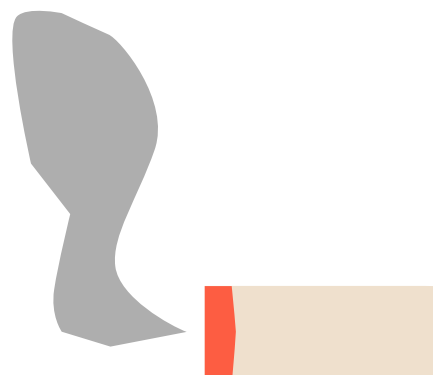
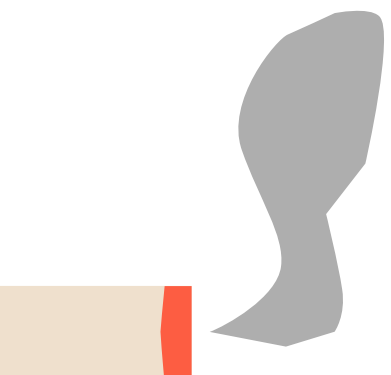


YOUR SKIN, YOUR SMILE, YOUR HAIR: HERE'S HOW NICOTINE AFFECTS THEM.



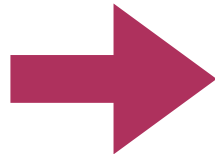
Protect your life and your loved ones by
staying tobacco-free.



YOUR SKIN

INSIDE YOUR BODY

Nicotine narrows your blood vessels so less oxygen reaches your skin.

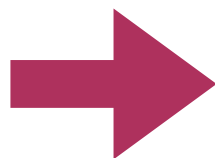


WHAT YOU SEE

Dull, grayish skin and darker under-eye circles.

INSIDE YOUR BODY

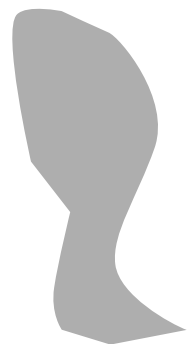
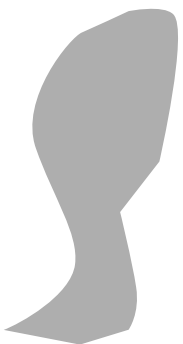
Smoke and nicotine break down collagen, the protein that keeps skin smooth and firm.



WHAT YOU SEE

Wrinkles years earlier, especially around your eyes and mouth.

Your Glow Starts on the Inside.

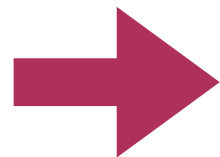


YOUR SMILE & HAIR

INSIDE YOUR BODY

WHAT YOU SEE

Nicotine and tar cause gum disease and weaken your gums.

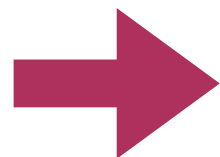


Yellow teeth, receding gums, and bad breath.

INSIDE YOUR BODY

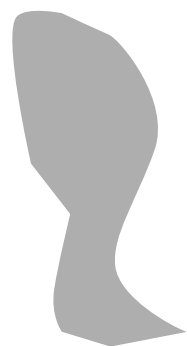
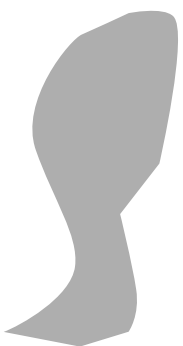
WHAT YOU SEE

Less blood flow reaches your hair follicles.



Early gray hair and hair thinning.

Healthy Roots, Healthy Smile.



MYTH-BUSTER

“SHISHA AND VAPES ARE SAFER”

NOPE

One shisha session can mean as much smoke as 100+ cigarettes (World Health Organization). Vapes and hookah still contain nicotine, and fruit flavors just hide the taste.

THE GOOD NEWS

YOUR BODY CAN BOUNCE BACK

Within weeks of quitting, blood flow improves, your skin starts to glow again, and your gums begin to heal.

READY TO QUIT?
SCAN FOR FREE SUPPORT

