

ELIM SPA PRODUCTS

# PRODUCT PROFILES & PROTOCOLS

2024



# ABOUT ELIM

Elim is a reimagining of the traditional pedicure, doing away with exhaustive foot filing, credo blades and callus graters, sugar scrubs and floral scents. Active ingredients in Elim formulations are added with a scientific purpose in mind. What we offer is a unique product with medical grade ingredients manufactured using pharmaceutical standards.



## MISSION STATEMENT

The Elim Mission is to develop professional and retail products with proven results by translating advanced skin care technology to reimagine manicure and pedicure methods.

Elim aspires to employ sustainable manufacturing processes with an emphasis on wholesome ingredients and eco-friendly practices.

Elim MediHeel is simple to use, cost effective and replaces all other pedicure products and exhaustive foot filing. Elim Spa Products are formulated using premium quality ingredients to ensure optimal results.

The **Elim Mediheel** system incorporates Callus Tonic, a keratolytic alkaline solution that breaks up protein bonds in the stratum corneum, making it easy to scrape away callused skin within 10 minutes of application. pH Neutralizer resets the pH balance after callus removal and ensures long-lasting improvements in the appearance of skin. The combination of these two products is the cornerstone of the Elim MediHeel system.

The **Elim MediHeel Pedicure** was designed and formulated to offer spa guests a superior system focusing on a restorative pedicure with long-lasting results.

Elim product formulations and ingredients are registered and compliant with criteria outlined by the European Union Cosmetics Directive, the FDA and Health Canada.

## HYDRO THERMAL EXFOLIANT

Elim MediHand Hydro Thermal Exfoliant is a pH balancing daily exfoliator to remove dull, dead skin cells. The unique thermal agent with heating actives will enhance absorption of minerals and anti-aging actives leaves skin radiant and polished. Additionally it contains Sweet Almond Oil, Chamomile and Olive Oil that acts as a multi-active skin conditioner.

### MECHANISM OF ACTION

At Elim we understand the importance of achieving pH balanced skin. Our formulations contain Sodium Bicarbonate in granule form in addition to Zeolite, a negatively-charged compound with a cage-like structure. The negative charge acts like a magnet to attract positively charged toxins to the Zeolite. These toxins are then trapped in its cage-like structure and washed away.

### APPLICATION

**In the spa:** Incorporate as the exfoliation step during a manicure. Apply 2.5ml per hand and massage into skin. Dip only fingertips in water to activate the heating actives in the product. Dry hands thoroughly before applying Ultra Rich Hand Therapy.

**At home:** Use as an exfoliant 2-3 times per week before applying Ultra Rich Hand Therapy.

### ACTIVES AND BENEFITS

**Sodium Bicarbonate** – maintains the pH of treated skin.

**Sweet Almond Oil** – is a natural skin conditioner.

**Glycerin** – is a natural humectant that attracts water to skin to increase hydration.

**Capric Triglyceride** – is derived from Coconut Oil and replenish moisture in skin.

**Zeolite** – works to absorb toxins, free radicals, and ions from the skin while balancing pH levels.

**Olive Oil** – to hydrate and nourish.

**Shea Butter** – acts as an intense skin conditioner

**Chamomile Flower** – calms and conditions while increasing absorption of actives.

**Vitamin E** – a natural antioxidant.

**Olus Oil** – serves as skin-smoothing active.



### INGREDIENTS

Peg-8, Sodium Bicarbonate, Glycerin, Caprylic/-Capric Triglyceride, Sodium Alumino-Silicate, Olive Oil Peg-7 Ester, Peg-100 Stearate, Silica Dimethyl Silylate, Beeswax, Amygdalus Dulcis, Parfum, Chamomilla Recutita Extract, Phenoxyethanol, Butyrospermum Parkii, Butylparaben, Methylparaben, Tocopheryl Acetate, Ethylparaben, Propylparaben, Limonene, Ci 77400

Safety Data Sheets available upon request.

### AVAILABLE IN:

RETAIL (100 ml Tube): 20 applications

PROFESSIONAL (450 ml Tub): 90 applications

## ILLUMINATING NAIL CLEANSER

Elim MediHand Illuminating Nail Cleanser is a nail whitener that brightens your nails for a natural French manicured look. It contains nature's very own nail brighteners, Vitamin C and Papain enzymes. A daily scrub with Illuminating Nail Cleanser gives nails a cleaner, healthier and stronger appearance.

### MECHANISM OF ACTION

Illuminating Nail Cleanser is unique in its approach. It is the only paste application for daily use and combats the discolouration that stems from continued nail varnish applications, food stains, or as a result of smoking.

### APPLICATION

**In the spa:** Incorporate as part of the manicure soak, or use with a nail brush to scrub nails.

**At home:** Apply just like you would apply toothpaste to a toothbrush. Wet the brush, apply Illuminating Cleaner to the nailbrush and scrub gently, above and under the nail. Rinse under lukewarm water.

### ACTIVES AND BENEFITS

**Papain** – is a natural antimicrobial and antioxidant protecting the hands from cellular damage caused by free radicals. It has a whitening effect.

**Isethionate** – is a fatty acid derived from Coconut Oil for extra hydration.

**Vitamin C** – strengthens and helps nails grow, it also prevents hang nails by aiding in collagen formation.

**Hydrogen Peroxide** – a nail whitener and oxidative treatment aiding in the prevention of nail disease.

**Sodium Sesquicarbonate** – is a white, crystalline solid and occurs naturally in mineral deposits. It aids in regulating the pH balance of the skin.



### INGREDIENTS

Sodium Sesquicarbonate, Sodium Bicarbonate, Citric Acid, Sodium Cocoyl Isethionate, Aqua, Hydrogen Peroxide, Absorbic Acid, Papain, Parfum, Limonene

Safety Data Sheets available upon request.

### AVAILABLE IN

RETAIL (100 ml Tube): 32 applications  
PROFESSIONAL (450 ml Tub): 180 applications

## ULTRA RICH HAND THERAPY

Elim MediHand Ultra Rich Hand Therapy restores moisture to dry skin for up to 12 hours. Infused Vitamins, Oat Proteins and Hibiscus extracts to brighten and soothe your hands. Helps fight the signs of aging on the hands.

### MECHANISM OF ACTION

The MediHand range is a combination of UV absorbers, healing actives, pH adjusters and ingredients acting in synergy to improve collagen production. In addition to hydrating the skin, it contains active skin protectors and vitamins for skin restoration.

### APPLICATION

**In the spa:** Incorporate as part of the manicure. Apply a generous amount for massaging arms and hands.

**At home:** Frequently apply a generous amount to hands.

### ACTIVES AND BENEFITS

**Lactic Acid** – reduces the appearance of wrinkles.

**Niacinimide** – is a skin-restoring ingredient that assists with uneven skin tone.

**Uvinul A Plus** – reflects UVA rays.

**Ethylhexyl Triazone** – absorbs UVB radiation.

**Billberry Extract** – is a natural active used for skin lightening.

**Hydrolyzed Oat Protein** – is the alternative hydrator to make the formula GMO and Gluten Free.



### INGREDIENTS

Aqua, Lactic Acid, Paraffinum Liquidum, Propylene Glycol, Dimethicone, Glyceryl Stearate Se, Glycerine, Isopropyl Myristate, Peg-150 Distearate, Cetyl Acetate, Cetyl Alcohol, Dimethiconol, Hydrogenated Vegetable Glycerides, Cetearyl Dimethicone Crosspolymer, Cyclopentasiloxane, Stearic Acid, Cetearyl Alcohol, Cetearyl Glucoside, Triethanolamine, Methylparaben, Propylparaben, Butylene Glycol, Panthenol, Tocopherol Acetate, Parfum, Sodium Benzonate, Potassium Sorbate, Niacinamide, Hydrolyzed Oat Protein, Geraniol, Adenosine Triphosphate, Acetyl Tyrosine Edta, Praline, Citronellol Hibiscus Sabdariffa Flower Extract, Lianlool, Disodium Adenosine Triphosphate, Alpha-Isomethyl Ionone, Proline Hydrolyzed Vegetable Protein, Limonene  
Safety Data Sheets available upon request.

### AVAILABLE IN

RETAIL (100 ml Tube): 32 applications

PROFESSIONAL (450 ml Tub): 180 applications

## CUTICLE MD

Elim Cuticle MD is an antimicrobial cuticle rescue with a blend of 10 nourishing oils to maintain cuticles in optimal health.

### MECHANISM OF ACTION

Cuticle MD is blend of 10 nourishing oils with anti-oxidant, anti-aging and anti-inflammatory actions suitable for both manicures and pedicures.

### APPLICATION

**In the spa:** Dispense evenly to cuticles using included pipette. Massage products into cuticles. Suitable for use during manicures and pedicures.

**At home:** Apply 2-3 times per week depending on desired results.

### ACTIVES AND BENEFITS

**Coconut Oil** – is a powerful moisturizer with antimicrobial properties.

**Vitamin E** – softens cuticles and cares for dry, brittle nails.

**Citrus Oil** – fights infections and skin irritations.

**Moriches Palm Oil** – a deep penetrating palm oil to heal and protect cuticles and nails.

**Soybean Oil** – a rich source of Linoleic Acid which is a type of Omega-6 fatty acids. An enhancer of nutrient absorption.

**Calendula Oil** – nature's own super disinfectant. Ultra effective to heal dry and damaged cuticles.

**Grape Seed Oil** – helps to regulate the natural production of oil in the nail.

**Sweet Almond Oil** – is a great emollient for dry flaky and irritated cuticles.

**Arnica Extract** – promotes healing.

**Tiare Flower Extract** – promotes healing.

**Tocopherol** – is a powerful antioxidant.



### INGREDIENTS

Cocos Nucifera Oil (Coconut), Decyl Oleate, Amygdalus Dulcis Oil, Vitis Vinifera Oil, Calendula Officinalis Oil, Glycine Soja Oil, Gardenia Tahitensis Flower Oil, Mauritia Flexuosa Oil, Arnica Montana Oil, Limonene, Linalool, Tocopherol

Safety Data Sheets available upon request.

### AVAILABLE IN

RETAIL (10 ml): 20 applications

PROFESSIONAL (20 ml): 40 applications

## CALLUS TONIC

Elim Callus Tonic replaces the need for exhaustive foot filing in the salon. Through a chemical (alkaline peel) process mediated by pH changes in the skin, rough areas can be removed without the use of foot files or blades. This approach creates a more pleasant experience for the client and the pedicurist.

### MECHANISM OF ACTION

Elim Callus Tonic is a keratolytic alkaline solution that dissolves protein bonds in the stratum corneum, making it easy to scrape off dead skin cells after a 10 minute application. The active ingredient is Sodium Hydroxide. This treatment is completely safe and will not be absorbed by the bloodstream.

### APPLICATION

**In the spa:** Spread a thin layer of gauze on calloused areas. Apply Tonic to the gauze. Ensure that the gauze is thoroughly soaked with the solution. Leave for 10 minutes. Remove the gauze and scrape dissolving skin off using stainless steel or plastic foot scraper. Use the pumice to refine treated skin. Neutralize with Elim pH Neutralizer.

**At home:** Not recommended for home use.

### ACTIVES AND BENEFITS

**Sodium Hydroxide** – acts as the alkaline component in Callus Tonic to increase the skin pH and soften calloused skin cells.

**Propylene Glycol** – is a humectant to prevent skin dehydration during the alkaline peel process.

**Glycerine** – aids in hydration

### PRECAUTIONS AND CONTRA-INDICATIONS

The Elim Callus Removal system should only be used in the spa by trained professionals. Callus Removal should only be performed on healthy and intact skin. Avoid contact with areas of eczema and psoriasis. Callus removal is contra-indicated for guests undergoing treatment with Vitamin A derivatives (isotretinoin) acne medicine (for example Roaccutane, Accutane, Oratane, etc.)



### INGREDIENTS

Aqua, Glycerin, Propylene Glycol, Sodium Hydroxide, Aminomethyl Propanol Phenoxyethanol, Propylparaben, Cetrinium Chloride, Methylparaben, Ethylparaben Isopropanol, Dimethyl Palmitamine, N-Dimethyl-1-hexadecanamine-HCl

Safety Data Sheets available upon request.

### AVAILABLE IN

RETAIL: not available for retail

PROFESSIONAL:

100 ml (Callus Softening Kit) – 10 applications

200 ml – 20 applications

500 ml – 50 applications

1000 ml – 100 applications

## PH NEUTRALIZER

A powerful skin neutralizer with Aloe Vera that actively balances the pH of the skin. A necessity to use after the Callus Tonic to ensure the pH of treated skin returns to normal post-treatment. The product may be used for any skin irritations or inflammatory issues in the spa environment. It calms the skin immediately.

### MECHANISM OF ACTION

Acidic in nature it neutralizes the skin after the alkalizing effect of the Callus Tonic. It is the only pH Neutralizer used in tandem with a Callus Remover. It contains Coconut Oil extract and Urea as hydrating agents and Pro Vitamin B5 and Vitamin C to nourish and heal the skin.

### APPLICATION

**In the spa:** Apply pH Neutralizer to balance skin pH after treatment with Callus Tonic. Apply 2ml of Neutralizer to a wet warm cloth and cleanse skin where the Callus Tonic was applied.

**At home:** Not recommended for home use.

### ACTIVES AND BENEFITS

**Aloe Vera** – moisturizes while targeting any inflammation. It reduces skin irritation and is a source of Vitamin E.

**Glycerine** – aids in hydration and limits skin flaking post-treatment

**Cocamidopropyl Betaine** – is a coconut-derived foaming and cleansing agent.

**Vitamin C** – acts as an anti-oxidant and Citric Acid actively lowers the pH of the skin. It is a powerful moisturizer with antimicrobial properties.



### INGREDIENTS

Aqua, Sodium Cocoyl Isethinate, Hydroxyethyl, Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Glycerin, Cocamidopropyl Betaine, Disodium EDTA, Polysorbate 20, Propylene, Glycol, Imidazolidinyl Urea, Sodium Chloride, Sorbitan Isostearate, Polysorbate 60, Alcohol, Aloe Barbadensis Leaf Extract, Citric Acid, Methylparaben, Propylparaben, Cocamidopropyl Dimethylamine, Sodium Ascorbyl Phosphate, Chloroacetic Acid

Safety Data Sheets available upon request.

### AVAILABLE IN

RETAIL: not available for retail

PROFESSIONAL:

100 ml (Callus Softening Kit) – 50 applications

200 ml – 100 applications

500 ml – 250 applications



## CALLUS SOFTENING KIT

the Elim MediHeel Callus Softening Kit is a compact package containing Callus Tonic, pH Neutralizer, a small scraper and a small pumice. This sample format provides sufficient products for 10 callus treatments.

For further information refer to the Product Profile Information for **Callus Tonic** and **pH Neutralizer**.



## SPA ADDITIVE

Elim MediHeel Spa Additive with Tea Tree and Rosemary Oil, is formulated as an antimicrobial foot soak targeting bacteria causing foot odour. This super additive, not only cleanses the feet and nails, but is a natural antiseptic, that fights fungal and bacterial infections of the skin and feet. Elim Spa Additive increases blood circulation and eases puffiness and swelling.

### MECHANISM OF ACTION

Sodium Sesquicarbonate is used instead of regular salt due to its pH balancing action. Spa Additive contains essential oils with powerful antimicrobial properties, it might improve symptoms of rheumatism, arthritis and gout. It increases blood circulation and eases puffiness and swelling. Spa Additive can alleviate symptoms of dermatitis and eczema.

### APPLICATION

**In the spa:** Dissolve 5 ml of Spa Additive in a pedi-bath. Add enough warm water. Stir gently until the powder is completely dissolved. Soak and dry.

**At home:** Apply 10 ml to a running bath to soak and calm skin.

### ACTIVES AND BENEFITS

**Sodium Sesquicarbonate** – is a combination of salt crystal and sodium bicarbonate base to soften while balancing skin pH.

**Tea Tree Oil** – is an anti-bacterial agent, eliminating odour-causing bacteria.

**Rosemary and Geranium Oil** – soothes and calms tired feet while aiding in reducing stress and anxiety.

**Citronella Oil** – antibacterial, antiseptic, antispasmodic, anti-inflammatory and fungicidal action.



### INGREDIENTS

Sodium Sesquicarbonate, Sodium Bicarbonate, Cocamidopropyl

Dimethylamine, Melaleuca Alternifolia Oil, Rosmarinus Officinalis Oil, Melaleuca Viridiflora Leaf Oil, Limonene.  
Safety Data Sheets available upon request.

### AVAILABLE IN

RETAIL (125 g): 25 applications

PROFESSIONAL (450 g): 90 applications

## AHA EXFOLIANT

Elim MediHeel AHA Exfoliant contains a combination of Glycolic & Lactic Acids that peels & exfoliate with natural Jojoba Oil Beads and Cellulose. The formula is packed with hydration actives, leaving feet and lower legs soft and smooth in appearance.

### MECHANISM OF ACTION

AHA Exfoliant contains ingredients similar to what is found in facial products used during chemical peels. It is truly a facial for feet! Combining chemical and physical exfoliation both Alpha Hydroxy Acids and natural Jojoba Oil Beads, skin texture is improved and refined.

### APPLICATION

**In the spa:** Apply to damp skin in circular motions, massaging it into the skin. Rinse off with lukewarm water.

Apply Elim Foot Perfector for a perfect polished finish.

**At home:** Apply to damp skin while in the shower. Use circular motions to exfoliate skin. Suitable as a body exfoliant.

### ACTIVES AND BENEFITS

**Lactic Acid** – to treat fine lines.

**Shea Butter** is considered a super food for the skin and also restores elasticity.

**Glycolic Acid** reacts with the top layer of the skin, breaking it down by dissolving sebum and other substances that bind cells together, leaving behind smoother, healthier feet.

**Lanolin** works by creating a barrier on the surface of the skin to help prevent water from evaporating.

**Sweet Almond Oil** is a potent antioxidant. The oil is especially rich in proteins, and can provide the amino acids required for the formation of collagen.



### INGREDIENTS

Aqua, Xanthan Gum, Lactic Acid, Cellulose, Hydrogenated Jojoba Oil, Sodium Polyacrylate, Butyrospermum Parkii Butter, Paraffinum Liquidum, C13-14 Isoparaffin, Prunus Amygdalus Dulcis Oil, Glycolic Acid, Laureth-7, Peg-75 Lanolin, Sodium Acrylates/acrylonitrogens Copolymer, Caprylyl Glycol, Cetearyl Alcohol, Glycerin, C13-14 Isoparaffin, Polysorbate 60, Oleth-10, Peg-150 Stearate  
**Safety Data Sheets available upon request.**

### AVAILABLE IN

RETAIL (150 ml): 30 applications

PROFESSIONAL (450 ml): 100 applications

## FOOT PERFECTOR

With its unique moisture lock system Elim MediHeel Foot Perfector contains a multitude of ingredients to nourish and protect skin. Shea butter, Urea and Honey was added for super hydration while Collagen plumps fine lines and wrinkles and improves the general appearance of skin.

### MECHANISM OF ACTION

Elim MediHeel Foot Perfector is a deeply hydrating cream with a unique gel powder technology to ensure a slip free non-oily experience after application.

### APPLICATION

**In the spa:** Use as a massage medium to nourish and hydrate the feet. Apply to feet and lower legs massaging in circular motions. Allow to dry before wearing shoes.

**At home:** Use daily to moisturize feet and legs. Apply to dry elbows and knees for an even skin appearance.

### ACTIVES AND BENEFITS

**Almond Oil** – to nourish and hydrate skin

**Shea Butter** – for hydration.

**Isopropyl Myristate** – aids in absorption to ensure that every nourishing ingredient is absorbed into the skin.

**Vitamin E** – powerful anti-oxidant and extremely hydrating by acting as both an emollient and a humectant.

**Collagen** – to plump skin and improve its appearance.

**Pro Vitamin B5** – protects the skin barrier, maximizes hydration while improving softness and elasticity.

**Honeyquat** – quaternized honey adds a smooth and luxuriously thick feel to formula emulsions, while delivering long lasting, deep hydration to skin.

**Propylene Glycol** – acts as a water lock system.

**Urea** – urea improves the ability of the skin to retain moisture.

**Dimethicone** – prevents an oily residue on the feet after the pedicure and leaves a non-slip powdery finish.



### INGREDIENTS

Aqua, Paraffinum Liquidum, Cetyl Alcohol, Stearic Acid, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, C30-45 Akyl Cetearyl Dimethicone Crosspolymer, Cyclopentasiloxane, Butyrospermum Parkii Butter, Peg 400, Isopropyl Myristate, Glycerin, Sorbitan Isostearate, Tocopheryl Acetate, Phenoxyethanol, Panthenol, Hydrolysed Collagen, Polysorbate 60, Parfum, Caprylyl Glycol, Allantoin Propylene Glycol, Triethanolamine, Mel Extract, Citric Acid, Urea, Benzyl Salicylate, Geraniol, Butylphenyl Methylpropional, Linalool, Citronellol, Hexyl Cinnam-aldehyd, Limonene

Safety Data Sheets available upon request.

### AVAILABLE IN

RETAIL (150 ml): 30 applications

PROFESSIONAL (450 ml): 100 applications

## GOLD SPRITZ

Elim Gold Spritz provides a burst of gold shimmer with a fine fragrance. It is the perfect finish to a manicure or pedicure, or a daily indulgence to leave the skin with a gold shimmer. Gives radiance to the legs, arms, body and hair.

### MECHANISM OF ACTION

Elim Gold Spritz is a gold titanium shimmer in a fine fragrance suitable to use in the spa or at home.

### APPLICATION

**In the spa:** Shake your bottle vigorously until to evenly mix shimmer. Hold the bottle 15cm from skin generously mist.

**At home:** Use as a fragranced body shimmer.

### ACTIVES AND BENEFITS

**Geranium Oil** - promotes beautiful and radiant skin and improves circulation.

**Glycerine** - is added for hydration.

**Urea** - is a humectant and will retain moisture in the skin. It also strengthens the skin barrier function.

### INGREDIENTS

Ethanol, Aqua, Glycerin, Propylene Glycol, Parfum, Calcium Sodium Borosilicate, Titanium Dioxide, Diazolidinyl Urea, Coumarin, Linalool, Limonene, Citral, Methylparaben, Propylparaben

Safety Data Sheets available upon request.

### AVAILABLE IN

RETAIL (100 ml): 50 applications

PROFESSIONAL (260 ml): 130 applications



## INTENSE NIGHT REPAIR & HYDRO GEL SOCKS

Elim Intense Night Repair Balm & Hydro Gel Socks protect, repair and heal sore feet. Intense Night Repair is a deeply penetrating, rich repair cream for heels. It treats fatigued feet and cracked heels overnight. Intense Night Repair Balm can be used with the Elim Hydro-Gel socks for maximum hydration. Balm contains Lavender Oil to aid in skin repair. Made from non-toxic, medical grade silicone, the Elim Hydro-Gel Socks can improve symptoms of Plantar Fasciitis and Achilles Tendonitis by providing support.

### MECHANISM OF ACTION

With Coconut oil, Wheat germ oil, Almond and Lavender oil, Urea and Horse Chestnut extract, this cream is packed with healing actives to give shorter repair time.

### APPLICATION

**In the spa:** Recommended as an at home treatment

**At home:** Apply Elim Intense Night Repair to heels and cover with the Hydro-Gel Socks. Best used overnight. Cleanse socks with gentle soap after use and store in a dry place.

### ACTIVES AND BENEFITS

**Hydro-Gel Socks** – provides compression, protection and shock absorption with air holes offering breathability. When applying Intense Night Repair Balm just before bed, it locks moisture and improve absorption.

**Coconut Oil** – is a powerful moisturizer with antimicrobial properties.

**Wheat Germ Oil** – is an antioxidant that moisturizes and softens the heel.

**Sweet Almond Oil** is a potent antioxidant. The oil is especially rich in proteins, and can provide the amino acids required for the formation of collagen.

**Lavender Oil** – Relaxes feet and its anti-inflammatory and analgesic properties can provide natural pain relief for sore and achy feet and joints.

**Urea** – Reduce callus buildup and provide relief from dry, itchy skin.

**Glycerine** – is added for hydration.



### INGREDIENTS

Aqua, Prunus Amygdalus Dulcis Oil, Glycerin, Cetyl Alcohol, Ceto Stearyl Alcohol, Cocos Nucifera Oil, Lanolin, Helianthus Annuus Seed Oil, Cetareth-20, Urea, Phenoxyethanol, Triticum Vulgare Germ Oil, Glyceryl Stearate, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Lavandula Angustifolia Oil, Parfum, PEG-75 Stearate, Cetylpyridinium Chloride, Disodium EDTA, Triethanolamine, Citronellol, Aesculus Hippocastanum Seed Extract, Ethylhexylglycerin, Ceteth-20, Steareth-2, Geraniol, Linalool, Alphaisomethyl Ionone, Hexyl Cinnamal

Safety Data Sheets available upon request.

### AVAILABLE IN

RETAIL (80 ml): Intense Night Repair Balm & Socks

RETAIL (80 ml): Intense Night Repair Balm

Also available: Heel Socks and Toe Sleeves

## SPA PREP

Elim Spa Prep is a refreshing spritz to cleanse skin before spa treatments.

### MECHANISM OF ACTION

Elim Spa Prep contains 60% isopropyl alcohol and a fresh fragrance to refresh skin before treatments.

### APPLICATION

**In the spa:** Spray skin, allow to dry.

**At home:** Spray skin, allow to dry. Can also be used to neutralize odours in shoes.

### ACTIVES AND BENEFITS

**Isopropyl Alcohol** – cleanses skin.

### INGREDIENTS

Aqua, Isopropyl Alcohol, Parfum, Benzyl Salicylate, Butylphenyl Methylpropional, Limonene, Hexyl Cinnamal, Linalool.

Safety Data Sheets available upon request.

### AVAILABLE IN

PROFESSIONAL (250 ml)



## ULTRAMUD

Elim UltraMud is deep cleansing, rich clay mask for hands and feet. The botanically enriched mask is formulated with refined Bentonite clay to detoxify the skin of any impurities, while the rich, pure Coconut Oil nourishes and protects.

### MECHANISM OF ACTION

Unlike other clay masks, the combination of volcanic ash and Coconut Oil will prevent the product from drying and cracking during application. A record-breaking blend of seventeen actives detoxify, purify, protect, cleanse and hydrate for optimal results.

### APPLICATION

**In the spa:** Smooth a thin layer over cleansed hands or feet. Wrap in warm towel. Remove with lukewarm water after 3 minutes. Can be used during an Elim Manicure or Pedicure service. UltraMud can be mixed with the AHA Foot Exfoliant and massaged on to the skin to save time on the pedicure. The product is safe to use on the entire body.

**At home:** Apply over hands and feet. Remove after 3 minutes and apply moisturizer.

### ACTIVES AND BENEFITS

**Volcanic Ash** – is used as a base to purify.

**Soybean Oil** – is added to improve skin tone.

**Vitamin F & Rosemary Oil** – are the anti-aging actives.

**Maca Root** – rich in copper and manganese to reduce inflammation and improve skin tone.

**Mountain Bulbinella** – skin soothing

**Amica & Ginger** – act as an anti-inflammatory.

**Honey** – is a natural humectant.

**Collagen** – improves skin elasticity, reduce visible wrinkles and increases blood flow to the skin

**Vitamin E** – powerful anti-oxidant and extremely hydrating by acting a both an emollient and a humectant.

**Lanolin & Urea** – for hydration.

**Titanium Dioxide** – natural UV protector.



### INGREDIENTS

Aqua, Glycerin, Titanium Dioxide, Bentonite, Urea, Cocos Nucifera (Coconut) Talc, Acetylated Lanolin Alcohol, Menthone Glycerin Acetal, Glycine Soja, Phenoxyethanol, Linolenic Acid, Rosmarinus Officinallis Leaf Extract, Parfum, 5-Amino-2, 6-Dimethoxy-3-hydroxypyridine, Cetylpyridinium, Chloride, Ethylenediamine Tetracetic Acid, Methylparaben, Ethanol, Lepidium Meyenii Maca Root Extract, Propylene Glycol, Ethylparaben, Bulbinella, Amica Montana, Alcohol, Arginine, Sodium PCA, Zingiber Offinale Extract, Propylparaben, Butylene Glycol, Hydroxypropyltrimonium Honey Phenyl Trimethicone, Atelcollagen, Sphingolipids, Chitosan, Cyclodextrin, Dextrin, Carbomer, Tocopherol.  
Safety Data Sheets available upon request.

### AVAILABLE IN

PROFESSIONAL (300 ml): 60 applications



## MEDIHEEL DELUXE PEDICURE

WATCH A DEMO



VIRTUAL TRAINING



### BEFORE YOU START

- Complete the client consultation.
- Verify the absence of contra-indications.
- Identify areas for callus treatment.

### 01

#### CLEANSE

- Spritz feet with Elim Spa Prep and dry with towel.

### 02

#### CALLUS REMOVAL

- Apply Elim Callus Tonic to cotton pad/gauze and apply to callus (use 5ml per foot).
- Wrap foot in plastic wrap.
- Set timer for 10 minutes.
- Unwrap foot and remove softened callus with Stainless Steel Foot Scraper.
- Polish treated areas using a soft pumice stone or foot file to refine the surface.
- Apply Elim pH Neutralizer to a cotton pad and wipe treated areas (use 1ml per foot).

### 03

#### EXFOLIATE

- With circular upward motions apply AHA Foot Exfoliant (2.5ml per foot).
- Massage to achieve deep exfoliation.

### 04

#### DETOXIFY

- Spread Elim UltraMud clay mask over feet. Wrap feet in warm towels (use 2.5ml per foot).
- Leave on feet for 5 minutes.

## MEDIHEEL DELUXE PEDICURE *continue*

WATCH A DEMO



VIRTUAL TRAINING



### 05

#### SOAK

- Add 5ml of antibacterial Elim Spa Additive to pedicure bowl with warm water.
- Rinse feet to remove AHA Exfoliant and UltraMud Mask.
- Thoroughly dry feet.

### 06

#### MASSAGE

- Massage feet with Elim Foot Perfector (apply 2.5ml to each foot).

### 07

#### CUTICLE TREATMENT

- Apply a drop of Elim Cuticle MD to each toe.
- Massage into cuticles.

### 08

#### SHIMMERING FINISH

- Spritz Elim Gold Spritz on the feet and legs for the Mediheel pedicure signature finish,
- Shake bottle vigorously before application to evenly distribute gold shimmer.

#### TREATMENT NOTES

- An Elim Deluxe Treatment can be completed in about 45 minutes (exclusive of polish/gel polish application)
- Cuticle and nail care should be performed during Step 2 Callus Removal.

## MEDIHEEL CALLUS TREATMENT

WATCH A DEMO



▶ SCAN ME

VIRTUAL TRAINING



📱 REGISTER

### BEFORE YOU START

- Complete the client consultation.
- Verify the absence of contra-indications.
- Identify areas for callus treatment.

# 01

### CLEANSE

- Spritz feet with Elim Spa Prep and dry with towel.

# 02

### CALLUS REMOVAL

- Apply Elim Callus Tonic to cotton pad/gauze and apply to callus (use 5ml per foot).
- Wrap foot in plastic wrap.
- Set timer for 10 minutes.
- Unwrap foot and remove softened callus with Stainless Steel Foot Scraper.
- Polish treated areas using a soft pumice stone or foot file to refine the surface.
- Apply Elim pH Neutralizer to a cotton pad and wipe treated areas (use 1ml per foot).

# 03

### MOISTURIZE

- Apply Elim Foot Perfector and massage into feet (2.5ml per foot).
- Discuss home care and book a follow up appointment.

### TREATMENT NOTES

- An Elim Callus Treatment can be completed in about 20 minutes (exclusive of polish/gel polish application)
- Cuticle and nail care should be performed during Step 2 Callus Removal.

## MEDIHAND DELUXE MANICURE

VIRTUAL TRAINING



REGISTER

### BEFORE YOU START

- Complete the client consultation.
- Verify the absence of contra-indications.
- Identify areas of concern.

# 01

### PREP

- Spritz hands with Elim Spa Prep and dry with towel.

# 02

### EXFOLIATE

- Massage 5ml Hydro Thermal Exfoliant into both hands.
- Dip fingertips in warm water and massage gently in circular motions.
- Rinse in warm water or remove with warm compress.

# 03

### CLEANSE

- Dissolve 2.5 ml Illuminating Nail Cleanser in warm water.
- Soak fingertips in cleanser, gently scrubbing nails with nail brush.

# 04

### DETOXIFY

- Apply 5 ml of UltraMud clay mask over hands avoiding nails. Wrap in warm towels for 3 minutes.
- Remove with compress or warm water.

# PROTOCOLS

## MEDIHAND DELUXE MANICURE continue

### VIRTUAL TRAINING



REGISTER

# 05

### MASSAGE

- Apply 0.5 ml Cuticle MD to cuticles.
- Apply 5 ml Ultra Rich Hand Therapy to hands and massage.

# 06

### FINISH

- Shake Gold Spritz vigorously and apply 1 spray to each hand from 30 cm away for even application.

### TREATMENT NOTES

- An Elim Deluxe Manicure can be completed in about 30 minutes (exclusive of polish/gel polish application)
- Cuticle and nail care should be performed during Step 3.

# ETHICAL MANUFACTURING

Ethical manufacturing is achieved when the manufacturing process prioritizes good health for all parties involved, including the environment, workers, and consumers. Elim strives to design and create products with sustainable materials and to have a positive impact on communities.

Elim Spa Products endeavour to have a minimal impact on the environment by harnessing the power of nature and as such the facility is currently 90% off-grid by relying on solar-generated energy. A variety of energy conservation activities further reduce the energy required to operate. Examples include, LED light bulbs, motion-activated sensors to control lights in low traffic areas, and a reflective exterior paint to reduce energy required for cooling during summer months. Water is supplied and processed onsite, making use of both filtration and reverse osmosis.

An onsite recycling program diverts nearly 90% of waste from landfills. Elim has transitioned to using packaging derived from recycled materials only, and has eliminated all cellophane double packaging.

Elim is committed to give back to communities and continues to source locally crafted additions to the product line in support of local communities. An example is wooden displays crafted by Du Noon.

The health and wellbeing of consumers is prioritized through using transparent and consistent labeling practices and EU-approved ingredients. Elim products are formulated by foremost cosmetic scientists to yield effective and safe results. Elim products are manufactured according to pharmaceutical standards with respect to the analysis of raw ingredients, water purity, compounding and quality control. The facility is ISO22716 and SAHPRA accredited.



# CRUELTY-FREE STATEMENT

Elim products are not tested on animals.

Products are predominantly formulated using plant-derived or synthetic versions of common ingredients. The following products in the Elim Spa Product Range are considered to have vegan-friendly formulations.

Callus Tonic  
pH Neutralizer  
Gold Spritz  
Cuticle MD  
Alpha Hydroxy Acid Foot Exfoliant  
Spa Additive  
Spa Prep  
Nail Fx  
Ultra-Rich Hand Therapy  
Hydro Thermal Exfoliant  
Illuminating Nail Cleanser

Foot Perfector and UltraMud have been excluded from the list above due to presence of Honey or Honeyquat in their formulations.

Please note Hydrolyzed and Synthetic Lanolin is used in UltraMud. Lanolin is derived from an external animal source (wool).

Urea used in Elim products is plant-derived and is not an animal by-product.





# Contact information

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Watch the MediHeel Video