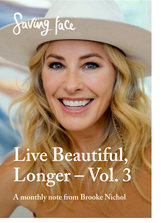
Saving face



Live Beautiful, Longer – Vol. 3

A monthly note from Brooke Nichol

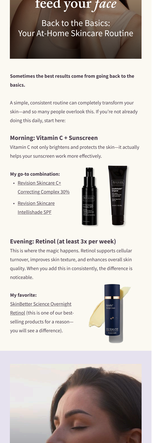
Hello beautiful.

I've been thinking a lot lately about how powerful the basics really are. In a world that's constantly introducing the next best thing, sometimes it's the simple, consistent rituals that create the most meaningful change—in our skin, our health, and our lives.

This month's note is a mix of both: going back to what works, while also sharing a few things I've been personally exploring and loving. From skincare staples to brain support, sunlight, and soul-filling moments, these are the little pieces that help me feel more like myself.

As always, I'm so grateful you're here.

Inner peace + love,
B



Sometimes the best results come from going back to the basics.

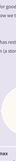
A simple, consistent routine can completely transform your skin—and so many people overlook this. If you're not already doing this daily, start here:

Morning: Vitamin C + Sunscreen

Vitamin C not only brightens and protects the skin—it actually helps your sunscreen work more effectively.

My go-to combination:

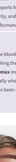
- Revision Skincare C+ Correcting Complex 30%
- Revision Skincare Intellishade SPF

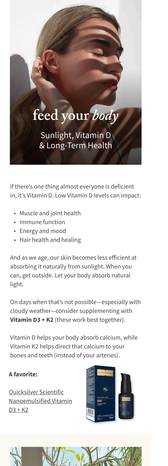


Evening: Retinol (at least 3x per week)

This is where the magic happens. Retinol supports cellular turnover, improves skin texture, and enhances overall skin quality. When you add this in consistently, the difference is noticeable.

My favorite:
SkinBetter Science Overnight Retinol (this is one of our best-selling products for a reason—you will see a difference).





Peptides are having a moment—and for good reason. These are powerful tools that can support how we think, feel, and function.

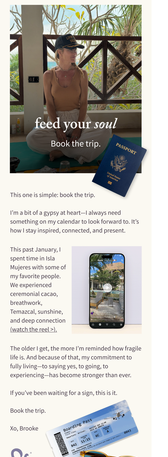
In fact, they're so powerful that Meta has restricted us from even talking about them on Instagram (a story for another letter).

Two I've been exploring:

Selank
Primarily used for calming the nervous system and reducing anxiety.

Semax
Supports focus, mental clarity, and cognitive performance.

Both are **neuropeptides** that cross the blood-brain barrier and are typically used as nasal sprays, making them easy to incorporate. Personally, I've found **Semax** incredibly supportive for mental clarity—especially when paired with **testosterone optimization**, which has been a game changer for my brain health.



If there's one thing almost everyone is deficient in, it's Vitamin D. Low Vitamin D levels can impact:

- Muscle and joint health
- Immune function
- Energy and mood
- Hair health and healing

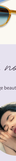
And as we age, our skin becomes less efficient at absorbing it naturally from sunlight. When you can, get outside. Let your body absorb natural light.

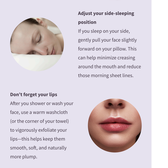
On days when that's not possible—especially with cloudy weather—consider supplementing with **Vitamin D3 + K2** (these work best together).

Vitamin D helps your body absorb calcium, while Vitamin K2 helps direct that calcium to your bones and teeth (instead of your arteries).

A favorite:

Quicksilver Scientific Nanoemulsified Vitamin D3 + K2





This one is simple: book the trip.

I'm a bit of a gypsy at heart—I always need something on my calendar to look forward to. It's how I stay inspired, connected, and present.

This past January, I spent time in Isla Mujeres with some of my favorite people. We experienced ceremonial cacao, breathwork, Temazcal, sunshine, and deep connection (watch the reel >).

The older I get, the more I'm reminded how fragile life is. And because of that, my commitment to fully living—to saying yes, to joy, to experiencing—has become stronger than ever.

If you've been waiting for a sign, this is it.

Book the trip.

Xo, Brooke

live beautiful, now...

A few low-investment, at-home ways to age beautifully:

Sleep with intention
Keep your chin lifted slightly out of your chest while you sleep. This helps prevent those horizontal "necklace lines" from forming over time.

Adjust your side-sleeping position
If you sleep on your side, gently pull your face slightly forward on your pillow. This can help minimize creasing around the mouth and reduce those morning sheet lines.

Don't forget your lips
After you shower or wash your face, use a warm washcloth (or the corner of your towel) to vigorously exfoliate your lips—this helps keep them smooth, soft, and naturally more plump.