



## BASIC ROUTINE

### Ageing

#### General Treatment Recommendations

- Treat or prevent collagen deterioration and muscle atrophy.
- Maintain structural integrity.
- The treatment approach should be to address signs of ageing in a corrective and preventative manner.
- Maintain barrier function and skin microbiome.
- Facial massage should be aimed at lifting, draining and sculpting movements.
- Omega-rich facial - massage with EFA's
- Protect cells with antioxidants.
- Steam can be used at an appropriate distance, unless skin is fragile, fine and delicate.

## PROFESSIONAL

C<sup>7</sup>

Make-up Remover

C<sup>8</sup>

Cream Cleanser

T<sup>6</sup>

Toner Plus

M<sup>6</sup>

Deep Moisturiser

E<sup>6</sup>

Microderm Exfoliator

E<sup>11</sup>

Beta-Hydroxy Exfoliator

K<sup>12</sup>

Omega Mask

K<sup>6</sup>

Cream Mask

K<sup>14</sup>

Exclusion Mask

R<sup>5</sup>

Eye & Lip Cream

R<sup>7</sup>

Repair Oil

R<sup>6</sup>

Hyaluronic Serum

A<sup>2</sup>

Hydroboost Ampoule

A<sup>4</sup>

Probiotic Ampoule

R<sup>13</sup>

Hyaluronic Ampoule

F<sup>10</sup>

Facial Massage Cream

G<sup>10</sup>

Sensitive Galvanic Gel



## BASIC ROUTINE

### Ageing

## RETAIL

#### General Homecare/Lifestyle Recommendations

- Essential fatty acid intake – supplement diet with long-chain omega-3 fatty acids (DHA and EPA) or include beneficial oils like flaxseed oil, olive oil, avocado or salmon into the diet.
- Avoid a fat-free diet and ensure that diet contains amino acids required by the body to make enough type 1 collagen. Eating beans, nuts and seeds will deliver these in a digestible form.
- Ensure enough magnesium and zinc are consumed daily, as these are needed for HA production and ensure adequate vitamin C consumption to facilitate the synthesis of both collagen and elastin.
- Reduce free radical exposure.
- Manage blood sugar levels and limit daily consumption of sugar including high-fructose corn syrup.
- Supplement with antioxidants, vitamins and minerals.
- Avoid excessive, unprotected sun exposure.
- Avoid stress as cortisol causes the degradation of collagen in the skin.
- Have a blood test to check relevant hormone levels.

**C<sup>7</sup>**

Make-up Remover

**C<sup>8</sup>**

Cream Cleanser

**T<sup>6</sup>**

Toner Plus

**M<sup>6</sup>**

Deep Moisturiser

**M<sup>7</sup>**

Rich Moisturiser

**M<sup>8</sup>**

Ultra Moisturiser

**M<sup>9</sup>**

Defence Moisturiser

**M<sup>10</sup>**

Restorative Moisturiser

**E<sup>6</sup>**

Microderm Exfoliator

**R<sup>8</sup>**

Eye Contour Cream

**R<sup>6</sup>**

Hyaluronic Serum

**R<sup>9</sup>**

Intensity Serum

**R<sup>10</sup>**

Probiotic Serum

**R<sup>11</sup>**

Ageless Serum

**K<sup>6</sup>**

Cream Mask



## SENSITIVE ROUTINE

### Ageing

PROFESSIONAL

#### General Treatment Recommendations

- Massage with essential fatty acids.
- Avoid excessive stimulation with facial massage, focus on pressure point and lymphatic massage.
- Maintain/restore acid mantle.
- Improve barrier function with prebiotics & probiotics.
- Sensitive galvanic treatment.
- Avoid vasodilatation – no steaming.
- Use non-drying masks.

C<sup>7</sup>

Make-up Remover

C<sup>1</sup>

Sensitive Cleanser

T<sup>1</sup>

Sensitive Toner

M<sup>1</sup>

Hydro Moisturiser

M<sup>2</sup>

Nourish Moisturiser

E<sup>6</sup>

Microderm Exfoliator

A<sup>2</sup>

Hydroboost Ampoule

A<sup>4</sup>

Hyaluronic Ampoule

R<sup>13</sup>

Probiotic Ampoule

K<sup>12</sup>

Omega Mask

K<sup>14</sup>

Exclusion Mask

R<sup>5</sup>

Eye & Lip Cream

G<sup>10</sup>

Sensitive Galvanic Gel



## SENSITIVE ROUTINE

### Ageing

RETAIL

#### General Homecare/Lifestyle Recommendations

- Avoid abrasive exfoliators.
- Use non-drying masks.
- Reduce free radical exposure.
- Avoid excessive sun exposure.
- Take long-chain omega-3 fatty acids (DHA and EPA) as adequate consumption of EFAs are needed to shut down inflammation and prevent chronic inflammation.
- Adequate vitamin D supplementation or 15 minutes of daily unprotected UV exposure.
- pH of ALL products must be in the 4.5 – 5.5 range.
- Avoid excessive coffee, alcohol and spicy food – anything that will increase heat and vasodilation.
- Avoid artificial atmospheres.
- Manage stress levels.
- Limit daily sugar consumption as sugar is known to contribute to inflammation.
- Avoid any synthetic ingredients in skincare products.

C<sup>7</sup>

Make-up Remover

C<sup>1</sup>

Sensitive Cleanser

T<sup>1</sup>

Sensitive Toner

M<sup>1</sup>

Hydro Moisturiser

M<sup>2</sup>

Nourish Moisturiser

E<sup>6</sup>

Microderm Exfoliator

R<sup>2</sup>

Sensitive Eye Cream

R<sup>3</sup>

Protect Oil

R<sup>1</sup>

Sensitive Serum

R<sup>4</sup>

Resurrect Serum

R<sup>10</sup>

Probiotic Serum



PROFESSIONAL

## TARGETED TREATMENTS

### Fine Lines and Wrinkles

#### General Treatment Recommendations

- Massage should be focused around connective tissue restoration and muscle stimulation to plump up the skin and improve elasticity. A stimulating facial massage will stimulate skin function, including dermal structures and muscle tissue.
- Products should include ingredients like hyaluronic acid that will plump up the skin and reduce wrinkle depth and Mafane which will have a numbing effect on the muscles, reducing signs of ageing.

**R<sup>6</sup>**

Hyaluronic Serum

**A<sup>5</sup>**

Intensity Ampoule

**A<sup>4</sup>**

Hyaluronic Ampoule

**G<sup>10</sup>**

Sensitive Galvanic Gel

**K<sup>13</sup>**

Intensity Mask

**K<sup>11</sup>**

Eye Contour Mask



## TARGETED TREATMENTS

### Fine Lines and Wrinkles

RETAIL

#### General Homecare/Lifestyle Recommendations

- Alternate sleeping positions to avoid sleep lines.
- Be mindful of repetitive facial expressions.
- Limit external causative factors such as cigarette smoke, dehydration, poor nutrition, extreme temperatures and excessive UV exposure.
- It is important to ensure that the diet contains the amino acids required by the body to make enough type 1 collagen. Eating beans, nuts and seeds will deliver these in a digestible form.
- Ensure adequate consumption of vitamin C to facilitate the synthesis of both collagen and elastin and magnesium and zinc for hyaluronic acid production.
- Avoid and manage stress as cortisol causes the degradation of collagen in the skin.
- Limit daily sugar consumption including high-fructose corn syrup.

R<sup>6</sup>

Hyaluronic Serum

R<sup>9</sup>

Intensity Serum

R<sup>11</sup>

Ageless Serum

R<sup>10</sup>

Probiotic Serum

R<sup>3</sup>

Protect Oil

R<sup>8</sup>

Eye Contour Cream

R<sup>2</sup>

Sensitive Eye Cream

B<sup>6</sup>

Lip Conditioner



PROFESSIONAL

## TARGETED TREATMENTS

### Photo-damage

#### General Treatment Recommendations

- Improve barrier defence systems with probiotics.
- Use products that contain vitamin C to inhibit tyrosinase activity.
- Improve melanocyte dendrite length with EFA's.

C<sup>6</sup>

Refining Cleanser

T<sup>6</sup>

Toner Plus

O<sup>6</sup>

Omega Deep Moisturiser

O<sup>7</sup>

Omega Rich Moisturiser

E<sup>6</sup>

Microderm Exfoliator

E<sup>11</sup>

Beta-Hydroxy Exfoliator

E<sup>10</sup>

Enzyme Exfoliator

R<sup>7</sup>

Repair Oil

K<sup>10</sup>

Gel Mask

K<sup>6</sup>

Cream Mask

K<sup>11</sup>

Eye Contour Mask

A<sup>3</sup>

Bright Ampoule

G<sup>10</sup>

Sensitive Galvanic Gel



## TARGETED TREATMENTS

### Photo-damage

RETAIL

#### General Homecare/Lifestyle Recommendations

- Avoid excessive, unprotected sun exposure.
- Essential fatty acid intake – supplement diet with long-chain omega-3 fatty acids (DHA and EPA) or include beneficial oils like flaxseed oil, olive oil, avocado or salmon into the diet.
- Use products containing antioxidants.
- Eat fruit rich in vitamin C daily.
- Correct DNA damage with vitamin A supplementation.
- Make lifestyle changes to reduce free radical exposure.
- Check for photosensitising ingredients in make-up and skincare products.



Refining Cleanser



Toner Plus



Omega Deep Moisturiser



Omega Rich Moisturiser



Microderm Exfoliator



Sensitive Eye Cream



Eye Contour Cream



Repair Oil



Resurrect Serum



Ageless Serum



Intensity Serum



Cream Mask