is what causes skin to sag, wrinkles to deepen, and the loss of that youthful firmness and radiance.

Hormonal changes during perimenopause and menopause accelerate this process dramatically. Estrogen plays a critical role in collagen synthesis — as it declines, skin aging accelerates 2-3x faster. The Forbidden Youth Cream addresses this at the root level.

Stimulates Collagen Production

- Key ingredients activate fibroblast cells — your skin's collagen factories — increasing natural collagen synthesis by up to 65% with regular use.

Reduces Sagging & Wrinkles

- Tightens skin elasticity and fills fine lines from beneath the surface — a natural alternative to expensive clinic treatments.

Strengthens Nails & Hair

- The same compounds that rebuild skin collagen also strengthen nail keratin and restore shine and thickness to thinning hair.

Restores Youthful Radiance

- Brightening and antioxidant compounds eliminate dull skin, reduce dark spots, and restore the natural glow of younger skin.

Key Ingredients & Their Science

Coconut Oil (Virgin, Unrefined)

The base of the cream. Rich in lauric acid and medium-chain fatty acids that penetrate deep into the dermis — far beyond what most commercial moisturizers can achieve. Coconut oil boosts collagen cross-linking and has strong antimicrobial properties that prevent skin infections and breakouts.

Rosehip Seed Oil

One of the richest natural sources of vitamin A (retinol) and vitamin C. Clinical studies show rosehip oil reduces wrinkle depth by up to 34% after 8 weeks of use. It stimulates collagen and elastin production and visibly fades dark spots and scars.

Raw Honey

A natural humectant that pulls moisture into the skin and holds it there. Raw honey contains gluconic acid — a gentle AHA that exfoliates dead skin cells and promotes cell renewal. It also has powerful antibacterial properties and promotes skin healing.

Aloe Vera Gel (pure)

Contains polysaccharides and glycoproteins that stimulate fibroblast cells to produce new collagen and elastin. Aloe vera also deeply hydrates, soothes inflammation, and improves skin elasticity. Studies show it increases skin collagen content by 17% in 90 days.

Vitamin E Oil (tocopherol)

A powerful antioxidant that neutralizes free radicals — the primary cause of premature skin aging. Vitamin E also promotes skin repair, reduces UV damage, and helps all other ingredients penetrate more deeply into the skin layers.

Frankincense Essential Oil

Used in anti-aging skincare for millennia. Modern research confirms frankincense contains boswellic acids that reduce skin inflammation, tighten pores, and promote regeneration of healthy skin cells. Just a few drops add powerful toning and lifting effects.

Vitamin C Powder (L-ascorbic acid)

The most studied ingredient in anti-aging science. Vitamin C is essential for collagen synthesis — without it, the body cannot form new collagen fibers at all. Applied topically, it brightens skin, fades dark spots, and provides powerful antioxidant protection.

THE RECIPE

The Forbidden Youth Cream — Full Formula

This cream is prepared in one batch that lasts approximately 30–45 days when stored correctly. Use morning and night for best results. The formula is 100% natural with no preservatives — store in a cool, dark place or refrigerate.

■ Ingredients — Full Batch (30-45 day supply)

Ingredient	Amount	Notes
Virgin coconut oil	4 tablespoons (60ml)	Solid at room temp — melts on skin
Rosehip seed oil	1 tablespoon (15ml)	Cold-pressed, unrefined
Raw honey	1 tablespoon	Raw/unpasteurized only
Pure aloe vera gel	2 tablespoons	99-100% pure, no additives
Vitamin E oil	1 teaspoon (or 5 capsules)	Pierce capsules if using
Frankincense essential oil	8-10 drops	100% pure essential oil
Vitamin C powder (L-ascorbic acid)	1/4 teaspoon	Add last — pH sensitive

■■■ How to Make It

1	Melt the base Gently melt the coconut oil in a small bowl over warm water (bain-marie method). Do not use the microwave or direct heat — this destroys beneficial compounds.
2	Combine oils Once melted, add rosehip oil and vitamin E oil. Stir gently to combine.
3	Add honey & aloe Allow the oil mixture to cool slightly (should still be liquid but not hot). Add honey and aloe vera gel. Whisk together until you get a smooth, creamy consistency.
4	Add essential oil Add 8-10 drops of frankincense essential oil. Stir well.
5	Add vitamin C last Finally, add the vitamin C powder and stir quickly. Vitamin C is pH-sensitive — add it last and use immediately or store in an airtight dark glass jar.

Store properly

6

Transfer to a clean, dark glass jar with a lid. Store in the refrigerator for up to 30 days, or in a cool dark place for up to 2 weeks.

How to Apply

■ Morning Routine

Cleanse face. Apply a small amount of the cream to face, neck, and décolletage. Massage in upward circular motions for 1-2 minutes until fully absorbed. Apply SPF sunscreen on top — vitamin C increases sun sensitivity.

■ Night Routine

Cleanse face. Apply a more generous amount to face, neck, and décolletage. The nighttime application is the most powerful — your skin regenerates during sleep and absorbs active compounds more effectively.

■ Nails & Hair

For nails: massage a small amount into nails and cuticles nightly. For hair: warm a small amount and apply to hair ends and scalp 30 minutes before washing.

What to Expect

**Week
1-2**

Improved hydration and glow. Skin feels softer and more supple. Nails begin to strengthen.

**Week
3-4**

Visible reduction in fine lines around eyes and mouth. Improved skin firmness and elasticity.

**Month
2+**

Significant collagen rebuilding visible. Deeper wrinkles softer, skin noticeably firmer. Hair shinier and fuller.

Beauty is not lost with age — it simply needs the right ingredients to bloom again.

The Forbidden Youth Cream gives your skin exactly what it needs to rebuild, restore, and radiate at any age. Use it consistently and let the transformation speak for itself.

◆ **THE FORBIDDEN YOUTH CREAM** ◆