

Our Products Don't Just Sit On The Skin, **They Totally Transform It!**



Master Training Manual

COMPREHENSIVE PRODUCT INFORMATION



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Pumpkin Enzyme
Salicylic Peel 20% & 35%
Ultra Pumpkin Peel
Vitamin C Enzyme 30%



Christina Church, President

About Skin Fitness Therapy

An innovative skin care company founded by Christina Church in 1996, Skin Fitness Therapy is the embodiment of Christina's vision to develop a line with natural, eco-friendly treatments and scientifically advanced correctives that produce dramatic results. When Christina began creating products for physicians to help accelerate healing for patients who were having laser treatments, deep and other surgical peels, her vision for a natural and results-driven skin-care line was born. Christina is a pioneer in the manufacturing of skin care products using "Chiral Technology." Her cutting edge work in the skin-care industry has garnered her recognition as an industry leader and respected educator in the specific area of corrective skin care.

Corrective Results & Natural Solutions

Skin Fitness Therapy products are chirally correct and infused with natural and organic ingredients. The ingredients are carefully selected and formulated to target both the epidermis and skin receptors at the cellular level, stimulating its natural ability to crave nutrients. The advanced selection of vitamins, fruit pulps, enzymes and acid corrective skin solution components are very effective when it comes to re-shaping skin.

Skin Fitness Therapy provides skin with essential daily nutrients that constantly challenge, energize and revitalize skin, leaving it smooth and glowing. Unlike commercial products containing chemical additives that are often harmful to skin, our natural therapeutic treatments combine the purity and potency of nature's healing agents utilizing chiral technology (molecules separated within an ingredient through a purification process). They are free of harsh chemicals, such as sodium lauryl sulfate, propylene glycol, parabens, fillers, trichloroacetic acid (TCA), and resorcinol. These positively extracted molecules have the unique ability to bond with skin's cells to maximize the benefits of each ingredient or nutrient, while eliminating negative reactions. Our products effectively stimulate and redefine skin with the finest natural ingredients and ultra-concentrated formulas. With our commitment to creating a healthy, youthful appearance, Skin Fitness Therapy provides you with 'Back to Basics' nutrition for your skin.

Our Skin Care Boot Camp Approach

Our unique, clinically-tested Skin Fitness Therapy skin care routine does for your skin what circuit training does for your body. As any qualified personal trainer will tell you, one's body adapts to a specific form of exercise, to the point that it is no longer as effective. Our innovative Skin Fitness Circuit Therapy focuses on perfecting skin by alternating different treatments just as circuit training concentrates on strengthening and toning different muscle groups by changing up one's regular routine. This results in constant improvement in skin health, from our professional advanced power peel treatments, to our Boot Camp Retail Box Systems for home care!

Our Skin Fitness Therapy Partners

We align with spas and medical offices that are dedicated to providing their clients/patients with natural wellness and the ultimate in result-driven treatment programs. If you are looking for a line that delivers results, support, marketing collateral, and new, innovative treatments, with increased revenues that guarantee client results — then look no further. Skin Fitness Therapy is the answer you have been looking for! Choose from a starter partner package that fits your business needs; our team will help you customize a back bar and retail options that will maximize your success!

What Is Chiral Technology?

Chiral technology is a process of purification that extracts the purest form of positive molecules and eliminates the negative molecules, which can cause damage and irritation, out of natural ingredients, thus providing the proper fit onto the skin's receptors for repairing and maintaining healthy skin with less irritation.

The most important molecules of life are chiral. For example: ascorbic acid (vitamin C) is chiral, i.e. it exists as L-ascorbic acid and D-ascorbic acid. L-ascorbic acid is good for you; D-ascorbic acid is not. The L means "levo" (left) and the D means "dextro" (right). Chiral molecules, like your hands, are perfect mirror images of each other. We are talking about left-handed and right-handed molecules! Another example is amino acids. Our body uses just left-handed amino acids (you will notice on your protein formulations words like "L-glutamic acid" or "L-proline"). The right-handed ones are out there in the world, but the body cannot use them.

What Happens If The Wrong-Handed Molecule Is Used?

A good example of this is Thalidomide, the morning sickness drug given to pregnant women in the late 50's and early 60's. The drug company knew of this drug's chirality, but did not investigate the real consequences. On the one hand, morning sickness was eliminated, but on the other hand, terrible side effects of birth defects were experienced. If chiral technology had been applied, this would have been prevented.

Is Chirality New?

Louis Pasteur discovered it in 1948 while studying tartaric acid from wine making. He found two tartaric acids, on the exact mirror image of the other, like our hands! Chirality is the fastest growing investment by drug companies. The drug companies admit their past mistakes of ignoring it for so long, because of the expense. The dark ages of medical science are coming to a close; you will now hear more about "chiral".

How Will It Impact Skin Fitness Therapy Products?

The body's receptors are all chiral. They are like gloves made to fit only over the correct hand. All Skin Fitness Therapy products are formulated chirally correct for the proper fit onto the skin's receptors. This means the entire spectrum of treatments—from professional to home care—provides the most effective therapy for repairing the skin with less irritation.

Vinotherapy

THE FOUNTAIN OF YOUTH!

Red wine for your skin?

Red wine and grape seed extracts contain antioxidant rich polyphenols, one of which is resveratrol. High in OPC's (Oligomeric Proanthocyanidins), some of the most powerful antioxidants, they act as protectors against environmental toxins. Research has demonstrated that OPC's are 50 times more effective than Vitamin E and 20 times more powerful than Vitamin C. Studies show that OPC's are rapidly absorbed and distributed throughout the body within 20 minutes. OPC's activate Vitamin C and put it to work before it leaves your body.

How do OPC's (Red Wine Antioxidants) reduce wrinkles and restore collagen?

OPC's help fight free radical damage to collagen and inhibit your body's natural enzymes that normally break down collagen, this keeps the skin healthier. OPC's can also bind collagen and help collagen fibers rebuild their cross-links to reverse the damage caused by injury (i.e. deep chemical peels) and free radical attack. The build-up of collagen helps return flexibility and suppleness to skin, keeping it wrinkle resistant. Ongoing research shows that the anti-aging nutrient, resveratrol, helps you maintain younger-looking skin.

Resveratrol is very popular as a supplement. But if you're just taking it orally, you're missing out on the distinct advantages it can offer your skin. Scientific studies show that resveratrol has been proven to be effective when topically applied in skin care for the treatment of UV-induced damage, pigmentation, fine lines and wrinkles and acne.

The red wine collection from Skin Fitness Therapy contains a fruit cocktail of ingredients including red wine grapes, blueberries, cherries, pomegranates and tomatoes, all rich sources of vitamins, minerals, bioflavonoids and polyphenols essential for healthy, young and radiant skin!

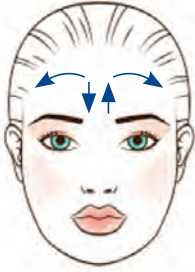


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Skin Fitness Therapy Micro Massage Therapy

STEP 1



Massage and relaxation of the Frontalis muscle

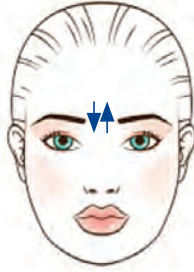
Step A:

Lateral strokes beginning at the centerline, moving to the temples and ears.

Step B:

Muscle stripping of the vertical fibers of the frontalis muscles from eyebrows to hairline.

STEP 2

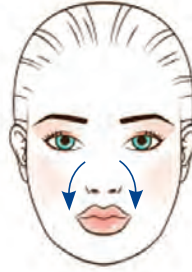


Massage and relaxation of the Procerus muscle

Steps:

Make petite micro massage strokes along the procerus muscle.

STEP 3



Massage and relaxation of the Levator Labii Superioris muscle

Steps:

Massage and strip over the levator labii superioris, on and just behind the smile line.

STEP 4



Massage and relaxation of the Zygomatic muscle

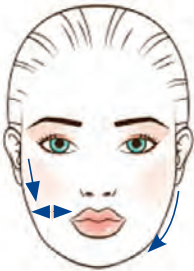
Step A:

Massage and strip downwards the Zygomatic minor muscles, toward the corner of the mouth.

Step B:

Massage and strip the Zygomatic major muscle.

STEP 5



Massage and relaxation of the Masseter & Buccinator muscles.

Step A:

Massage and strip down the length of the masseter muscle.

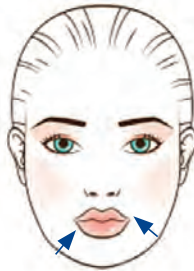
Step B:

Massage and strip the buccinator's muscle.

Step C:

Massage underneath the edge of the mandible.

STEP 6



Massage and relaxation of the depressors & Mentalis muscles.

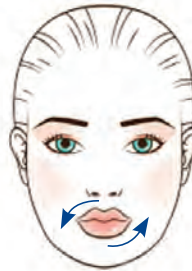
Step A:

Massage and strip depressors anguli oris and labii inferioris.

Step B:

Oris muscle.

STEP 7



Massage and Relaxation of the Orbicularis Oris muscle.

Steps:

Massage outwards and strip the orbicularis oris muscle.

Steps

1. Mist Collagen Fitness Spritz on face and neck until completely moist.
2. Apply two pumps of MicroSculpting Serum and begin 7 step massage following the chart provided.
3. Mist Collagen Fitness Spritz lightly over the face and neck.

Product Descriptions

Cleansing Therapy

Cleansing is the most important step in a skin care routine, as it preps skin to maximize the absorption of nutrients that are topically applied, such as serums and a moisturizer. Many commercial cleansers contain harsh and harmful chemicals known to irritate and dry out the skin. Our cleansers are free from harsh sulfates and are full of skin-nourishing natural ingredients to balance and restore skin, while removing impurities such as makeup and environmental toxins. Proper cleansing therapy will never over-dry skin; the result is soft, smooth, and glowing skin!

Toning Therapy

Toning skin post-cleanse is important because it balances the PH of skin to restore it back to its normal, functioning state. Cleansing can leave skin's PH unbalanced, making it unable to receive the full benefits of topical product application, due to improper absorption. By toning the skin prior to applying targeted serums or moisturizer, skin is able to receive the maximum amount of nutrients, which means better results! Our toners not only balance skin's PH, but also infuse it with a burst of anti-aging antioxidants, vitamins, soothing herbs and skin hydrators. These multi-tasking toners also work as a nutrient-rich finishing mist to set make-up, and are a great travel companion, as a light mist will revive and freshen up skin throughout the day.

Exfoliation Therapy

Exfoliation is the most effective way to bring dull, lifeless skin back to life. An essential, and commonly overlooked step in a skin care routine, proper exfoliation wipes away dead skin cell build up, revealing a softer, smoother and brighter complexion. As we age, cell turnover begins to slow down, resulting in a variety of skin woes, including more visible fine lines and wrinkles, as well as clogged pores. Our gentle exfoliation products purify and detoxify skin without over-processing or irritating it. With regular exfoliation, skin is able to absorb nutrients on a deeper level, and topical actives will have improved efficacy.

Target Serums

Skin Fitness Therapy's target serums combine carefully selected and naturally therapeutic ingredients with scientifically advanced actives, all in pure and concentrated formulas. The potent levels of nutrients energize, heal, and re-shape the skin by targeting cellular deficiencies, thereby strengthening skin to function at its peak performance. With a variety of ultra-concentrated serums available, there is a targeted serum solution to treat every skin type and condition.

Eye & Lip Therapy

The delicate eye and lip areas require additional care to defy the visible signs of aging and awaken tired eyes. We've designed a selection of targeted eye and lip therapy products, which target every condition, from under-eye puffiness, dark circles, crow's feet, deep wrinkles and wrinkles that form around the lip area. The potent combinations of anti-aging ingredients such as intelligent antioxidants, intensive skin hydrators, and peptides provide both immediate and long-term results!

Moisturizing Therapy & Sun Protection

Hydrated skin equals healthier skin. Moisturizers help balance and restore skin by locking in moisture, protecting skin from both environmental toxins and trans-epidermal water loss. Skin Fitness Therapy moisturizers multi-task as both AM and PM moisturizers and work well when layered with target serums based on skin type. To protect skin during the day, our refreshing chemical-free sunscreen may be layered on top of target serums or mixed together with your choice of a Skin Fitness Therapy moisturizer, depending on preference. All skin types will benefit from moisturizing, whether it be oily or acne-prone, dry, sensitive or mature skin; there is a solution for every skin type or combination!

Masques

Masques are loaded with a concentrated base of active ingredients to saturate skin in pure nutrition! Masques can address a variety of skin concerns, and when used in a professional treatment, and as a weekly home-care supplement, will increase skin's natural radiance with essential nutrients. Whether the goal is to detoxify and purify breakout-prone skin, calm sensitive skin, hydrate and plump dry and dehydrated skin, or to lift and firm aging/sagging skin, our masques provide a complete solution.

Circuit Peels & Enzymes

With an advanced selection of vitamins, fruit pulps, enzymes and natural acid corrective skin solutions, Skin Fitness Therapy has designed the ultimate in exfoliation therapy to stimulate the skin, while providing essential nutrients for optimal skin health. Our professional peels are enhanced with our Lactic Acid 10% Peel Prep, and may be cocktailled or layered in a variety of specialty recipes to customize treatments based on skin type. With our advanced power peel recipes, you can achieve anything from a mild enzymatic exfoliation, to a moderate or even deeper-level peel exfoliation.



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Cleansing Therapy



Anti-Blemish Cranberry Liquid Cleanser

SKIN TYPES: Acne, very oily skin

PH: 6.0

BENEFITS

An excellent facial and all-over body cleanser for anyone with acne and/or seborrhea skin types. An all-natural combination of sulfur and salicylic acid for intensive cleansing and anti-bacterial action. This cleanser utilizes natural sugars and cranberry to dissolve impurities and promote clear skin.

FOCUS INGREDIENTS

- **Sweet eucalyptus:** soothing, anti-microbial, anti-inflammatory
- **Hemlock oil:** skin-clearing botanical acne treatment, promotes the flow of bacterially produced foreign material out of the follicle
- **Salicylic acid:** oil soluble, effectively washes away excess oil and breaks down "cement" between dead skin cells
- **Sulphur:** draws out excess oil
- **Cranberry fruit extract:** antioxidant, anti-bacterial, anti-inflammatory, natural form of benzoyl peroxide
- **Sodium PCA:** moisturizing

APPLICATION

Apply a small amount to the palm of your hand and add warm water to activate into foam. Work product into the skin, gently massaging in circular motions. Rinse off completely with warm water and follow with a splash of cool water. Gently pat skin dry.

INGREDIENTS

Aqua (water), sodium c14-16 olefin sulfonate, glycerin, sodium cocoamphoacetate, sulfur, decyl glucoside, acrylates copolymer, vaccinium macrocarpon (cranberry) fruit extract, hydrolyzed cranberry fruit/leaf extract, salicylic acid, maltodextrin, ethylhexylglycerin, hamamelis virginiana (witch hazel) water, sodium lauroyl lactylate, cetearyl glucoside, caprylic/capric triglyceride, coco-caprylate/caprate, glyceryl stearate, dicaprylyl ether, cocamidopropyl hydroxysultaine, lecithin, phospholipids, rh-oligopeptide-1 (egf), fructooligosaccharides (d-beta), sodium hydroxide, glucosamine hci (d), cetearyl alcohol, xanthan gum, lithium magnesium sodium silicate, propanediol, alcohol, phenoxyethanol, benzyl alcohol, fragrance/parfum

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Deep Pore Cleanser Dry/Sensitive Skin

SKIN TYPES: All skin types, dry, sensitive

PH: 6.75

BENEFITS

An all-natural, sodium lauryl sulfate-free, deep pore cleanser that removes all traces of impurities as it nourishes the skin. Shea butter has a nourishing effect and provides self-protection throughout the cells, which stimulates cell metabolism to get rid of impurities. Clinical observations suggest that shea butter increases local capillary circulation, which, in turn, increases tissue re-oxygenation and improves the elimination of metabolic waste products. This product can be used as a shaving cream for men.

FOCUS INGREDIENTS

- **Shea butter:** protective, nourishing and moisturizing, due to a high content of vitamin E
- **Karite tree fruit extract:** antioxidant, anti-inflammatory
- **Mucopolyfructose:** natural sugar, skin-softening
- **Fruit extracts:** antioxidants
- **Fruit essential oils:** natural fragrance, antioxidants

APPLICATION

Apply a very small amount to the palm of your hand and add water to activate into foam, work the product into the skin in gentle, circular motions. Rinse off with warm water.

INGREDIENTS

Distilled water, shea butter, succinic acid derivatives, karite tree fruit extract, laurel berry derivatives, coconut methyl glycol, mucopolyfructose, fruit extracts, fruit essential oils

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Deep Pore Cleanser Normal/Combination Skin

SKIN TYPES: All skin types, normal, combination

PH: 6.75

BENEFITS

An all-natural, sodium lauryl sulfate-free, deep pore cleanser that removes all traces of impurities as it nourishes the skin. The shea butter has a nourishing effect and provides a self-protection throughout the cells, which stimulates cell metabolism to get rid of impurities. Clinical observations suggest that shea butter increases local capillary circulation, which, in turn, increases tissue re-oxygenation, and improves the elimination of metabolic waste products. This product can be used as a shaving cream for men.

FOCUS INGREDIENTS

- **Shea butter:** protective, nourishing and moisturizing, due to a high content of vitamin E
- **Beta glucosamine:** found in the Chinese Foxglove plant, a skin-strengthening amino sugar that builds collagen and elastin
- **Beta fructan:** from date palm, boosts skin's immunity and builds moisture
- **Aminoguanidine:** anti-aging ingredient against A.G.E. (advanced glycation end products)
- **Balsam and patchouli essential oils:** tissue regenerating and healing, naturally aromatic

APPLICATION

Apply a very small amount to the palm of your hand and add water to activate into foam, work the product into the skin in gentle, circular motions. Rinse off with warm water.

INGREDIENTS

Distilled water, shea butter, succinic acid derivatives, karite tree fruit extract, laurel berry derivatives, coconut methyl glycol, essential oils, beta glucosamine, beta fructan, aminoguanidine, balsam and patchouli essentials oils

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.

Deep Pore Cleanser Pumpkin Pomegranate



SKIN TYPES: All skin types, normal, dry

PH: 6.75

BENEFITS

An all-natural, sodium lauryl sulfate-free, deep pore cleanser that removes all traces of impurities as it nourishes the skin. The shea butter has a nourishing effect and provides self-protection throughout the cells, which stimulates cell metabolism to get rid of impurities. This cleanser is popular during fall months, and is an effective, antioxidant rich all-around cleanser, with pumpkin and pomegranate oils to increase skin's firmness, protection, and moisture. This product can be used as a shaving cream for men.

FOCUS INGREDIENTS

- **Shea butter:** protective, nourishing and moisturizing, due to a high content of vitamin E
- **Beta glucosamine:** found in the Chinese Foxglove plant, a skin-strengthening amino sugar that builds collagen and elastin
- **Beta fructan:** from date palm, boosts skin's immunity and builds moisture
- **Aminoguanidine:** anti-aging ingredient against A.G.E. (advanced glycation end products)
- **Pumpkin oil:** increases skin firmness, antioxidant, deeply moisturizing, anti-inflammatory
- **Pomegranate oil:** skin-protecting cell-regenerating, firming, hydrating
- **Honey:** anti-bacterial, antioxidant, healing

APPLICATION

Apply a very small amount to the palm of your hand and add water to activate into foam, work the product into the skin in gentle, circular motions. Rinse off with warm water.

INGREDIENTS

Distilled water, shea butter, succinic acid derivatives, karite tree fruit extract, laurel berry derivatives, pumpkin oil, pomegranate oil, honey, coconut methyl, glycol, essential oils, beta glucosamine, beta fructan, aminoguanidine

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Lemon Chiffon Cleanser

RED WINE COLLECTION

SKIN TYPES: Normal, dry, mature

PH: 6.00

BENEFITS

This delicately scented, shea butter-based cleanser gently and effectively cleanses skin of all makeup and impurities without altering the skin's natural pH. Purifying and refreshing lemon extract tones, sebum-balancing jojoba balances, while hydrating shea butter moisturizes the skin, making this an ideal cleanser for all mature and dry skin types.

FOCUS INGREDIENTS

- **Grape seed extract:** antioxidant, soothing, anti-bacterial
- **Aloe vera (D-complex):** refreshing, humectant, emollient, soothing
- **Lemon extracts:** antiseptic, maintains skin acid mantle
- **Glycerin:** humectant that helps skin retain moisture
- **Safflower oil:** hydrating, contains vitamin E, softens skin
- **Jojoba oil:** highly lubricating and anti-oxidative oil
- **Shea butter:** powerful antioxidant, nourishing, skin protectant
- **Squalane:** readily absorbed moisturizing lipid similar to what body produces naturally to lubricate and heal, naturally found in olive oil

APPLICATION

Use as often as desired to cleanse the face or to remove eye make-up. Apply a generous amount of cleanser to wet skin and gently massage into skin. Remove with warm water using towels or cotton pads. To remove eye makeup, apply a small amount to a wet cotton pad and gently wipe eye area until all make-up is removed.

INGREDIENTS

Distilled water, aloe vera (D-complex), cyclomethicone/dimethicone copolyol, glycerin, milk caprylic/capric triglycerides, safflower oil, cetyl alcohol, jojoba oil, cetearyl alcohol, shea butter, squalane, glyceryl stearate, xanthan gum, jasmine alcohol, grape seed extract, lemon oils

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.

Exfoliation Therapy



EXFOLIATION





Cranberry Purifying Scrub

SKIN TYPES: Normal, oily, mature, and congested

PH: 6.1

BENEFITS

Detoxifies and gently exfoliates the skin using organic zeolites (silicate minerals) and jojoba beads. Cranberry has a natural source of benzoyl peroxide, which is anti-bacterial to clarify and detox skin. Zeolites – organic minerals derived from volcanoes--trap and remove pollutants. These unique minerals, when activated with water, create a natural self-heating action. This allows the pores to dilate and remove impurities deep within the pores.

FOCUS INGREDIENTS

- **Zeolite minerals:** trap and remove toxic pollutants, makeup and impurities
- **Jojoba beads:** gently exfoliates away dead skin cells
- **Cranberry:** natural source of benzoyl peroxide, anti-bacterial
- **Rose oil:** healing, anti-bacterial and anti-inflammatory
- **Safflower oil:** moisturizing, quality source of linoleic acid, calms acne

APPLICATION

Apply to skin after cleansing while skin is still moist. Using gentle, circular motions, massage into skin for 2-3 minutes. Rinse thoroughly. May be used with steam.

INGREDIENTS

Distilled water, milk caprylic/caprate triglycerides, behenyl alcohol, witch hazel, glycerin, dicapryl ether, sucrose stearate, l-castor oil methyl glycol, safflower oil, peg-fatty amino acid, natural silica gel, jasmine alcohol, zeolite, jojoba beads, cranberry, rose oil

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Crushed Grape Seed Scrub

RED WINE COLLECTION

SKIN TYPES: Normal, oily, dry, and mature

PH: 3.0

BENEFITS

Scrub away the old and bring in radiant new skin with the triple action power of skin-friendly granules, natural acids and enzymes. This potent exfoliant is a synergistic blend of finely crushed grape seeds, jojoba beads, zeolite minerals, glycolic acid polymer, and fruit enzymes.

FOCUS INGREDIENTS

- **Jojoba beads:** gently sloughs away dead skin cells
- **Crushed grape seeds:** natural and gentle exfoliation
- **Zeolite minerals:** trap and remove toxic pollutants, makeup and impurities
- **Fruit enzymes:** digests dead skin cell build up
- **Glycolic acid polymer:** natural acid from sugar cane, detaches lifeless cells to stimulate skin renewal
- **L-mandelic acid:** anti-bacterial, anti-inflammatory, exfoliating
- **L-tartaric acid:** from wine, stimulates collagen
- **Diatomaceous earth:** natural mineral, absorbs and traps impurities

APPLICATION

Apply to moist skin after cleansing. Using gentle, circular motions, massage into skin for 1-3 minutes to allow the acids and enzymes to digest dead skin cells. Rinse thoroughly. May be used with light steam. A slight tingle may occur. Suggested use is 2-3 times per week, or as recommended by your skin care professional.

INGREDIENTS

Distilled water (aqua), witch hazel (hamamelis virginiana) extract, jojoba beads, crushed grape seeds, zeolite minerals, diatomaceous earth, glycerin, caprylic/capric triglyceride, bphenyl alcohol, Peg-fatty amino acid, glycolic acid polymer, L-mandelic acid, L-tartaric acid, fruit enzymes, benzyl alcohol

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Cherry Wine Face Smoothie

RED WINE COLLECTION

SKIN TYPES: All, aging, acne

PH: 2.25

BENEFITS

The ultimate skin peel cream that provides a safe and convenient way to slough away tired and aging skin cells. This exclusive formulation of natural acids and enzymes will renew and refresh the skin. Wrinkles, blemishes, dark spots and other signs of aging will also be diminished and corrected. For acne, this clarifying treatment helps to dramatically reduce inflammation. This face smoothie is a safe at-home peel, and is also effective as a treatment booster in professional skin care treatments.

FOCUS INGREDIENTS

- **Cherry puree:** soothing, anti-inflammatory
- **L-lactic acid:** encourages protein softening and cell-turnover, evens out discoloration, gently clarifying
- **L-tartaric acid:** powerful antioxidant from wine, enhances effects of malic acid
- **L-malic acid:** promotes better circulation and healthier capillaries in the skin
- **Salicylic acid:** softens the keratinized barrier cells, anti-bacterial, helps eliminate clogged pores, beta-hydroxy acid responsible for oxygenating and detoxifying
- **Pineapple enzymes:** digests dead skin cells, skin-softening
- **Pomegranate extract:** polyphenol antioxidants that inhibit pre-mature aging and wrinkles
- **Mandelic acid:** humectant, skin conditioner, anti-oxidant
- **Red wine:** powerful antioxidants that promote collagen and strengthen elasticity
- **Wild cherry bark extract:** soothing and anti-inflammatory
- **Red grape seed extract:** antioxidant from polyphenol content
- **Lycopene extract:** powerful antioxidant, anti-carcinogenic properties, enhances communication between cells

APPLICATION

Apply a small amount to skin in the evening. This treatment is potent, apply sparingly according to skin tolerance and take care not to get product near eyes. Begin treatment 2-3 nights a week for the first two weeks, increase as needed. Moisturizer may be layered on top.

PROFESSIONAL TIP

Refer to the Advanced Power Peel Treatment Chart & Guide for directions on layering with additional peels for a more advanced pro-peel treatment.

INGREDIENTS

Purified water, L-lactic acid, glycol distearate, stearic acid, cetly alcohol, glycerol, silicone, glyceryl stearate, L-tartaric acid, salicylic acid, isopropyl palmitate, pomegranate extract, red wine extract, wild cherry bark extract, L-mandelic acid, L-malic acid, bromelain, grape seed extract, black cherry oil, lycopene, xanthan gum, benzyl alcohol, carmine

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.

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Toning Therapy





Anti-Radical Toner

SKIN TYPES: All, rosacea, oily, sensitive

PH: 5.75

BENEFITS

This soothing toner is packed with antioxidant power to protect and prevent free radical damage. It contains lipid-restoring ingredients such as glycosphingolipids to maintain skin's moisture barrier. Our potent blend of soothing herbs and essential nutrients calm, balance and nourish the skin. This toner is especially essential for sensitive skin and rosacea skin conditions.

FOCUS INGREDIENTS

- **Witch hazel:** tightens and constricts pores
- **Butcherbroom extract:** antioxidant, anti-inflammatory, anti-bacterial
- **Calendula extract:** a natural skin healer, treats inflammation and tissue regeneration, antibacterial
- **Horse chestnut extract:** skin conditioner, anti-inflammatory, balances circulation in the skin, supports healthy capillary functions
- **Licorice extract:** anti-inflammatory, antioxidant-rich, regulates skin's oil production
- **Vitamins E & C:** antioxidants
- **Arginine:** essential amino acid, antioxidant
- **Cucumber extract:** soothing and anti-inflammatory

APPLICATION

Apply to skin daily after cleansing with a cotton pad or spray directly onto skin. After a professional treatment or peel, apply Anti-Radical Toner to balance the skin and bring it back to a healthy PH.

INGREDIENTS

Deionized water, witch hazel, butcherbroom and licorice extract, horse chestnut and calendula extract, mannitol, hydrolyzed milk protein, glycosphingolipids, glycerin, hydrolyzed milk protein, hydrolyzed actin, glycerin, glycogen, arginine, vitamin E and C, lecithin, cucumber extract, rose and geranium essential oils

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.

Collagen Fitness Spritz



SKIN TYPES: Normal, dry, dehydrated, mature skin

PH: 4.85

BENEFITS

Collagen Fitness Spritz contains heavy water (D2O); it looks, feels and tastes like regular water, but is sweeter. The hydrogen in heavy water is twice as heavy as the hydrogen in ordinary water. All water on this planet contains heavy water, whether it is sea, glacial, mountain, city, lake, distilled or purified water. It evaporates more slowly than ordinary water, and is more “structured” than ordinary water, making it “smarter” in supporting the growth and maintenance of life in all of its complexity. It requires 10 times as much energy to ionize than regular water. All of these features make it a highly effective ingredient in a mist, intended to help the skin resist water evaporation and to stay moist for longer. Research of heavy water indicates remarkable protective and preserving action on tissue.

FOCUS INGREDIENTS

- **Witch hazel:** cleansing, astringent, increases circulation
- **Heavy water (D2O):** see above
- **Botanical collagen:** hydrates, rejuvenates, tones and strengthens skin
- **L-sodium PCA:** high-performance humectant due to its moisture-binding ability
- **Borage oil:** lubricating and moisturizing
- **Phospholipids:** oil-soluble emollient
- **Honey:** anti-bacterial, emollient, moisturizing
- **Sphingolipids:** moisturizing, cell-regenerating
- **L-sodium hyaluronate:** moisturizing, promotes hydration
- **D-beta-fructan:** retains moisture in the cells
- **D-beta-glucosamine:** strengthens the skin's immune cells
- **Essential oils:** chiromatherapy™ blend to oxygenate

APPLICATION

Mist skin as often as desired, especially after cleansing, to refresh, hydrate and tone. May be used to finish and set make-up application. Great for travelers!

INGREDIENTS

Distilled water, botanical collagen, witch hazel, heavy water (D2O), L-sodium PCA, borage oil, phospholipids, honey, sphingolipids, L-sodium hyaluronate, D-beta-fructan, D-beta-glucosamine, cucumber and coconut essentials

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Red Wine Spritzer

RED WINE THERAPY

SKIN TYPES: All skin types

PH: 5.00

BENEFITS

The Red Wine Spritzer is a rejuvenating and refreshing antioxidant mist. Witch hazel extract assists in increasing circulation in the skin, while also moisturizing and softening. Wine and grape seed extract provide potent antioxidant properties. Cucumber, aloe and lavender add toning and calming benefits.

FOCUS INGREDIENTS

- **Witch hazel extract:** antiseptic, tightens and constricts pores while stimulating circulation
- **Red wine and grape seed extract:** antioxidant, polyphenols
- **Cucumber and aloe extracts:** moisturizing, calming, soothing and anti-inflammatory
- **Lavender essential oil:** inhibits bacteria, astringent, firms and tones skin, stimulates circulation

APPLICATION

Mist face and neck after cleansing, or over makeup to refresh.

INGREDIENTS

Distilled water, witch hazel, red wine and grape seed extracts, cucumber and aloe extracts, lavender essential oil

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.

Target Serums





Hyaluronic Serum Sealer

plus Copper Peptides, DMAE & Argireline®

SKIN TYPES: Aging, mature, sun and environmental damage, thin, weak, dehydrated and dry

PH: 4.48

BENEFITS

Readily absorbed deep into the skin for intense hydrating and plumping effects. This hyaluronic acid, combines with a specialized peptide support to strengthen collagen, reduces the appearance of wrinkling and thin skin. The Hyaluronic Serum Sealer enhances your daily routine to improve overall elasticity, softness and skin durability. It can aid in the penetration of other products actives, so its efficacy increases when layered with serums and moisturizers. It can also be blended with other products prior to application to adjust the feel or effects of such products (i.e. mix with a cream or lotion to make it lighter, or mix with another serum to increase its hydration factor).

FOCUS INGREDIENTS

- **L-sodium hyaluronate 50%:** enhances elasticity, lubrication, plumpness and moisture of skin; healing properties
- **Syn®-Coll:** a peptide that stimulates the skin's production of tissue growth factor (TGF) to help build collagen and reduce the appearance of wrinkles
- **Phospholipids:** fatty molecules; a major component of biological membranes; help strengthen skin cells and enhance permeability / elasticity
- **Sphingolipids:** fatty molecules; help protect cell surfaces against harmful environmental factors

SIDE NOTE: Fatty acids / molecules are not to be considered comedogenic oils — their structure and purity actually enables them to be utilized by skin and cells, as opposed to just coating the surface.

- **Meadowfoam seed oil:** rich in emollient, long-chain monounsaturated fatty acids
- **Copper peptides:** wound healing, stimulates collagen and elastin
- **DMAE:** produces an instant, semi-permanent firmness that can last up to 10 days
- **Argireline®:** wrinkle-relaxing peptide

APPLICATION

Apply daily after serums, and before gels and creams.

INGREDIENTS

Aloe barbadensis leaf extract, L-sodium hyaluronate, aqua (water), glycerin, copper peptides, DMAE, chondrus crispus (carrageenan), palmitoyl tripeptide-3, ceramides, cassia alata leaf extract, honey extract, phospholipids, sphingolipids, argireline, limnanthes alba (meadowfoam) seed oil, silicone, citric acid, organic rosa rubiginosa (rose hip) seed oil, aniba rosaeodora (rosewood) wood oil, allantoin, neroli essential oil

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Wrinkle Relaxer Serum

Multiple Peptide Concentrate

SKIN TYPES: Fine lines, wrinkles, expression lines, aging, mature, sun and environmental damage, weak skin and dark circles

PH: 3.3

BENEFITS

This combination of peptides is specifically formulated to relax facial muscles, reduce the degree of existing wrinkles, and minimize future development. The Wrinkle Relaxer Serum is packed with multiple distinct peptides that perform everything from strengthening collagen, brightening and improving the appearance of eye tissue, including eyes that are weak, thin, wrinkled, discolored and shallow. As a total anti-aging solution, this highly concentrated solution targets the reduction of wrinkles and firms skin on the face, neck and décolleté.

The Wrinkle Relaxer Serum features Matrix Metalloproteinase (MMP) inhibitor activity to help support tissue maintenance and repair. This specialized combination of active ingredients was chosen to help improve the structure of skin for long-term results.

FOCUS INGREDIENTS

- **Ascorbic acid & magnesium ascorbyl phosphate:** two forms of Vitamin C; antioxidant, strengthens collagen, enhances elasticity, assists in brightening and helps accelerate repair
- **Matrixyl™ 3000:** peptide that reduces the appearance of wrinkles by helping strengthen and repair collagen
- **EGF (Epidermal Growth Factor):** rapid cell renewal and anti-inflammatory
- **Haloxyl™:** peptide specifically designed to reduce the appearance of under-eye darkness
- **Syn®-Coll:** peptide that stimulates the skin's production of tissue growth factor (TGF) to help build collagen and reduce the appearance of wrinkles
- **Apple fruit extract (pyrus malus):** has natural MMP inhibitor activity
- **Glycine soja:** a soy derived protein that conditions, moisturizes and supports skin, as well as provide natural MMP inhibitor activity
- **Melitane®:** helps protect against UV-induced damage and inflammation
- **Astaxanthin:** powerful carotenoid antioxidant with anti-inflammatory properties; derived from a Hawaiian microalgae
- **Spin trap:** highly specialized super-antioxidant that protects skin from free radical damage, traps and re-directs free radicals along other pathways, where the body can utilize them for other purposes

APPLICATION

Apply a small amount around eyes and other areas of lines and wrinkles on the face and neck. May be applied all over for preventative care.

INGREDIENTS

Aqua (water), hamamelis virginiana (witch hazel), L-ascorbic acid, glycerin, matrixyl™ (palmitoyl oligopeptide-palmitoyl tetrapeptide-7), palmitoyl tripeptide-3, dextran, EGF, acetyl hexapeptide-1, pyrus malus (apple) fruit extract, glycine soja (soybean) extract, steareth 20-N-hydroxysuccinimide-chrysin-palmitoyl oligopeptide palmitoyl tetrapeptide-7, xanthan gum, magnesium ascorbyl phosphate, PBN (spin trap), astaxanthin, lavandula hybrida oil, neroli essential oil

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Micro Sculpting Serum Face & Body

SKIN TYPES: All skin types, especially aging

PH: 5.8

BENEFITS

The Micro Sculpting Serum is a complete workout, toning and conditioning the face and body. This serum contains energized vitamins, amino acids and a facial toning complex to lift and firm the skin, bringing back more youthful contours. It is infused with ozonated olive oil that is energized with vitamins A, C, D, E and a muscle-toning, relaxing, firming and collagen-boosting, energized frequencies. Skin elasticity improves and collagen production is stimulated.

As a finishing product in a micro-current treatment, this product works to seal in and extend effects of the treatment. Similar to micro-current, our frequencies are imprinted in ozonated olive oil, and are generated through light and sound. Crystals are added at higher frequencies, and their strong energy fields can be used to raise our own personal (cell) vibration known as ATP, the molecule that fuels life. It is where our cells get the energy needed to perform its tasks, and when the energy in the cells slows down, the aging process begins.

WHAT ARE ENERGIZED FREQUENCIES?

A resonant frequency is a natural frequency of vibration determined by the physical parameters of the vibrating object. Each cell of our body has an ideal frequency that is actively performing essential functions to maintain a healthy state. Specific frequencies induce specific effects on cells and other tissues. In the skin, there is a specific frequency for the epidermis and dermis, collagen, and muscles, where different waveforms are specific to muscle lifting and contracting. The correct frequencies have been carefully selected and combined in this serum for maximum resonance and efficacy.

Studies have shown that the similar frequency types that are utilized in micro-current treatments and the Micro Sculpting Serum reduces puffiness, increases skin hydration, visibly contours and tightens skin.

FOCUS INGREDIENTS

- **Ozonated olive oil:** bactericidal, accelerated healing, reduces inflammation, activates immune response
- **Energized Vitamins:** mimic the same molecule as these nutrients, stimulating cell receptors to activate the natural rejuvenation process
- **Facial toning, cell renewal and collagen boosting complex:** muscle toning, collagen-boosting and calming frequencies to rejuvenate the skin

APPLICATION

Massage into skin for up to 3 minutes. For more advanced results, mist skin with Collagen Fitness Spritz, and apply a small amount of Micro Sculpting Serum to the skin and follow the 7-Step Micro Massage Technique.

7-STEP MICRO-MASSAGE TECHNIQUE

The specific massage that is performed with the Energetics Serums enables you to lengthen contracted muscles, as well as shorten elongated muscles, using a series of contouring movements. Follow the massage steps to enhance the results.

INGREDIENTS

Ozonated olive oil, energized vitamins (A, B12, C, D, E, and amino acids), minerals (potassium & calcium), energized facial toning, cell renewal, collagen-boosting complex and lemongrass essential oil

CAUTION

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Youth Restorer Serum Energized HGH

SKIN TYPES: Mature, aging

PH: 5.8

BENEFITS

HGH replaces what is lost in the aging process in a balanced way. This serum contains energized HGH and nutrients to treat fine lines and deep wrinkles; skin looks visibly younger within a few weeks. Additionally, energized vitamins, amino acids and a facial toning complex lift and firm skin, improving skin elasticity and collagen stimulation. As a finishing product in a micro-current treatment, this product seals in and continues the enhancing effects of the treatment. Similar to micro-current, our frequencies are imprinted in ozonated olive oil and are generated through light and sound. Crystals are added at higher frequencies, and their strong energy fields can be used to raise our own personal (cell) vibration known as ATP, the molecule that fuels life. It is where our cells get the energy needed to perform its tasks, and when the energy in the cells slows down, the aging process begins.

WHAT ARE ENERGIZED FREQUENCIES?

A resonant frequency is a natural frequency of vibration determined by the physical parameters of the vibrating object. Each cell of our body has an ideal frequency that is actively performing essential functions to maintain a healthy state. Specific frequencies induce specific effects on cells and other tissues. In the skin, there is a specific frequency for the epidermis and dermis, collagen, and muscles, where different waveforms are specific to muscle lifting and contracting. The correct frequencies have been carefully selected and combined in this serum for maximum resonance and efficacy.

Studies have shown that the similar frequency types that are utilized in micro-current treatments and the Micro Sculpting Serum reduces puffiness, increases skin hydration, visibly contours and tightens skin.

RESULTS TO EXPECT WITH HGH

- Fine lines and wrinkles visibly diminished
- Appearance of deeper wrinkles receded
- Facial contours enhanced
- Fat decreases, muscle increases
- Puffs of fat under the eyes visibly diminished
- Skin becomes stronger

WHAT IS HUMAN GROWTH HORMONE (HGH)?

HGH is human growth hormone, produced naturally in your body, but amounts produced decrease as you age. In fact, supplementing your body's HGH levels can even help reverse the effects of aging. Human growth hormone is known as the "Master Hormone" or the "Hormone of Youth." It controls the release of many other hormones in the body and is made by the pituitary gland in the center of the brain. During childhood, HGH directs the growth of the body. In adults, HGH begins to decline steeply with age, which is associated with many of the effects of aging. Hundreds of studies have been done on the use of HGH in adults. Its many benefits include raising energy levels, generating lean muscles, decreasing body fat, strengthening the heart, improving cholesterol, fortifying bones, smoothing out wrinkles, sharpening memory, regenerating damaged tissues, boosting the immune system, and improving sleep. The Youth Restorer Serum boosts skin's natural HGH to aid in slowing down the aging process and decreasing the visible signs of aging.

FOCUS INGREDIENTS

- **Oxygenated olive oil:** bactericidal, accelerates healing, reduces inflammation, activates immune response
- **Energized HGH:** free-radical reduction, stimulates pituitary gland and signals the body to repair
- **Vitamins, minerals and amino acids:** energized vitamins – mimic the same molecule as these nutrients, stimulating cell receptors to activate the natural rejuvenation process
- **Facial toning, cell renewal and collagen boosting complex:** muscle-toning, collagen-boosting and calming frequencies to rejuvenate the skin

APPLICATION

Mist Collagen Fitness Spritz onto face and neck until completely moist. Apply a small amount of Youth Restorer Serum HGH and begin 7-Step Micro Massage Technique.

7-STEP MICRO-MASSAGE TECHNIQUE

The specific massage that is performed with the Energetics Serums enables you to lengthen contracted muscles, as well as shorten elongated muscles, using a series of contouring movements. Follow the Skin Fitness Therapy massage steps to enhance results.

INGREDIENTS

Ozonated olive oil, energized HGH, energized vitamins (A, B12, C, D, E, and amino acids), minerals (potassium & calcium), lemongrass essential oil

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.





Botanical Collagen Serum

SKIN TYPES: Mature, dry, dehydrated

PH: 4.8

BENEFITS

A powerful, age-defying, anti-wrinkle serum that helps repair damaged cells, promotes collagen and dramatically hydrates the skin. With continued use, this serum helps soften the appearance of fine lines and wrinkles, and re-contours epidermal cells for vibrant, resilient, and younger-looking skin. The Botanical Collagen Serum encourages skin tissue to restore itself to a more youthful appearance, while promoting deep repair, leaving skin super silky.

FOCUS INGREDIENTS

- **Pure botanical collagen:** rejuvenates, moisturizes and strengthens the skin
- **Heavy H2O:** holds heavier moisturizing molecules than regular water
- **DNA, RNA:** derived from spirulina, cell renewal agents improve skin's structural support
- **L-Arginine:** brings moisture to the outer layers of the stratum corneum, re-texturizes and firms
- **Glycogen:** natural starches that can be quickly converted into protein, a vital nutrient and a major component of all cells, promotes collagen synthesis

APPLICATION

Apply daily prior to moisturizer.

INGREDIENTS

Pure botanical collagen, castor oil methyl glycol, heavy H2O, hydrolyzed actin, DNA, RNA, glycogen, arginine, jasmin alcohol

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Firming Red Wine Serum

RED WINE THERAPY

SKIN TYPES: All, anti-aging, dehydrated, excellent for travelers

PH: 5.7

BENEFITS

The Firming Red Wine Serum is a toning, uplifting and hydrating treatment serum. It contains whey protein, which promotes a tightening action in the skin, while butcherbroom extract acts as a vasoconstrictor, strengthening capillary walls and providing an instant tightening and lifting effect. Natural minerals in this product leave skin with a gorgeous, healthy glow, making it a great multi-tasking product to firm and prime the skin prior to make-up application! Skin will be left visibly softer, glowing, and smooth.

FOCUS INGREDIENTS

- **Rye polyglucose:** tightening, toning
- **Aloe vera:** refreshing, healing, humectant, emollient
- **L-arginine:** lifting and firming
- **Red wine extract:** powerful antioxidant, anti-aging
- **Squalane:** readily absorbed moisturizing lipid similar to what body produces naturally to lubricate and heal, naturally found in olive oil
- **Cassia betaglycan extract:** calming, anti-inflammatory, helps retain moisture, leaves velvety finish on skin
- **D-glucuronic acid:** precursor of Vitamin C in body, humectant
- **Allantoin:** antioxidant, healing, soothing, anti-irritant
- **L-alpha-bisabolol:** anti-inflammatory, soothing, anti-irritant
- **L-limonene:** anti-bacterial
- **D-alpha-tocopherol:** antioxidant, preservative, heals and repairs tissues
- **Butcherbroom extract:** strengthens capillary walls, anti-inflammatory
- **D-panthenol:** emollient, hydrating and anti-inflammatory

APPLICATION

Completes any professional treatment and can be used at home whenever skin is feeling tired and needs instant firming and tightening. Firming for the neck and décolleté. It can be applied daily prior to moisturizing, or as a make-up primer.

INGREDIENTS

Distilled water, glycerol, rye polyglucose, aloe vera (D-complex), L-arginine, red wine extract, milk protein, cassia beta-glycan, D-glucuronic Acid, allantoin, L-alpha-bisabolol, L-limonene, D-alpha-tocopherol, butcherbroom extract, hydrocotyl extract, squalane, L-methyl lactate, D-panthenol, mica, titanium dioxide, calendula (essential oil), horse chestnut, citric acid, jasmin alcohol

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Miracle Regenerator

SKIN TYPES: Mature, dry, stretch marks, surgical scars, acne scars

PH: 4.8

BENEFITS

This oil is high in essential fatty acids and rich in vitamins and antioxidants, especially Vitamins A, C, linoleic and linolenic fatty acids. It also contains rose hip seed oil, harvested from the seeds of the wild rose bush found in Chile. Many clinical trials have proven its effectiveness in the field of tissue regeneration. This is due to its high content of essential fatty acids, which makes it an effective treatment for scarring, burns and stretch marks. The fatty acids help hydrate and maintain moisture in the skin, and its high content of Vitamin C promotes collagen production and strengthens skin's elasticity.

USES

Miracle Regenerator can be used in the following areas:

Dermatological Treatments

- Burn Scars
- Cheloids
- Surgical & Acne Scars
- UV Damage
- Sun Spots

Cosmetic Treatments

- Wrinkles
- Premature Aging
- Skin Hydration
- Smooths Facial Texture
- Fine Lines

FOCUS INGREDIENTS

Rose hip seed oil: high in essential fatty acids for cell regeneration, rich source of vitamins A, B, B2, C, E, K and P

High essential fatty acids: tissue regenerator

Vitamin C: antioxidant, collagen boosting

Glycosides: antioxidant

APPLICATION

Using a few drops, massage a small amount into skin at night. Avoid applying to very oily skin or to skin affected by any form of acne.

INGREDIENTS

Rose hip seed oil, high essential fatty acids, vitamin C, glycosides, pectin (from rose hip seed oil)

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Multi-Vitamin Serum plus Stem Cells and Dynalift™

RED WINE RE-VITAL SERUM (RED WINE COLLECTION)

SKIN TYPES: All skin types

PH: 4.8

BENEFITS

The Multi-Vitamin Serum utilizes a patented technology known as HTN™ biotechnology, which is a unique process that is able to physiologically orientate the production of specific substances into defensive responses of the plant against environmental, physical and biological stresses. Through in-vitro culture of plant stem cells in protected and highly controlled conditions, this technology achieves the precise production of these substances with considerable biological properties.

FOCUS INGREDIENTS

- **Buddleja davidli stem cell™**: shrub of the Scrophulariaceae family, which is native of Eastern Asia and widely spread in Europe, mostly as an ornamental plant. In holistic medicine, Buddleja are widely used for their wound healing, anti-inflammatory and anti-bacterial properties. Buddleja Davidii Stem Cells protect against photo-damage and oxidative stress through inhibition of collagenase, antioxidant and anti-inflammatory activity.
- **Dynalift™**: is an invisible film to smooth and tighten the skin immediately and lastingly. It is a tightening, active substance of vegetable origin, which forms a stretching film on the surface of the skin to provide an immediate and durable tightening effect. The numerous hydroxyl functional groups (—OH) of the polyosides interact with each other and with the keratin of corneocytes to form a tightening film on the skin's surface. The attractive force of each bond creates a tension that produces a micro-lifting effect on the skin. Clinical studies show the decrease in principal wrinkle volume reached 28.5% with a lasting effect after 1 hour of applying DYNALIFT™.

ADDITIONAL CLINICALS HAVE SHOWN

- Buddleja davidii stems cells demonstrates an efficacy that protects against UVA-photo damage.
- Significant preservation of the lipid component of the skin from oxidative stress.
- Significant increase in antioxidant resistance of the skin, higher than that of common natural antioxidants.
- Dynalift™ Sorghum polyols form a network with skin proteins, creating instant tightening, smoothing and freshening effect.

ADDITIONAL FOCUS INGREDIENTS

- **D-Boldine**: from the Boldo leaves in Chile, has powerful antioxidants
- **Resveratrol**: powerful antioxidants / polyphenols
- **Whey protein**: promotes tightening

- **Heavy water (D2O):** slows the evaporation of moisture
- **Biopeptides:** soy based for firming and hydrating
- **Alpha lipoic acid:** anti-Inflammatory

APPLICATION

Apply to the face and neck daily after cleansing and toning, prior to moisturizer.

INGREDIENTS

Virginiana (witch hazel) water, glycine soja (soybean) protein, alcohol, alcohol denat., aqua (water), glycerin, tocopheryl acetate (d-alpha), glycine soja (soybean) oil, buddleja davidii meristem cell culture, peumus boldus leaf extract, sodium polystyrene sulfonate, sorghum bicolor stalk juice, camellia oleifera (green tea) leaf extract, vitis vinifera (grape) seed extract, wine extract, deuterium oxide (heavy water), gluconolactone, xanthan gum, cassia angustifolia seed polysaccharide, dimethicone, whey protein, superoxide dismutase, citric acid, santalum austrocaledonicum (sandalwood) wood oil, glucosamine hci (d), carnosine (l), phytic acid, glutathione (l), citrus aurantium dulcis (orange) peel oil*, citrus grandis (grapefruit) peel oil, cymbopogon schoenanthus (lemongrass) oil*, pvp-iodine, fullerenes, sodium

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



EGF Protein Complex

Epidermal Growth Factor– A Natural Healer for the Skin



SKIN TYPES: All skin types

PH: 3.8

BENEFITS

The EGF Protein Complex contains potent healers for the skin that are essential for cell renewal when administering any type of peel (glycolic, lactic, salicylic, blended peels, etc.), Retin-A, chemical or enzyme peel. As cells are being rapidly exfoliated, new cells are being rapidly replaced. This can cause immune stress on the skin. When skin is damaged, it naturally produces a protein called “Epidermal Growth Factor” for self-healing. As a long chain of amino acids, EGF, a 100% protein, has a powerful growth-stimulating effect in a wide variety of epidermal and epithelial cells. It also facilitates the resolution of inflammation following wound healing. This combination of protein, along with arnica and barley, makes this an essential part of your clinical treatments. Skin benefits from the protein complex with improved softness, smoothness and resiliency. Especially suited for post-blemish care to speed up the healing process, reducing and calming skin redness followed by extractions or acne therapy.

FOCUS INGREDIENTS

Arnica: anti-inflammatory, calming, antibacterial

Barley: anti-inflammatory, skin tightening, antioxidant, healing

EGF (Epidermal Growth Factor): repairs, heals, increases cell turnover

APPLICATION

After each professional treatment, especially following a peel, microdermabrasion or laser treatment, apply prior to moisturizer. For home care, apply daily under moisturizer. May be cocktailed or layered with Pure Oxygen Serum for rapid skin recovery.

INGREDIENTS

Epidermal growth factor, arnica and barley

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Pure Oxygen Serum

Ozone Therapy

SKIN TYPES: All skin types

PH: 5.8

BENEFITS

The Pure Oxygen Serum introduces oxygen to the skin at the cellular level. It assists in improving the strength of collagen and elastin fibers, as well as controlling acne-causing bacteria. Pure ozone is infused into squalane, delivering a vital supply of non-chemically derived oxygen to your skin, energizing, purifying and radiating a more youthful appearance.

What is Medical Ozone Versus Atmospheric Ozone?

Medical ozone differs from atmospheric ozone in that it is pure and concentrated. This is an important distinction because atmospheric ozone, produced from ultraviolet radiation, is combined with different nitrous oxide and sulfur dioxide products, and is not used in medical practice.

What is Ozone?

Ozone (O₃) which is part of our Pure Oxygen Serum, is produced by the reaction of oxygen (O) atoms with molecular oxygen (O₂). Ozone contains three oxygen atoms rather than the two we breathe (O₂ + O₁ = O₃). This allotrope (different form) of oxygen possesses unique properties and have been benefiting clinical practice for years. Ozone protects us from toxic substances, without it we would not survive. The term "ozone" has received negative press because when ozone levels rise in our environment, we're more likely to get sick. Yet, ozone is not the problem, it is the upper layer of the atmosphere where ozone makes contact with pollutants that get caught in the ozone, and these toxins are what make us ill. Ozone itself is nature's way of cleansing itself.

Our Pure Oxygen Serum combines the interaction of ozone with natural oils, which produces a mixture of chemical compounds (ozonides and peroxides) with a great germicidal power. Ozone manifests bactericidal, virucidal, and fungicidal action, which make it a treatment of choice for dermatological use. It accelerates wound healing, spurs enzyme production, reduces inflammation, and activates immune system response. Additionally, ozone has the ability to enhance blood circulation. This improves the delivery of oxygen to hypoxic tissues, as well as reactivates the oxygen metabolism of cells.

Our skin breathes in oxygen and discharges carbon dioxide, toxins and waste, just as our lungs do. When skin doesn't breathe adequate oxygen in and carbon dioxide out, it can lose its luster and vitality. As skin ages, it loses its ability to absorb oxygen. After age 30, up to 25% of skin's oxygen consumption is lost. After age 40, as much as 50% of the skin's oxygen respiration ability is impaired. In this day and age of lower rates of pure oxygen in the air due to pollutants, we must help our skin to retain the oxygen levels it needs to give our skin a more youthful, healthier appearance. This can be accomplished by ridding the skin of impurities and facilitating the availability and absorption of oxygen. The Pure Oxygen Serum boosts skin's immunity and helps skin to maintain and increase its oxygen content-- naturally.

Feature Benefits For Pure Oxygen Serum In Skin Care

Anti-Aging: According to a paper published by National Center for Scientific Research, the effects of ozone on oxygen metabolism involve the following process:

- 1.) Activation of the enzymes glutathione peroxidase, catalase and superoxide dismutase. Free radicals are molecules with unpaired electrons in their outer ring. Their structure enables them to latch onto other molecules and damage cells, tissues, and organs. Once this occurs, free radicals weaken physical vitality and contribute to more than 60 diseases or health-related symptoms, ranging from aging of the skin, to chronic fatigue, to damage of cell membranes, leading to cell destruction, and damage of DNA, which, in turn, can cause pre-cancerous conditions.
- 2.) Medical Research has shown it reverses the cross-linking of collagen fibers and reduces the aging pigment by reversing those things it will restore elasticity in all tissues.
- 3.) The concentration of ozone in Pure Oxygen Serum manages to plump up skin that surrounds wrinkles.

Dermatological Uses: Because of ozone's bactericidal, virucidal, and fungicidal action, it is essential in the treatment of acne.

Cellulite: Pure Oxygen Serum helps enhance the blood circulation and increases cell metabolism to remove built up toxins in cells. It minimizes the appearance of cellulite while it smoothes and tones skin.

FOCUS INGREDIENTS

- **Squalane:** natural oil similar to skins sebum, readily absorbed by skin
- **Ozonated olive oil:** bactericidal, accelerates healing, reduces inflammation, activates immune response

APPLICATION

Apply daily under moisturizer. For oily and acne prone skin, use every other night. This product may be layered under any of our high-impact serums, peels and/or masques. Especially recommended post-peel, laser or microdermabrasion.

INGREDIENTS

Ozonated olive oil, squalane, and minerals (potassium and calcium)

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.





Anti-Wrinkle Cream

Retinol Concentrate Plus L-Arginine & Red Wine

SKIN TYPES: Dry, mature, fine lines and wrinkles

PH: 3.2

BENEFITS

The Anti-Wrinkle Cream is a face and neck moisturizer that features potent antioxidants and an anti-aging complex of retinol and glycolic acid polymers. The addition of Vitamin A balances deficiencies in the skin and boosts skin's ability to increase cellular turnover, thereby slowing down the aging process. Vitamin A thickens and stimulates the dermis where your collagen, elastin and blood vessels are. This activity reduces wrinkles and increases blood flow to the surface of the skin, while conditioning and strengthening skin.

This product contains a uniquely patented marine complex, which, combined with resveratrol (red wine), acts as a powerful inhibitor of matrix metalloproteinase activity--enzymes that destroy the skin's collagen network. Deterioration of this matrix plays an important role in the acceleration of aging in the skin. This complex can help slow down the aging process to help maintain more youthful-looking skin. An emerging anti-aging powerhouse ingredient, aminoguanidine, is included in several focused products from Skin Fitness Therapy. This ingredient slows down the process of glycation in skin and supports skin's dermal matrix by mitigating the weakening of its collagen structure.

DELIVERY SYSTEM

The Retinol is encapsulated for a time-released delivery, which preserves the potency of the ingredient and allows it to be transported into the deeper layers of the skin's structures to the cell receptor, with no added irritants or harsh chemicals. The purity, potency and delivery allow for dramatic results with minimized side effects often associated with Vitamin A therapy.

KEY BENEFITS OF VITAMIN A

- Normalizes blood flow and helps reduce symptoms of rosacea
- Promotes wound healing and a healthy cellular membrane
- Re-texturizes skin, making it smooth and even-toned
- Repairs the cellular structure of the epidermis
- Decreases melanin granules, reducing brown spots or pigmentation
- Decreases sebum production and unplugs blemishes for clear skin
- Helps in the eradication of pre-cancerous skin lesions
- Improves hydration both in and around the cell

FOCUS INGREDIENTS

- **Albumin:** firming, smoothing, wrinkle-reducing
- **Retinol .1% / glycolic acid polymer complex:** cell-renewing, exfoliating, strengthens collagen and elastin fibers
- **Glycosaminoglycans/sodium chondroitin sulfate/aminoguanidine complex:** enzyme inhibitor that prevents collagen breakdown
- **D-17 A-hydroxy-pregnenolone:** increases circulation, improves tone, firming
- **Spin traps, Vitamin E:** antioxidants, re-directs free radicals for a useful purpose
- **L-arginine:** amino acids that stimulates, reduces inflammation, and re-texturizes
- **Resveratrol:** antioxidant from red wine, strengthens elasticity

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APPLICATION

Apply a thin, even layer once, at night only, for 2-3 days per week for the first 2 weeks. As skin tolerates, adjust the number of days per week. After the first 2 weeks, usage may be increased to 3-7 times, at night only, per week, as skin can tolerate.

INGREDIENTS

(Aqua) distilled water, glyceryl stearate, caprylic/capric triglyceride, vegetable glycerine, cetyl alcohol, stearic Acid, albumin, retinol/glycolic acid polymer complex, glycosaminoglycans/sodium chondroitin sulfate/aminoguanidine complex, D-17 A-hydroxy-pregnenolone, aloe vera (aloe barbadensis) extract, collagen, vitamin E (D-alpha-tocopherol), spin trap, D-beta-fructan, essential oils, benzyl alcohol

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children. Test of sensitivity- discontinue or reduce usage if irritating to skin.



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Retinolic Serum

SKIN TYPES: All skin types, acne, and aging

PH: 3.86

BENEFITS

This multi-cell regenerator naturally combines science and ancient Ayurveda to revive cell metabolism and overcome deficiencies in the skin. Formulated with a high concentration of encapsulated retinol, in a time-released delivery system that disperses the retinol at its peak activity. This accelerates skin's renewal process and prevents the breakdown of collagen, keeping skin smooth and supple. Our combination of 3 potent and pure ingredients work synergistically to increase elasticity, improve skin's structural support system, and significantly reduce fine lines and wrinkles.

Retinol (encapsulated): stable retinol to reduce wrinkles and helps restore UV damaged tissue.

- Increases elasticity of the skin by 20% after 12 weeks
- Decreases wrinkle depth up to 17% after 12 weeks

Longevicell® is obtained from the myrtle leaf for its rejuvenating properties. It is a cell regenerator and guardian of tissue longevity, controlling intercellular communication and preserving the function of skin tissues. It stimulates SIRT-1, a class of proteins that regulate cellular life span by prolonging the lifespan of fibroblasts that produce collagen, keeping skin soft and supple, and reducing the first signs of aging.

Adaptonyl® is based on Ayurvedic folk medicine and developed from ashwagandha, Indian ginseng. Ayurveda, is the science of life and longevity that strengthens components of natural equilibria in order to maintain the health and happiness of an individual. Adaptonyl ensures the regeneration of stressed cells in extreme conditions by reactivating their development. It also limits the degradation of the dermal matrix and restores the integrity of the barrier function. Adaptonyl helps skin adapt to extreme stress by boosting cell recovery and reinforcing skin protection systems. Ashwagandha is known as a rejuvenation herb that helps maintain proper nourishment of the skin, restoring moisture balance.

IMPROVES SKIN HEALTH BY

- Reducing the time cells require to repair damage and return to normal activity
- Increasing the lifespan of cells
- Reducing blemishes and balancing oil production
- Significantly reduces fine lines and wrinkles
- Decreases appearance of pore size
- Evens out skin tone
- Promotes clarity and reduces acne

FOCUS INGREDIENTS

- **Retinol .1% (encapsulated):** increases cell turnover, improves skin's texture and tone
- **Longevicell® (hydrolyzed myrtus communis (myrtle) leaf extract):** significantly reduces the number and length of wrinkles
- **Adaptonyl® (withania somnifera (Indian Ginseng) root extract):** boosts cell development, treats dehydration, repairs cells, anti-inflammatory, antioxidant and collagenase inhibitor

APPLICATION

Apply a thin, even layer once daily, for 2-3 days per week for the first 2 weeks. As skin tolerates, adjust the number of days per week. After the first 2 weeks, usage may be increased to 3-7 times per week (night only) as skin can tolerate.

PROFESSIONAL USAGE

Apply prior to professional peel application to boost treatment results. Refer to the Advanced Power Peel Chart & Guide for directions.

INGREDIENTS

Aqua (water), hamamelis virginiana (witch hazel) water, glycerin, retinol, myrtus communis (myrtle) extract, sodium benzoate, withania somnifera (indian ginseng) root extract, xanthan gum, cyclodextrin, gluconolactone

CAUTION

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Vitamin A & E Serum w/ Firming Complex

SKIN TYPES: Normal, dry, mature

PH: 3.8

BENEFITS

The Vitamin A & E Serum provides a high-impact conditioning treatment with a unique combination of Vitamin A and E. Reduces the appearance of fine lines and wrinkles, and evens out skin tone. Vitamin A Propionate, a precursor to retinol, provides gradual, non-irritating skin re-surfacing, stimulating cell renewal to re-texture the skin, while promoting healthy collagen synthesis.

FOCUS INGREDIENTS

- **Vitamin E:** combats the dryness that is associated with Vitamin A therapy and helps with cell renewal
- **Vitamin A (.05 %) propionate:** cell renewal, non-irritating re-surfacing
- **Firming complex:** derived from soy peptides, hydrates and plumps up the skin

APPLICATION

Apply every second day on clean skin in the PM for 2 weeks, then, as skin tolerates, increase to once daily in the PM. Follow up with EGF Protein Complex in the AM.

INGREDIENTS

Distilled water (aqua), vitamin A propionate, vitamin E (d-alpha-tocopherol), castor oil methyl glycol, liposomes, firming complex (soy peptides)

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Vital C Serum 20% w/Ellagi-C & Resveratrol Concentrate

RED WINE THERAPY

SKIN TYPES: All, mature, pigmentation, fine lines and wrinkles

PH: 2.1

BENEFITS

Unleash your skin's natural power to help prevent the visible signs of aging. Our advanced formulas apply technology that is scientifically developed and clinically tested to provide maximum delivery of Vitamin C into fibroblasts, stimulating collagen. This serum reduces wrinkles and improves skin texture by firming, toning, as well as brightening the skin.

Our chirally correct, 20% Vitamin C is enhanced for advanced, fast-acting delivery with a unique ingredient – Ellagi-C. Ellagi-C is an extract from the bark of an African tree (Anogeissus Leiocarpus). The leaves, roots and bark are well-known providers of health and anti-aging benefits. Ellagi-C in of-itself is an antioxidant, and when paired with Vitamin C, increases the incorporation of Vitamin C into fibroblasts. This helps stimulate collagen production and further aids in neutralizing free radicals to prevent oxidative stress.

Clinical studies have found Ellagi-C to significantly reduce wrinkle depth in as little as 14 days and increase Vitamin C incorporation into fibroblasts by 41%.

FOCUS INGREDIENTS

- **Vitamin C 20%:** high level antioxidant, inhibits melanin production, lightening and collagen-boosting
- **Resveratrol:** antioxidant from red wine
- **Ellagi-C:** incorporates vitamin C into the fibroblast and puts it to work faster for quicker, more enhanced results
- **Hyaluronic acid:** hydrating and plumping
- **Black currant seed oil:** anti-inflammatory, anti-aging
- **Cassia betaglycan extract:** calming, anti-inflammatory, helps retain moisture, leaves velvety texture on the skin
- **Squalane:** readily absorbed moisturizing lipid similar to what body produces naturally to lubricate and heal, naturally found in olive oil

APPLICATION

Apply daily under moisturizer or layer with treatment serums such as Rapid Recovery – Pure Oxygen Serum and EGF Protein Complex. Slight tingle may occur. For sensitive skin, use every other day, building up to daily use. Apply at night under a cream for brightening and strengthening; wear under skin-lightening products to accelerate activity, effective for neck and chest area.

INGREDIENTS

Distilled water, compound C 20% w/ Ellagi-C and Resveratrol, cassia betaglycan extract, L-sodium PCA, L-proline, castor oil methyl glycol, squalane, hyaluronic acid, black currant seed oil, citrus essential oils, L-glutathione

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.

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Cell-Tex Vitamin C Moisturizing Cream

SKIN TYPES: All skin types

PH: 2.4

BENEFITS

Cell Tex Vitamin C Moisturizing Cream is a “hormonal-ascorbic acid” moisturizer that stimulates skin’s immune response to repair and reverse sun and age-related skin damage. Based on the principle that ascorbic acid plays a key role in adrenal steroidogenesis and DHEA, (Dehydroepiandrosterone), a precursor hormone normally produced in the adrenal gland and the most abundant hormone in the blood stream, it is found in even higher levels in the skin. DHEA complements and augments the natural chemistry of ascorbic acid, sharpening skin’s response to this vitamin’s donor-electrons, which activate the enzyme responsible for tissue production.

DHEA is the most important hormone for the skin. Around the age band from 25-30, our bodies reduce the natural production of DHEA. Degeneration and the process of aging gradually become more apparent. After age 60, DHEA levels are barely detectable. Cell-Tex Vitamin C Cream combines the action of DHEA and vitamin C at common sites of activity for better penetration. This unique formulation pulls the activity of both Vitamin C and DHEA activity into areas not normally receptive when applied topically, i.e. where vitamin C donates electrons to enzyme processes responsible for tissue growth and free-radical elimination.

Hydrophilic ingredients (water) move well through the epidermis but cannot find their way through the stratum corneum. Our advanced ingredient technology combines a complex of DHEA-ascorbate, calcium ascorbate, and ascorbyl palmitate which “by-passes” this barrier function of the skin and reaches deeper targets. Ascorbyl palmitate favors the granular layer; calcium ascorbate favors the malpighian layer; and calcium ascorbate favors the basal cell layer.

The palmitate and stearate forms of ascorbic acid are fat-soluble and are, subsequently, the forms needed to push vitamin C inside the cell, where it is a potent protectant against the toxicity of super-oxygen free radicals (water-soluble vitamin C can’t do this!). These ascorbates are designed to be stable and more penetrating, resulting in more power and efficacy.

Safe and effective potency upgrades for topical ascorbic acid can be found in the realm of “derivatives” – a group of compounds whose molecular architecture has been altered to greatly expand the range of benefits naturally afforded by basic vitamin C. The effect of ascorbic acid on collagen synthesis is usually attributed to its role in the conversion of proline, but there is growing evidence that it directly stimulates collagen peptide synthesis.

EXPECTED RESULTS

- Strengthens all connective tissue
- Promotes wound healing
- Promotes capillary integrity
- Prevents capillary permeability
- Diminishes fine lines and wrinkles
- Repairs sun damaged and photo-aged skin
- Brightens and lightens skin tone

FOCUS INGREDIENTS

Pyrenees oriental: natural spring water from France, rich in minerals and sulphur

DHEA (dehydroepiandrosterone): collagen boosting, improves skin brightness, hydration and aids in absorption of Vitamin C

Ascorbic acid: antioxidant, reduces pigmentation, boosts collagen, improves skin's natural healing response, defense against UV damage, heals and fades post-inflammatory pigmentation from breakouts

Calcium ascorbate: stable form of Vitamin C, antioxidant, boosts collagen production, heals inflammation, lightening, reduces appearance of fine lines and wrinkles

Ascorbyl palmitate: oil soluble and stable form of Vitamin C, readily absorbed by the skin, antioxidant, collagen boosting, brightens skin tone and helps prevent wrinkles

Honey enzymes: anti-bacterial, humectant, antioxidant

Beta-fructan: moisture binding and skin-softening

APPLICATION

Apply daily after cleansing and toning onto face and neck. A slight tingle may occur. When using for the first time, start by applying only 3 times a week for the first two weeks, gradually increasing as skin tolerates.

INGREDIENTS

Pyrenees oriental, DHEA, ascorbic acid, calcium ascorbate, ascorbyl palmitate, honey enzymes, plant extracts and derivatives, beta-fructan, coconut and proprietary blend of essential oils

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Pigment Lightener Gel



SKIN TYPES: Uneven skin tone, pigmentation and clogged pores

PH: 2.75

BENEFITS

Formulated with advanced chiral technology, to address skin discoloration and unevenness. This treatment product is formulated with botanical actives and lightening action to target hyper-pigmentation. Contains a potent complex of tyrosinase inhibitors, which include kojic acid, L-arbutin, azelaic acid and GABA to drastically reduce hyper-pigmentation. The keratolytic effects of glycolic and salicylic acids help to prevent and treat clogged pores, as well as speed up the overall brightening process by increasing cell turnover.

FOCUS INGREDIENTS

- **Azelaic acid:** skin lightening, inhibits tyrosinase activity
- **Kojic acid:** skin lightening, tyrosinase inhibitor
- **L-arbutin:** chiral skin lightener, tyrosinase inhibitor
- **Gamma amino butric acid (GABA):** nutrient, skin lightener, antioxidant
- **Glycolic acid polymer:** promotes healthy glycine production/utilization for collagen and elastin, enhances lightening action, exfoliant
- **Salicylic acid:** promotes cell renewal, enhances lightening action
- **D-cholic acid:** reduces and regulates sebum production, inhibits lipogenesis, and emulsifies sebaceous lipids
- **Niacinamide:** anti-inflammatory
- **Yeast extract:** revitalizing skin moisturizer
- **Horse chestnut extract:** anti-inflammatory, toning
- **D-panthenol:** emollient, hydrating, anti-inflammatory
- **D-biotin:** healing, stimulates healthy circulation

APPLICATION

Apply Pigment Lightener Gel once daily onto clean skin. For the first 2 weeks, apply a maximum of 3 days per week. If skin shows no signs of sensitivity, you may increase to up-to 7 nights per week. Use on areas of discoloration at first, and as skin adjusts to the product, apply all over the skin, avoiding the eye area.

INGREDIENTS

Distilled water (aqua), plant cellulose, L-castor oil, methyl glycol, compound-z (kojic acid, azelaic acid, licorice root), GABA, glycolic acid polymer, salicylic acid, D-cholic acid, niacinamide, hydrolyzed yeast protein, glycerin, horse chestnut extract, D-panthenol, allantoin, zinc gluconate, D-biotin

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children. Do not use in conjunction with other AHA, Retin-A or strong exfoliating products. Not recommended after waxing, shaving or for use during the day. Sunscreen should be applied daily to skin. If skin becomes red/sensitive, discontinue use.



Moisturizing Therapy





Lemon Gel Hydration

SKIN TYPES: Normal, acne, oily skin

PH: 6.0

BENEFITS

This moisturizer contains a pure and potent blend of nutrients to protect, nourish and balance skin. A lightweight, moisturizing and oil-free daily moisturizer that works best for very oily and acne prone skin types. This facial moisturizer works well when boosted or layered with target treatment serums. Quickly absorbed into the skin, it instantly penetrates into the skin, leaving no film on the skin.

FOCUS INGREDIENTS

- **Aloe vera gel:** moisturizing and healing properties
- **Lemon extract:** draws excess oils and refines the pores
- **Beta-glucosamine:** an amino sugar that provides moisture balance in skin
- **Witch hazel:** pore-tightening and constricting

APPLICATION

Apply daily to clean skin after toning.

BOOSTER OPTION

Layer or mix with a small amount of Hyaluronic Acid Serum Sealer for added hydration and skin plumping.

INGREDIENTS

Aloe vera gel, witch hazel, beta glucosamine, lemon extract

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.

Red Wine Blueberry Pumpkin Age Defying Cream

RED WINE THERAPY

SKIN TYPES: Normal, mature, dry

PH: 5.2



BENEFITS

The Red Wine Blueberry Pumpkin Age Defying Cream is an extremely moisturizing, soft-textured cream that 'melts' into skin upon application. The shea butter has high skin-penetration properties, which is non-irritating and very effective for dry skin. Non-comedogenic pumpkin oil contains natural Vitamins A and E and beta-carotene, which helps deliver hemoglobin to the cells. As oxygen in the hemoglobin is supplied to the cells, their respiration rate increases. As tissue respiration increases, it effectively pumps destructive oxygen-free radicals out of the delicate, energy-producing machine of the cells, thus slowing the aging process. Blueberry extract contains polyphenols and phytoestrogens that strengthen cell vitality. This complete anti-aging moisturizer leaves a velvety texture on skin!

FOCUS INGREDIENTS

- **Shea butter:** protective, nourishing and moisturizing due to a high content of Vitamin E
- **Pumpkin seed oil:** antioxidants, increases cell renewal
- **Caprylic/capric triglyceride:** moisturizing
- **Blueberry extract:** potent antioxidant with polyphenols and phytoestrogens
- **Resveratrol:** collagen-boosting, red wine antioxidant

APPLICATION

Use once or twice daily on clean skin after applying toner and target serums. To protect skin during the day from UV radiation, a small amount of Sun-Fit Mineral Skin Protection may be mixed or layered with moisturizer.

INGREDIENTS

(Aqua) distilled water, shea (*butyrospermum parkii*) butter, caprylic/capric, triglyceride, blueberry extracts, coco-caprylate/caprate, resveratrol, hexadecyl D-glucoside, octadecyl D-glucoside, pumpkin (*cucurbita pepo*) oil, vegetable glycerine, glyceryl stearate, xanthan gum, benzyl alcohol, essential oils, sandalwood, orange, frankincense

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Sun-Fit Mineral Skin Protection

SKIN TYPES: All skin types

PH: 5.7

BENEFITS

Sun-Fit is an essential part of any daily home care regimen or professional skin care treatment. If any skin peeling or resurfacing has been done on face/neck area, it is vital to wear this sun protection post-treatment and before going out into the sun. This sunblock provides full UVA/UVB protection, as it contains the best natural blocking ingredients. Titanium dioxide and zinc oxide not only provide physical sun protection, but they are also anti-viral, anti-bacterial, healing, and are skin-friendly minerals. They help improve the skin's overall appearance, along with providing sun protection. Very few people experience allergic reactions to these, unlike many chemical sunscreens, which can cause skin tingling and irritation.

FOCUS INGREDIENTS

- **Titanium dioxide:** natural mineral that scatters light and acts as a physical UV sun block
- **Zinc oxide:** natural mineral, UV block, soothes and helps heal the skin
- **Aloe vera gel (D-Complex):** refreshing, healing, anti-inflammatory
- **Glycerin:** humectant, emollient
- **Watermelon:** tones and refreshes

APPLICATION

It is recommended that Sun-Fit be used after every professional treatment and be part of a daily skin care regimen to protect the skin. Apply product to the face and neck area and allow to absorb. Make-up can be applied over this. Re-apply every 2-3 hours, or more frequently if used for sports or water activities.

INGREDIENTS

Distilled water, tetradecanoic fatty acid, octadecanoic fatty acid, glycol distearate, titanium dioxide, cetyl alcohol, zinc oxide, aloe vera, glycerin, cetearyl alcohol, polysorbate, plant cellulose, L-castor oil methyl glycol, zirconium oxide, jasmine alcohol



Ultra Moisturizing Cream w/EGF

SKIN TYPES: Normal, dry, mature skin

PH: 5.5

BENEFITS

Packed with vitamins, essential nutrients, and antioxidants, this nourishing cream protects skin cells against premature aging. Moisturizing and highly nutritive elements in this product include essential fatty acids to regenerate dry skin, and soy protein containing isoflavones and types of phytoestrogen that increases skin's firmness, softness and suppleness. An antioxidant complex of green tea and phospholipids provides protection against premature aging by protecting cells and strengthening their defense against free-radical damage, while maintaining moisture balance within the cells.

FOCUS INGREDIENTS

- **EGF (epidermal growth factor):** stimulates the formation of healthy, new cells
- **Squalane:** readily absorbed moisturizing lipid similar to what body produces naturally to lubricate and heal, naturally found in olive oil
- **Green tea:** antioxidant rich in polyphenols
- **Essential fatty acids:** moisturizes and regenerates skin
- **Soy protein:** skin conditioning, firming and moisturizing
- **Licorice root extract:** contains phytoestrogens to strengthen connective tissue

APPLICATION

Apply a small amount to face and neck with upward and outward strokes. May be used morning and night. For SPF protection during the day, mix a small amount of Sun-Fit Mineral Skin Protection with Ultra Moisturizing Cream w/ EGF and gently work into skin.

INGREDIENTS

Aqua (water), caprylic/capric triglyceride, coco-caprylate/caprate, glycerin, cetearyl alcohol, cetearyl glucoside, glyceryl stearate, squalane, gluconolactone, glycine soja (soybean) protein, rh-oligopeptide-1 (EGF), camellia oleifera (green tea) leaf extract, cyamopsis tetragonoloba (guar) gum, glycyrrhiza glabra (licorice) rhizome/root extract, phytic acid, fructooligosaccharides (D-beta), phospholipids, xanthan gum, bht, sodium hydroxide, lithium magnesium sodium silicate, benzyl alcohol, sodium benzoate, hazelnut oil

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Eye & Lip Therapy





Bright Eyes Eye Firming Concealer Therapy

SKIN TYPES: All, especially under-eye dark circles

PH: 5.75

BENEFITS

Take eyes from dull to bright instantly with the ultimate in eye concealer therapy! Bright Eyes combines the natural lightening abilities of minerals with L-arbutin, hyaluronic acid, protein bio-peptides and whey protein to dramatically firm and smooth the eye area. For luminous bright eyes, apply prior to applying makeup.

FOCUS INGREDIENTS

- **Protein biopeptides:** firming, smoothing and anti-wrinkle
- **Shea butter:** anti-oxidant, emollient, moisturizing
- **Hyaluronic acid:** excellent water-binding capabilities, improves skin's appearance
- **Starflower & meadowfoam oil:** high levels of essential fatty acids
- **Titanium dioxide:** pearlized minerals reflects environmental light, concealing the area
- **L-arbutin:** natural lightener, antioxidant
- **Whey protein:** emollient, vitamin rich
- **L-alpha-bisabolol:** anti-inflammatory, soothing anti-irritant
- **Chaste tree extract:** moisturizing
- **Nucleic-B:** de-puffing for the eye area

APPLICATION

Use as a finisher to your daily skin care routine or at the end of a professional facial treatment. Warm a small amount of product between fingertips and pat gently around the eye area, focusing on the outer sides of each eye until completely absorbed.

INGREDIENTS

Distilled water, protein biopeptides, shea butter, tetradecanoic fatty acid, octadecanoic fatty acid, hyaluronic acid, dimethicone, glycol distearate, starflower oil, meadowfoam oil, cetyl alcohol, cetearyl alcohol, glycerin, mica, titanium dioxide, L-arbutin, whey protein, L-alpha-bisabolol, chaste tree extract, polysorbate, nucleic-B, L-castor oil methyl glycol, xanthan gum and jasmine alcohol

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Contouring & Soothing Eye Gel

RED WINE COLLECTION

SKIN TYPES: All, especially tired and puffy eyes

PH: 6.5

BENEFITS

This cooling, refreshing, de-puffing and moisturizing eye gel gives eyes a shot of nutrition while contouring and soothing. The base is extremely moisturizing, using a combination of vegetable glycerin, jojoba oil and shea butter. Additionally, aloe vera moisturizes with anti-inflammatory and soothing properties, providing skin with suppleness and softness. Blue chamomile and caffeine instantly awaken tired and puffy eyes.

FOCUS INGREDIENTS

- **Jojoba oil:** softening, emollient
- **Shea butter/squalane/D-glucuronic acid:** moisturizing, skin-conditioning
- **Aloe vera extract:** refreshing, soothing, de-puffing
- **L-alpha bisabolol/blue chamomile essential oil:** soothing, calming
- **L-menthyl lactate:** cooling, refreshing
- **Caffeine:** de-puffing
- **Yeast extracts:** de-puffing, tightening

APPLICATION

Gently apply once or twice daily. It is normal to feel a cooling, refreshing, tingly sensation with this product. For additional hydration, layer with a tiny drop of Crystal Dew Drops for Eyes & Lips.

INGREDIENTS

(Aqua) distilled water, vegetable glycerin, jojoba (*buxus chinensis*) oil, shea (*butyrospermum parkii*) butter, aloe vera (*aloe barbadensis*) extract, squalane, D-glucuronic acid, L-alpha bisabolol, xanthan gum, L-menthyl lactate, (deuterium oxide) heavy water/d2o, caffeine, blue chamomile (*chamomilla recutita*) essential oil, allantoin, benzyl alcohol and blue chamomile

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Crystal Dew Drops For Eyes & Lips

RED WINE COLLECTION

SKIN TYPES: Mature, dry, dehydrated, fine lines and wrinkles

PH: 4.0

BENEFITS

A luxurious, super-antioxidant eye and lip therapy treatment that provides an intense burst of hydration from pure corn silks. Red wine antioxidants and the super-antioxidant spin traps fight free radical damage, preserving the sensitive eye and lip area.

Crystal Dew Drops for Eyes & Lips incorporates the most advanced technology in skin care to date — a synergistic combination of spin traps and liquid crystals. The liquid crystal is an exquisite medium of optically-active crystalline matrix, which is intensely moisturizing and well-received by the skin. Components of our body- from DNA to cell membranes to muscles- exist in a liquid crystal state. In a crystal state of energy, we can receive and broadcast info. When everything is healthy, we are very flexible, and in liquid state, we are elastic. The body is vibrating at a very high frequency. When the body ages, the skin and internal organs become brittle and energy stops flowing because there is so much solid crystallization. The synergistic blend of liquid crystals, when combined with spin traps and applied topically to the skin, gives skin cells a more youthful energetic state. This effectively slows down the aging process.

FOCUS INGREDIENTS

- **Cholesteryl stearate:** plant derived cholesteryl, extremely moisturizing and protective
- **Corn silk (zea mays):** emollient derived from corn seeds
- **Spin traps:** highly specialized super-antioxidant that protects skin from free radical damage, traps and re-directs free radicals along other pathways, where the body can utilize them for other purposes
- **L-arginine:** promotes a lifting and firming effect
- **Resveratrol (red wine):** polyphenols with potent antioxidant activity, strengthens elasticity

APPLICATION

Apply a very small amount to eyes and lips on areas of fine lines, wrinkles, and expression lines. This product gives skin a beautiful shimmer and glow and due to its heavy consistency is an excellent night enhancement product. The Crystal Dew Drops also works well as a daily protective lip moisturizer.

INGREDIENTS

Cholesteryl stearate/carbonate complex, corn silk (zea mays), resveratrol, phenyl t-butyl nitron (spin trap), L-arginine

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Tone-N-Tighten w/Insta-Lift™ Eye Cream

SKIN TYPES: All skin types

PH: 5.75

BENEFITS

Tone-N-Tighten combines instant lifting and firming for the eyes, along with brightening and de-puffing actives, for long term anti-aging benefits. The shea butter base, rich in unsaturated fatty acids and natural Vitamin E, has well-known healing and nourishing properties. Shea butter also helps promote tissue respiration and repair, protects and moisturizes. Blended with scientifically advanced ingredients that take on puffiness, dark circles, crow's feet and hydration. The structure and density of the delicate eye tissue is improved, resulting in a more "lifted" appearance.

PEPTIDE HIGHLIGHTS

- **Insta-Lift™** Goji combines the lifting strength of both protein and natural polysaccharides in a form of active glycopeptides extracted from goji berries. This glycopeptide isolate forms a perfect rigid mesh to support sagging skin to create an immediately visible lifting effect. It forms tightening micro-ripples, observed after 1 hour on a slide at 400X, lifting up lines and wrinkles. Insta-lift™ Goji (goji glycopeptides) further offers critical long-term anti-aging functions via antioxidant and collagen stimulatory activity, for a complete anti-aging treatment.
- **Dermaxyl®** is an engineered amino-peptide that boosts the cell communication and dermal repair mechanism, repairing age related skin damage by stimulating collagen, elastin and glucosaminoglycans production.
- **Haloxyl™** lessens the appearance of under-eye dark circles, reinforces firmness and tone of the eye area and activates the elimination of blood originated pigments responsible for dark circle colour and local inflammation.
- **Eyeseryl™** is a tetrapeptide with anti-oedema properties that shows a proven efficacy in reducing puffy eye bags. The draining effect of Eyeseryl™ achieves a reduction of puffy eye bags in only 15 days. Eyeseryl™ fights oedema-forming mechanisms, such as liquid retention. Eyeseryl™ also enhances skin elasticity, skin smoothness and shows a de-congesting effect.

FOCUS INGREDIENTS

- **Shea butter:** moisturizing, nourishing, rich in vitamins and minerals
- **L-sodium hyaluronate:** moisturizing, prevents dehydration
- **Olive oil:** soothing, moisturizing
- **Carrot root extract:** renewing, protective, moisturizing
- **Allantoin:** anti-inflammatory
- **Aloe vera extract:** soothing, antioxidant

APPLICATION

Gently apply a small amount to the eye area once or twice daily. The peptides in this product also work well on other areas of the face, like the lip area where expression lines occur.

INGREDIENTS

Aqua (water), butyrospermum parkii (shea) butter, stearic acid, caprylic/capric triglyceride, glyceryl stearate, glycerin, C12-15 alkyl benzoate, lycium barbarum (goji berry) fruit extract, cetearyl alcohol, acetyl tetrapeptide-5, tribehenin, ceramide 2, peg-10 rapeseed sterol, palmitoyl oligopeptide, N-hydroxysuccinimide, steareth-20, chrysin, palmitoyl tetrapeptide-7, tocopheryl acetate (D-alpha), glycine soja (soybean) oil, retinyl palmitate, zea mays (corn) oil, olea europaea (olive) fruit oil*, aloe barbadensis leaf juice powder*, santalum austrocaledonicum (sandalwood) wood oil, pogostemon cablin (patchouli) oil, polysorbate 60, prunus amygdalus dulcis (sweet almond) oil, hamamelis virginiana (witch hazel) water, althaea officinalis (marshmallow) root extract, actinidia chinensis (kiwi) fruit powder, sodium hyaluronate (L), chamomilla recutita (matricaria) flower extract, daucus carota sativa (carrot) root extract, albumen, caprylyl glycol, xanthan gum, allantoin, trisodium ethylenediamine disuccinate, gluconolactone, cetyl alcohol, phenethyl alcohol, potassium sorbate, sodium benzoate, phenoxyethanol

CAUTION

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Masques



Aragonite Pearl Masque

SKIN TYPES: Normal, dry, mature, dehydrated, sensitive skin

PH: 6.0



BENEFITS

Made from precious cultured pearls containing a combination of aragonite (a crystalline form of calcium carbonate) and conchiolin (a peptide). Studies show this combination swiftly speeds up skin's natural metabolism to tone and rejuvenate complexion, heal blemishes, minimize large pores and reduce redness. The synergistic blend of Easyliance® provides a lifting effect, while it completely rejuvenates dry, dull skin. Skin elasticity and brightness are restored.

Conchiolin (pearl protein powder) is known to hydrate skin cells, promote skin cell metabolism, facilitate repair of damaged skin cells, and enhance circulation. In addition to conchiolin contains dozens of amino acids and minerals, which also play an important role in various cellular activities, maintaining normal physiology, repairing and constructing cells and tissues.

FOCUS INGREDIENTS

- **Conchiolin:** is a unique peptide derived from pearl protein powder that acts like keratin, one of the fibrous proteins (collagen) found in skin
- **Chitosan:** a marine polysaccharide considered as an alternative to collagen, improves skin elasticity & smooths out wrinkles
- **Aragonite:** carbonate mineral with healing properties, tones, anti-inflammatory
- **Acacia polymer (Easyliance®):** synergistic combination of two 100% natural polymers, from the root of the acacia plant, which forms a film on the skin, creating an immediate tightening action
- **Carrageenan:** skin softener

APPLICATION

Quickly mix 2 teaspoons of powder with .67 oz (a little over 1/2 oz.) of water in a bowl or a shaker unit to transform into a creamy base. Apply to skin and let set for 15 minutes. Remove with a warm, moist towel. For enhanced anti-aging benefits, mix with Total Fitness Activator instead of water.

INGREDIENTS

Conchiolin powder, glucose, bentonite, disodium lauryl sulfosuccinate, coconut oil, silica, vitis vinifera (grape) seed oil, easyliance®, sodium polyacrylate, cyclopentasiloxane, chondrus crispus (carrageenan) extract, chitosan, titanium dioxide, cananga odorata flower oil (ylang ylang essential oil), tocopheryl acetate, citric acid

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.

Botanical Detox Masque

With Activated Charcoal & Bamboo Silk

SKIN TYPES: All skin types

PH: 6.5



BENEFITS

The Botanical Detox Masque is formulated to create a total cell detox to balance, restore and purify the skin. This masque features many organic ingredients, including mineral and antioxidant-rich organic rooibos and green tea and an array of all-natural botanical flowers – chamomile, passion fruit, calendula, jasmine and Bulgarian rose. Organic oils – olive, jojoba, soybean and rosemary balance and restore impaired skin. All skin types benefit from this luxurious, botanical detox masque, which purify and balance stressed out skin due to environmental toxins such as pore-clogging pollution and makeup.

Activated charcoal has been shown to absorb unwanted toxins; in fact, it is commonly used in medicine to absorb toxins and poisons in case of drug overdose or poisoning. It is made by heating common charcoal in the presence of a gas that causes the charcoal to develop internal spaces, or “pores”. These pores help activated charcoal to absorb and trap pollutants and toxins by acting like a magnet, attracting and trapping toxins like a sponge. When topically applied, skin toxins are trapped and removed, leaving the skin feeling purified, clean and balanced.

Bamboo silk contains a rich source of silica, a nutrient necessary for healthy skin and hair. It is rich in antioxidants, is anti-irritating, absorbs oil, and provides skin with a mattifying effect to refine, purify and leave skin feeling soft and smooth.

Niacinamide has been shown to increase ceramide and free fatty acid levels in skin, preventing it from losing water content, and stimulating microcirculation in the dermis. It is well known for its treatment for uneven skin tone and mitigation for acne and the red marks it leaves behind (known as post-inflammatory hyper-pigmentation).

FOCUS INGREDIENTS

Organic aloe vera: moisturizes and hydrates, antioxidant support

DMAE (dimethylaminoethanol): creates an instant, semi-permanent firmness that lasts up to 10 days

Hyaluronic acid: enhances elasticity, lubrication, plumpness and moisture of skin; also has healing properties

Organic rooibos leaf & green tea: contains polyphenols, rich in antioxidants, anti-inflammatory, calming

Bamboo silk: antioxidant, rich source of minerals, smoothing, mattifying

Activated charcoal: absorbs oils, natural cell detoxifier

Kaolin & bentonite clay: removes toxins and absorbs oils, increases localized circulation, anti-inflammatory

Niacinamide (Vitamin B3): prevents the evaporation of water content in the skin

Organic white willow bark: antibacterial, anti-inflammatory, cell renewing

Panthenol: emollient, hydrating

Organic olive, jojoba & soybean oils: hydrating, balancing

APPLICATION

Apply a small amount to face and neck. Leave on for approximately 5-10 minutes before removing with warm towels or cotton pads.

INGREDIENTS

Aloe barbadensis (organic aloe) leaf juice, organic alcohol extract of aspalathus linearis (organic rooibos) leaf, glycerin, olea europaea (organic olive) fruit oil, emulsifying wax nf, simmondsia chinensis (organic jojoba) seed oil, bamboo silk, dimethylaminoethanol (DMAE), sodium hyaluronate (hyaluronic acid), activated charcoal, kaolin clay, bentonite clay, allantoin, tocopherol (vitamin e) oil, ascorbyl palmitate (vitamin c ester), panthenol (pro-vitamin b5), niacinamide (vitamin b3), vaccinium macrocarpon (cranberry) fruit juice, glycine soja (organic soybean) oil, xanthan gum, organic alcohol extract of camellia sinensis (organic green tea) leaf, salix alba (organic white willow) bark, punica granatum (organic pomegranate) seed, chamomilla recutita (chamomile) flower extract, vaccinium macrocarpon (organic cranberry) fruit, calendula officinalis (organic calendula) flower, passiflora incarnata (passion fruit) fruit, rosmarinus officinalis (rosemary) leaf essential oil, rosa damascena (bulgarian rose) absolute, jasminum grandiflorum (jasmine) absolute, citrus medica limonum (lemon) peel, cananga odorata var genuina (ylang ylang ii) essential oil, natural fragrance

CAUTION

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Botanical Moisture Rescue Masque

SKIN TYPES: All, dry, mature, aging, dehydrated, and sensitive

PH: 5.7



BENEFITS

The Botanical Moisture Rescue Masque is bursting with nature's botanicals to soothe and balance impaired skin with all-natural flowers - calendula, passionflower and chamomile. Skin is saturated with an ultra-moisture binding combination of organic shea butter, and natural and organic oils, restoring skin's moisture barrier, and leaving skin feeling softer, smoother and completely rejuvenated. This herbal masque contains polyphenol and mineral-rich organic green, white and rooibos teas.

Rooibos is rich in super-oxide dismutase, necessary for the production of healthy skin-producing cells, and high levels of the enzyme ensure healthier skin and speedy skin recovery. Carefully selected botanical oils saturate skin with readily-absorbed fatty acids, which are similar to the natural oils produced by skin. These fatty acids trap water into your skin, ensuring that your skin stays hydrated.

The high-performance ingredients of DMAE, hyaluronic acid, and MSM are designed to firm and plump the skin. MSM (methylsulfonylmethane) is considered to be nature's "beauty mineral," due to its ability to enhance collagen and restore the foundation for healthy skin. MSM is an organic sulphur that cleanses and balances skin; it is a building block for collagen and connective tissues, softening and soothing skin.

FOCUS INGREDIENTS

- **Organic aloe vera:** moisturizing and healing
- **Organic olive fruit oil:** full of linoleic acids, oleic acids, palmitic acids and polyphenols (antioxidants)
- **Organic jojoba seed oil:** similar to skin's natural sebum, readily absorbed
- **Organic white, rooibos & green tea:** neutralizes free radicals, high in flavonoids and minerals, boosts skin recovery
- **Organic shea butter:** moisturizing, reduces inflammation, smoothes skin, high in Vitamins A & E
- **Organic lavender:** calming, soothing
- **Hyaluronic acid:** enhances elasticity, lubrication, plumpness and moisture of skin; also has healing properties
- **Squalane:** antioxidant, prevents UV damage and the formation of age spots, promotes cell growth, antibacterial
- **Dimethylaminoethanol (DMAE):** provides a semi-permanent firmness that can last up to 10 days
- **Methylsulfonylmethane (MSM):** de-toxifying, anti-inflammatory, strengthening
- **Evening primrose seed oil:** rich in essential fatty acids, decreases inflammation, contains Vitamins C & E, increases circulation
- **Rosehip seed oil:** rich in vitamins, antioxidants, reduces scars, minimizes appearance of wrinkles, excellent for eczema and psoriasis, evens skin tone
- **Organic calendula:** soothing and healing

APPLICATION

Apply a small amount to face and neck. Leave on for approximately 5-10 minutes before removing with warm towels or cotton pads.

INGREDIENTS

Aloe barbadensis (organic aloe) leaf juice, olea europaea (organic olive) fruit oil, organic alcohol extract of lavandula intermedia (organic lavender), simmondsia chinensis (organic jojoba) seed oil, organic alcohol extract of aspalathus linearis (organic rooibos) leaf, emulsifying wax nf, stearic acid, butyrospermum parkii (organic shea) butter, cetyl alcohol, squalane, sodium hyaluronate (hyaluronic acid), methylsulfonylmethane (MSM), dimethylaminoethanol (DMAE), allantoin, oenothera biennis (evening primrose) seed oil, limnanthes alba (meadowfoam) seed oil, rosa mosqueta (rosehip) seed oil, pink kaolin, bentonite clay, tocopherol (vitamin E) oil, glycine soja (organic soy) bean oil, xanthan gum, organic alcohol extract of camellia sinensis (organic green tea) leaf, camellia sinensis (organic white tea), aspalathus linearis (organic rooibos) leaf, lavandula angustifolia (organic lavender), calendula officinalis [organic calendula] flower, passiflora incarnata (passionflower), vitis vinifera [chardonnay grape] seed, anthemis nobilis (roman chamomile) flower, rosa damascena (bulgarian rose) absolute, jasminum grandiflorum (jasmine) absolute, citrus medica limonum (lemon) peel, cananga odorata var genuina (ylang ylang ii) essential oil, natural fragrance

CAUTION

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Calm Balm Masque



SKIN TYPES: All, sensitive, rosacea

PH: 6.2

BENEFITS

Instantly soothes and reduces inflammation with a potent blend of blue chamomile, while willow herb extracts are infused into this formula to provide additional soothing properties. Excellent treatment to calm skin from minor irritations associated with peels, extractions, microdermabrasion, etc.

FOCUS INGREDIENTS

- **Aloe gel:** cooling, soothing and anti-inflammatory
- **Blue chamomile oil:** soothing, anti-inflammatory
- **Butcherbroom extract:** inhibits inflammation by increasing circulation
- **Panthenol:** emollient, improves skin hydration, anti-inflammatory
- **Horse chestnut extract:** soothing, anti-inflammatory, antioxidant, strengthens fragile capillaries
- **Allantoin:** anti-inflammatory, wound healer, stimulates healthy tissue formation

APPLICATION

Apply a small amount to the face, neck and other areas using a fan brush. Leave on for 10 to 15 minutes before removing with warm or cool towels or cotton pads. If irritation persists, this may be left on overnight.

INGREDIENTS

Distilled water (aqua), milk caprylic/capric triglycerides, milk caprylate/caprates, cetearyl alcohol, sucrose stearate, peg-150 stearate, aloe gel, cetearth-20, peg-40 stearate, shea butter, glycerin, hydrocortisone, castor oil methyl glycol, cellulose, blue chamomile oil, butcherbroom extract, hydrocotyl extract, panthenol, hydrolyzed yeast protein, horse chestnut extract, licorice extract, jasmine alcohol, beta glucosamine, allantoin

CAUTION

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Cocoa Soufflé Masque

SKIN TYPES: All, dry, anti-aging



BENEFITS

Chocolate, especially dark chocolate, is rich with antioxidant properties promoting cell repair and preventing damage. The high flavanol content in cocoa improves the appearance of skin by improving the function of blood vessels, increasing blood flow, hydration, decreasing skin roughness, and helping to increase defense against UV damage. Dark chocolate is rich in Vitamins A, B12, B-complex, D and E, which aid in the absorption of calcium and tissue growth. The mineral content of chocolate contains copper, iron, manganese, magnesium and zinc for the promotion of cell growth, tissue repair, and the absorption of nutrients.

FOCUS INGREDIENTS

- **Cocoa seed powder:** antioxidant, increases blood flow, hydrating, softening
- **Vitis vinifera (grape) seed oil:** skin-conditioning emollient, antioxidant
- **Easyliance® (acacia polymer):** a synergistic combination of two 100% natural polymers from the root of the acacia plant, which forms a film on the skin, creating an immediate tightening action
- **Bentonite:** detoxifying, pore-tightening
- **Carrageenan extract:** skin softener from marine algae

APPLICATION

Quickly mix 2 teaspoons of powder with .67 oz (a little over 1/2 oz.) of water or Total Fitness Activator (more lifting and hydration) in a bowl or a shaker unit to form a creamy base. Apply it to skin and let set for 15 minutes. Remove with a warm, moist towel.

INGREDIENTS

Glucose, theobroma cacao (cocoa) seed powder, vitis vinifera (grape) seed oil, easyliance®, silica, bentonite, sodium polyacrylate, chondrus crispus (carrageenan) extract, citric acid, rose and citronella essential oils

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.

Hydrating Cranberry Masque

SKIN TYPES: All, normal, dry, mature, dehydrated, sensitive skin

PH: 6.0



BENEFITS

This cranberry-rich masque is blended with pink clay, which re-mineralizes and rejuvenates tissues. Rich in bio-available essential minerals, trace elements and negative ions, it purifies and regenerates dry, damaged, and aging skin. Pink clay is also known for naturally stimulating collagen production and increasing cell's oxygenation; promoting skin clarity. Cranberry seed oil is rich in vitamins and omega fatty acids to keep skin firm and hydrated. This moisture binding masque is bursting with rich antioxidants and skin purifying clays, making it a great multi-tasker for all skin types.

FOCUS INGREDIENTS

- **Pink clay:** detoxifying, clarifying, balancing, hydrating, rich in bio-available minerals
- **Cranberry seed oil:** rich in vitamins A, C, E, and K, along with omega 3, 6, and 9 fatty acids
- **Cranberry seed and fruit pulp powder:** antioxidant and astringent activity, improves the firmness and elasticity of skin
- **Kaolin:** absorbs excess oil, skin-balancing, purifying
- **Carrageenan:** from red seaweed, high in mineral content, skin softener

APPLICATION

Apply approximately ½ tsp. of masque onto cleansed skin. Remove with warm towels.

INGREDIENTS

Water, kaolin, glycerin, vaccinium macrocarpon (cranberry) fruit powder, vaccinium macrocarpon (cranberry) fruit pulp powder, pink clay, cranberry oil, benzyl alcohol, calcium carbonate, chondrus crispus (carrageenan) extract, cranberry fragrance essence, sodium dehydroacetate, citric acid

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.

Lifting & Firming Peptide Gel Masque

SKIN TYPES: All skin types, firming, toning and lifting

PH: 5.8



BENEFITS

The Lifting & Firming Peptide Gel Masque is formulated with some of the most unique ingredient offerings in the skin care market. This treatment masque works on two levels, delivering both immediately visible cosmetic results, and long-term clinical treatment benefits to bring all skin types into perfect balance. Tightening peptides are derived from rice extract and wheat protein will provide immediate lifting and firming action. *Oryza sativa* (rice) extract is a grain rich in silica, this plant-derived peptide helps protect skin from external aggression—a key cause of early skin aging. Rich in phytosterols and polyphenols, the extract is known for its antioxidant and skin-firming properties. Additionally, exotic fruit extracts of acai, agave, *garcinia mangostana* and oat kernel restore firmness,

FOCUS INGREDIENTS

- **Oryza sativa (rice) extract:** antioxidant, firming
- **Euterpe oleracea (acai) fruit extract:** rich in antioxidants, polyphenols and resveratrol, anti-inflammatory
- **Mangostana (mangosteen) peel powder:** high concentration of xanthones, rich in antioxidants
- **Arnica montana flower extract:** anti-inflammatory, accelerates healing
- **Hordeum distichon (barley) extract:** anti-inflammatory, calming, antioxidant rich
- **Hematite:** a natural mineral and intensive skin treatment agent, visibly improves skin density and firmness from within

APPLICATION

Apply a small amount to face, neck and eye area with a fan brush. Leave on for 10–15 minutes and remove with warm towels or cotton pads.

MIXOLOGY TIP

For a super-firming and tightening treatment, mix the Lifting & Firming Peptide Masque with a small amount of Total Fitness Facial Powder to create a thin paste. Apply a thin layer in upward strokes on face and neck and allow product to dry completely. To remove masque, moisten skin with water first as it will dry very tight on the skin and remove with warm towels.

INGREDIENTS

Water, glycerin, euterpe oleracea (acai) fruit extract, oryza sativa (rice) extract, avena sativa (oat) kernel extract, phenoxyethanol, ethylhexylglycerin, hydrolyzed wheat protein, arnica montana flower extract, hordeum distichon (barley) extract, *garcinia mangostana* (mangosteen) peel powder, hematite extract, *opuntia vulgaris* (cactus) extract, citrus sinensis var, sanguina (blood orange) oil, xanthan gum, phenethyl alcohol, caprylyl glycol, citrus grandis (white grapefruit) peel oil, allantoin, *vaccinium macrocarpon* (cranberry) seed oil, aloe barbadensis (organic) leaf juice powder, hamamelis virginiana (witch hazel) water

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.

Red Wine Concentrate with Noni

RED WINE THERAPY

SKIN TYPES: Dry, mature, aging

PH: 4.8



BENEFITS

Red wine extracts contain a high level of antioxidants from a pigment species called bio-flavonoids. This pure red wine concentrate tightens and refines the skin. The warm chiromatherapy blend of oils works-out the skin, preparing and stimulating skin for the red wine therapy which promotes and protects the production of collagen and elastin in the skin essential for maintaining strength and suppleness, while the amazing miracle noni fruit, with its wide spectrum of nutrients, delivers optimum nutrition to skin cells. A chiromatherapy blend of frankincense, sandalwood, and orange essential oils hydrate and rejuvenate, deeply quenching tired skin!

FOCUS INGREDIENTS

- **Wine extracts:** antioxidant, collagen boosting
- **Grape seed extracts:** potent anti-oxidant, collagen boosting
- **D20:** heavy water, helps prevent evaporation of moisture in the skin
- **Noni:** promotes cellular repair of skin cells, nourishes skin at a cellular level
- **Glycerin:** humectants which help skin retain moisture

APPLICATION

Apply a small amount to skin at night for an intense burst of hydration and night time treatment to repair, rehydrate and leave skin soft and dewy. For added hydration, use the Red Wine Concentrate with Noni as a masque booster. Massage a small amount into the skin for 5-10 minutes and then proceed with an appropriate masque for added rejuvenation.

PROFESSIONAL BODY TREATMENT APPLICATION

For an intensely hydrating and skin detoxing treatment, Red Wine Concentrate may either be applied as a pure concentrate or mixed with a carrier oil. Options for a red wine body treatment can include the following:

- Product may be mixed with a salt or sugar scrub to create a hydrating and skin detoxifying body treatment.
- After dry-brushing the body, massage product into skin, followed by a body wrap for additional skin rejuvenation.
- Mix product with a carrier cream or oil for a luxurious red wine body treatment massage.
- Perform anti-aging facial massage with Red Wine Concentrate with Noni for an intense burst of hydration and skin detoxification!

INGREDIENTS

Glycerin, wine extracts, heavy water, noni juice, grape seed extracts, orange, sandalwood, frankincense, spice blend of essential oils, carmine

CAUTION

This product produces positive heat in the skin, increasing blood flow and stimulation, which is normal. For external use only. Avoid contact with eyes. Keep out of reach of children.

Total Fitness Facial Masque

SKIN TYPES: Enlarged pores, lack of tone, aging/mature

PH: 5.9



BENEFITS

The Total Fitness Facial Masque is a 2-step masque, with a protein powder and botanical collagen liquid activator, which are mixed together for a lifting, contouring, and pore-tightening masque treatment. The Total Fitness Facial powder contains a potent blend of skin-tightening and strengthening ingredients. The Total Fitness Facial Activator is a synergistic botanical preparation with pure collagen and L-Arginine, which effectively rejuvenates and moisturizes the skin. Together, these two products create an instant firming and tightening effect to lift sagging skin and improve the appearance of acne scarring with excellent skin brightening properties.

FOCUS INGREDIENTS IN TOTAL FACIAL FITNESS POWDER

- **L-ovalbumin:** tightens and strengthens
- **Kaolin:** absorbs oils secreted by skin
- **Milk powder:** soothing, protein nutrient
- **Licorice root extract:** anti-inflammatory, antioxidant, skin lightener
- **Zeolites:** organic volcanic minerals, trap toxins and purify skin
- **L-malic acid & L-tartaric acid:** brightens and smooths, gentle exfoliant, antioxidant
- **D-beta fructan:** controls skin's moisture retention
- **D-beta glucosamine:** building block to collagen and elastin

FOCUS INGREDIENTS IN TOTAL FACIAL FITNESS LIQUID ACTIVATOR

- **Pure botanical collagen:** hydrates and strengthens skin
- **Heavy H2O:** hydrates and protects
- **DNA, RNA:** renews cells, improves skin's structural support
- **L-Arginine:** brings moisture to the outer layers of the stratum corneum
- **Glycogen:** a major component of all cells, promotes collagen synthesis

APPLICATION

Prior to applying masque, apply a small amount of Pure Oxygen Serum to skin. Mix together 1 teaspoon of Total Fitness Facial Powder with a small amount of Total Fitness Facial Liquid to form a thin paste. With a fan brush, apply a thin, even layer onto skin in upward and outward strokes. Monitor the skin by asking client if they can feel the tightening and lifting effects. Once the masque has dried, moisten the masque with warm water and remove with a warm towel.

INGREDIENTS IN TOTAL FACIAL FITNESS POWDER

L-ovalbumin, kaolin, milk powder, licorice root extract, zeolites, L-malic acid, D-beta-fructan, and D-beta-glucosamine

INGREDIENTS IN TOTAL FACIAL FITNESS LIQUID ACTIVATOR

Pure botanical collagen, castor oil methyl glycol, heavy H₂O, hydrolyzed actin, DNA, RNA, glycogen, L-arginine and jasmine alcohol

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



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Enzymes & Peels










Peel Fundamentals for the Skin Care Specialist

To ensure the execution of proper procedures, client safety and comfort, outlined below are basic peel fundamentals we recommend adding to your protocols.

- Always have client fill out a current health history intake form, and check for any contraindications prior to performing any peel treatment.
- A patch test is recommended to eliminate the possibility of client having an adverse allergic reaction.
- Prior to applying a Skin Fitness Therapy peel or enzyme, prep client's skin with **Lactic Acid 10% Peel Prep**. This brings down the PH of skin and allows for proper product penetration. Additionally, this will be the first step in gauging your client's level of sensitivity. After applying peel prep to area to be treated, ask client, on a scale of 1 (no sensation) to 10 (the most) how they are feeling.
- Begin peel treatments progressively, beginning with a more mild peel/enzyme and progressing to more aggressive treatments as you learn your client's skin type and tolerance.
- Keep your eyes on client's skin at all times so you will be ready to remove the product immediately, if necessary. It is normal for client to experience some tingling or light stinging. This should subside after a few minutes.
- Skin Fitness Therapy peels/enzymes may be massaged into skin with the 7-Step Micro Massage Technique. Do not perform heavy manipulation, or omit massage completely for very sensitive skin types, or skin afflicted with painful acne lesions. Do not perform facial massage while Salicylic 20 or 35% peels are on the skin.
- Steam may only be used with enzymes, as steam will further enhance treatment and activate fruit enzymes. Do not utilize steam on skin while a peel is on, as this can increase sensitivity, reactions and skin burns. If skin can tolerate, light steam may follow after peel has been completely removed, or during facial massage.
 - Acceptable products to use with steam while product is on the skin:
 - Cranberry Enzyme
 - Hyper-Pigmentation Enzyme (light steam)
 - Vitamin C 30% Enzyme (Liquid Activator & Powder)
 - Pumpkin Enzyme (Liquid Activator & Powder)
- Always remove peels with cool/tepid water, never hot water or warm/hot towels. Enzymes may be removed with warm towels.
- After removing peel completely, check in with client to ensure that there is no lingering tingling sensation. Common areas to check for are the hairline and nasal area. Play it safe and remove peel twice, an optional cleanse may also be performed to ensure the peel has been neutralized and removed.
- To protect sensitive skin areas or to create a light barrier on the skin to prevent over-exfoliation, a small amount of **Pure Oxygen Serum** may be applied to skin prior to peel application. This is especially recommended for sensitive areas like the thin skin around eyes, and nasal folds.
- To aid in skin's repair process, it is always recommended to apply **Rapid Recovery Serums** – Pure Oxygen Serum & EGF Protein Complex -- when completing a peel/enzyme treatment, prior to any other target serums and moisturizer.
- If skin is red, irritated or inflamed, **Calm Balm** should be applied to cool down any hot spots.
- Post-peel, recommend appropriate products to client, such as the **Post Peel Recovery Kit**, to accelerate healing and enhance results.
- Provide client with specific post-peel instructions.

Lactic Acid Peel Prep
 ↓
 Booster Serums
 ↓
 Base Line Peels

Skin Conditions	Aqua Marine Peel	Salicylic Acid 20% or 35%	Noni Peel	Cherry Wine Face Smoothie
Rosacea/Sensitive/Inflammatory				
Acne	Salicylic Acid 20% or 35% BOOSTER—Retinolic Serum	Margarita Peel Pomegranate Wine Peel BOOSTER—Retinolic Serum	Vitamin C 30% Enzyme BOOSTER— Vitamin A & E Serum	Salicylic Acid 20% or 35% Pomegranate Wine Peel BOOSTER—Retinolic Serum
Dry Skin	Vitamin C 30% Enzyme Margarita Peel Blueberry Peel Pomegranate Wine Peel Noni Peel BOOSTER—Vitamin A & E Serum		Vitamin C 30% Enzyme	
Fine Lines & Wrinkles	Vitamin C 30% Enzyme Margarita Peel Blueberry Peel Pomegranate Wine Peel Noni Peel BOOSTER—Retinolic Serum	Vitamin C 30% Enzyme Margarita Peel Blueberry Peel Pomegranate Wine Peel Noni Peel BOOSTER—Retinolic Serum	Vitamin C 30% Enzyme Margarita Peel Blueberry Peel Pomegranate Wine Peel Salicylic Acid 20% or 35% BOOSTER—Retinolic Serum	Vitamin C 30% Enzyme Margarita Peel Blueberry Peel Noni Peel BOOSTER—Retinolic Serum
Pigmentation	Margarita Peel BOOSTER—Pigmentation Lightening Gel OPTION—Followed by Hyperpigmentation Peel as Masque	Vitamin C 30% Enzyme Margarita Peel BOOSTER—Pigmentation Lightening Gel OPTION—Followed by Hyperpigmentation Peel as Masque		
Loss of Elasticity	Vitamin C 30% Enzyme Margarita Peel Blueberry Peel Noni Peel BOOSTER—Vitamin A & E Serum		Vitamin C 30% Enzyme BOOSTER—Vitamin A & E Serum	
Sun Damage	Vitamin C 30% Enzyme Margarita Peel Blueberry Peel Pomegranate Wine Peel Noni Peel BOOSTER—Retinolic Serum	Vitamin C 30% Enzyme Margarita Peel Blueberry Peel Pomegranate Wine Peel Noni Peel BOOSTER—Retinolic Serum		Vitamin C 30% Enzyme Margarita Peel Blueberry Peel Pomegranate Wine Peel BOOSTER—Retinolic Serum
Scarring		Vitamin C 30% Enzyme Aqua Marine Peel Noni Peel BOOSTER—Retinolic Serum		
Dehydration	Vitamin C 30% Enzyme Noni Peel BOOSTER— Vitamin A & E Serum			
Botox Alternative			Vitamin C 30% Enzyme BOOSTER—Retinolic Serum Followed by Masque: Total Fitness Power mixed into the Lifting Peptide Masque	

ADVANCED POWER PEEL TREATMENTS

ADVANCED POWER PEEL TREATMENTS

THE ADVANCED POWER PEEL LAYERING STEPS ARE AS FOLLOWS:

1. Lactic Acid Peel Prep
2. Booster Serum: Retinolic Serum (.1 retinol) or Vitamin A&E Serum (.05 retinol for sensitive/dehydrated skin) boosts the effect of the Power Peel Treatment!
3. Baseline Peel. Massage peel into skin for 2-4 minutes.
4. Choose one peel from the chart for the specified Skin Condition and layer over the Baseline Peel and keep on for another 5-10 minutes. Remove peel with cool water. May follow with cool compresses if skin shows signs of sensitivity.
5. Tone: Spritz skin with appropriate Skin Fitness Therapy toner to balance the PH of skin.
6. Rapid Recovery: Apply 1 pump of Pure Oxygen Serum and 1 pump of EGF Protein Complex Serum into the palm of the hands. Gently pat onto face and neck.
7. Moisturize and Protect: Mix a small amount of Skin Fitness Moisturizer of choice with a generous amount of SunFit in the middle of your hand. Pat your hands together until the texture of the two products are blended together and pat onto face and neck until absorbed, covering entire area.

POST PEEL HOME CARE:

The Post Peel Recovery Kit is recommended for Cellular Repair.

Post Peel Products include:

CLEANSE: Pump a small amount of Deep Pore Cleanser Normal/Combination onto fingertips and activate with water into a foamy lather. Gently work into skin with circular motions, and rinse off with warm or cool water.

Gently pat skin dry with a clean towel.

TOPE: Mist face and neck after cleansing with Anti-Radical Toner.

TARGET SERUM: Apply a small amount of Hyaluronic Serum Sealer w/ Copper Peptides, DMAE & Argireline onto toned skin.

PROTECT: Apply a generous amount of Sun-Fit Mineral Skin Protection to area treated and exposed skin. Re-apply as necessary to protect skin. For added hydration, a small amount of Skin Fitness Therapy moisturizer may be mixed with Sun-Fit Mineral Skin Protection.

CLEANSE: Pump a small amount of Deep Pore Cleanser Normal/Combination onto fingertips and activate with water into a foamy lather. Gently work into skin with circular motions, and rinse off with warm or cool water.

Gently pat skin dry with a clean towel.

TOPE: Mist face and neck after cleansing with Anti-Radical Toner.

RAPID RECOVERY SERUMS: Mix together a couple pumps of Pure Oxygen Serum with EGF Protein Complex serum, and gently pat into area treated.

MOISTURIZE: For dry, tight, or itchy skin, or skin requiring more hydration, a Skin Fitness Therapy moisturizer may be layered on top of rapid recovery serums.

SPECIAL NOTE:

When choosing the Baseline Peel please take a full history of the client. The Salicylic Acid Peels can sensitize the skin due to the frosting effect. Only use on skin that you are familiar with and have worked with for a while. Be sure that the client does not have an allergy to aspirin as this is contraindicated for Salicylic Acid.

PREPEEL:

Advise clients to stop using any Retinoids, AHAs or BHAs one week prior to "Advanced Power Peel Treatments" and for one week after completing the series.

POST PEEL:

Clients are recommended to begin Rapid Recovery Serums after peel treatment, and throughout a series of peels for healing and repair. Rapid Recovery Serums include: Pure Oxygen Serum, EGF Protein Complex Serum and Multi Vitamin Serum with Stem Cells.

SENSITIVITY:

Please note that this is a Customized Chart intended to enhance your peel treatments. If sensitivity or irritation occurs remove peel with cool water and follow with Calm Balm.

CONTRAINDICATIONS:

Client using ACCUTANE
Pregnancy

Retin-A or other prescription medications that effect the skin.

Do not apply any peel to inflamed acne lesions, open cuts, scratches, active cold sores or a client that has had facial surgery within the last 6 weeks.

Do no apply Peels on any area that is peeling, red or irritated. Take caution with clients on medication due to the fact that medication can cause more skin sensitivity. Know your clients skin!

Achieve dramatic results by rotating Advanced Power Peels in a treatment series, a circuit training routine for the skin!



Focus Ingredients In Peels & Enzymes

Skin Fitness Therapy's peels and enzymes contain an abundance of antioxidants and active ingredients to nourish skin while delivering exfoliation from a mild to mid-deep level peel. Our professional peels and enzymes are blended with high levels of pure actives to achieve immediate results in the skin. This chart is useful to understand the benefits of each peel or enzyme so you may choose the most appropriate solution for your client.

NATURAL ACID PEELS	Glycolic Acid	Lactic Acid	Salicylic Acid	Tartaric Acid	Malic Acid	Mandelic Acid	Citric Acid
Aqua Marine Peel / Caviar (38%)	X	X				X	X
Blueberry Wine Peel (22%)		X	X	X	X	X	
Lactic Acid 10% Peel Prep		X					
Margarita Peel w/ Blue Agave (25%)		X					
Noni Peel 35% w/ Copper Peptides & DMAE	X	X		X	X		X
Pomegranate Acai Wine + Date Seeds (25%)	X	X	X	X	X	X	X
Ultra Pumpkin Peel (30%)	X	X					
Salicylic Acid 20% & 35%			X				
ENZYME EXFOLIANTS	Glycolic Acid	Lactic Acid	Kojic Acid	Ascorbic Acid	Papain Enzymes	Bromelian Enzymes	Pumpkin Enzymes
Cranberry Enzyme	X	X			X		
Hyper-Pigmentation Enzyme			X	X	X	X	
Pumpkin Enzyme	X			X			X
Vitamin C 30% Enzyme				X	X	X	

Aqua Marine Peel w/ Caviar



SKIN TYPES: All skin types

PH: 2.13

BENEFITS

The Aqua Marine Peel with Caviar is a high-level intensity peel which contains a unique combination of cell-renewing, antioxidant, anti-inflammatory and firming properties. Transform the skin with our cocktail of cell renewals: fruit acids, phyto retinols and Exfolactive®, saturated in a concentrated base of blue-green algae with superb antioxidant properties. Phycocyanin (Spirulina) gives the Aqua Marine Peel with Caviar its rich color. This power-peel indulges skin in caviar to effectively nourish the skin, while promoting skin rejuvenation.

FOCUS INGREDIENTS

- **Glycolic acid 21%:** alpha hydroxy acid (AHA), used as an exfoliator to smooth skin texture and reduce signs of wrinkles
- **Lactic acid (L) 17%:** alpha hydroxy acid (AHA) that hydrates and exfoliates, reducing wrinkles and pigmentation discoloration
- **Exfolactive®:** Opuntia Ficus-Indica - natural peeling booster, increases activity of skin enzymes involved in the natural process of peeling, reducing wrinkles
- **Vita-like®:** (Phyto-Retinol) a natural botanical that stimulates growth factors to increase cell turnover and collagen synthesis
- **Firmogen®:** wheat, barley and arnica for firming and toning
- **Spirulina Platensis (Phycocyanin-C):** a natural, blue pigment derived from spirulina, a blue-green algae, with antioxidant and anti-inflammatory properties
- **Acipenseridae (caviar) extract:** promotes skin rejuvenation with a chemical composition similar to that of young epidermal cells, protein and nutrient-rich, with abundant proportions of essential fatty acids, amino acids, minerals, vitamin B, zinc and iron
- **Seanamin®SU (sorbitol, algae extract, carrageenan, bladderwrack, algin):** complex of marine brown and red algae, hydro-regulating agent, softening, moisturizing, strengthens cutaneous protection and defense, improves tone and elasticity
- **Fructooligosaccharides (D-beta):** naturally-occurring carbohydrates derived from cane or beet sugar, promotes growth of healthy probiotic bacteria to strengthen skin immunity

APPLICATION

Apply a thin layer of the Aqua Marine Peel w/ Caviar to prepped skin (Lactic Acid Peel Prep 10%) and leave on for up to 10 minutes. You may work the peel in with your fingers following the 7-step Micro-Massage Technique. Remove with a cool cotton pad or towel.

ADVANCED POWER PEEL TREATMENT

Refer to the Advanced Power Peel Chart & Guide for directions on creating a more advanced treatment, customized based on skin type and concern.

INGREDIENTS

Glycerin, lactic acid (L), glycolic acid, hamamelis virginiana (witch hazel) water, aqua (water), hydrolyzed soy flour, polyglyceryl-4 caprate, alcohol, sodium hydroxide, hydroxypropyl methylcellulose, hydrolyzed wheat protein, caviar extract, sorbitol, melia azadirachta (neem) leaf extract, hordeum distichon (barley) extract, melia azadirachta (neem) flower extract, amino esters-1, vigna aconitifolia seed extract, arnica montana flower extract, mandelic acid (L), coccinia indica fruit extract, algae (laminaria) extract, solanum melongena (eggplant) fruit extract, hydrolyzed opuntia ficus indica flower extract, aloe barbadensis flower extract, sodium citrate, sodium hyaluronate (L), lawsonia inermis (henna) extract, curcuma longa (turmeric) root extract, ocimum basilicum (basil) leaf extract, pearl powder, ocimum sanctum leaf extract, fucus (bladderwrack) vesiculosus, algin, chondrus crispus (carrageenan), fructooligosaccharides (D-beta), glucosamine HCl (D), lonicera caprifolium (honeysuckle) flower extract, citric acid, spirulina platensis (C phycocyanin) extract, lonicera japonica (honeysuckle) flower extract, potassium sorbate

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children. Test for sensitivity — discontinue if irritating to the skin. This product contains an alpha hydroxy acid (AHA) that may increase your skin's sensitivity to the sun, and particularly, the possibility of sunburn. Use a sunscreen and limit sun exposure while using this product, and for approximately one week after discontinuing use.



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Blueberry Wine Peel

RED WINE COLLECTION

SKIN TYPES: All skin types, especially mature and aging

PH: 2.12



BENEFITS

Blueberries contain potent OPC's (Oligomeric Proanthocyanadins), phytoestrogen and collagen boosting properties which make this berry a wonderful treatment for anti-aging. The Blueberry Wine Peel effectively stimulates collagen and restores firmness to the skin with a 100% natural blueberry puree blended with our 22% natural acid blend of chiral AHA's (alpha hydroxy acids) of L-lactic acid, L-tartaric acid, L-malic acid, BHA (beta hydroxy acid) salicylic acid and fruit enzymes. Additionally, this blueberry exfoliant blend is saturated with our special blend of potent red polyphenols - pomegranate extract, lycopene extracted from tomatoes, wild cherry bark extract, red wine, and red grape seed extract.

FOCUS INGREDIENTS

- **Blueberry puree:** collagen boosting, hydrating, anti-oxidant
- **L-lactic acid:** encourages protein softening and cell-turnover, anti-microbial, evens out discoloration, gently clarifying
- **L-tartaric acid:** powerful antioxidant from wine, enhances effects of malic acid
- **L-malic acid:** promotes better circulation and healthier capillaries in the skin
- **Salicylic acid:** BHA (beta hydroxy acid), softens the keratinized barrier cells, anti-bacterial, helps eliminate clogged pores
- **Pineapple enzymes:** exfoliant, digests dead skin cells, skin-softening
- **Pomegranate extract:** contains polyphenols - antioxidants that inhibit pre-mature aging, wrinkles and protects skin's collagen and elastin
- **Mandelic acid:** humectant, skin conditioner, antioxidant
- **Red wine extracts:** powerful antioxidants, these oligo-procyanadolic oligomers (OPC's) are found to be 50 times more powerful than Vitamin E, and 25 times more powerful than Vitamin C. Promotes collagen and strengthens elasticity.
- **Wild cherry bark extract:** soothing and anti-inflammatory
- **Red grape seed extract:** potent antioxidant from polyphenols
- **Lycopene extract:** powerful antioxidant, anti-carcinogenic properties, enhances communication between cells

APPLICATION

Prep skin with 10% Lactic Acid Peel Prep, leave on. Apply an even, thin layer of Blueberry Wine Peel to the face and neck. Leave on for 3-10 minutes. Remove with cool water, using towels or cotton pads. Slight tingle may occur. If redness or irritation occurs, apply Calm Balm Masque for 10-15 minutes.

ADVANCED POWER PEEL

After applying the 10% Lactic Acid Peel Prep, apply a small amount of Cherry Wine Face Smoothie to the area to be treated, leave on. Apply the Blueberry Wine Peel directly on top and gently massage into skin. Refer to Advanced Power Peel Chart.

INGREDIENTS

Blueberry puree, salicylic acid, fruit enzymes, L-lactic acid, L-tartaric acid, L-malic acid, pomegranate extract, L-mandelic acid, red wine extracts, wild cherry bark extract, grape seed extract, lycopene extract and black cherry

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children. Test for sensitivity — discontinue if irritating to the skin. This product contains an alpha hydroxy (AHA) that may increase your skin's sensitivity to the sun, and particularly, the possibility of sunburn. Use a sunscreen and limit sun exposure while using this product, and for approximately one week after discontinuing use.



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Cranberry Enzyme

SKIN TYPES: All skin types, especially recommended for acne, dull, and congested skin

PH: 3.0



BENEFITS

The Cranberry Enzyme is an excellent detoxifying, natural exfoliant treatment, and is recommended as an introduction to peel treatments to prep the skin for more advanced exfoliation. This detoxifying and skin renewing treatment contains a potent base of natural papain enzymes and AHAs (Alpha Hydroxy Acids) to eliminate the dead cells that dull the complexion and highlight the skin's imperfections (blemishes, large pores, blackheads, wrinkles and fine lines). It contains cranberry, which is highly beneficial for its antioxidant and gentle anti-bacterial properties for problematic skin (hence why the juice is recommended for urinary tract infections as well). Additionally, glycolic and lactic acid gently loosen dead skin cell build-up, clarifying the skin. This unique combination makes this versatile enzyme suitable for anti-aging, as well as oily/problem skin treatments.

FOCUS INGREDIENTS

- **D-cranberry complex:** antioxidant, anti-bacterial, de-toxifying
- **Papain enzymes:** natural fruit enzymes from papaya digests dead cells, has a natural softening effect on the skin
- **Glycolic acid:** AHA that penetrates the skin readily, exfoliates to reduce appearance of wrinkles, acne scarring, hyper-pigmentation, improves appearance and texture of the skin
- **L-lactic acid:** AHA that encourages protein softening and cell turnover, anti-microbial, evens out discoloration, gently clarifying

APPLICATION

After prepping skin with 10% Lactic Acid Peel Prep, apply a small amount of Cranberry Enzyme Peel (¼ - ½ tsp) to skin with a fan brush or fingers, using steam for approximately 5-12 minutes, depending on skin type. Remove with moist cotton pads or towel.

INGREDIENTS

Distilled water (aqua), D-cranberry complex, papain enzymes, D-glucuronic acid, glycolic acid polymer, L-lactic acid, rye polyglucose, jasmine alcohol

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children. Test for sensitivity — discontinue if irritating to the skin. This product contains an alpha hydroxy (AHA) that may increase your skin's sensitivity to the sun, and particularly, the possibility of sunburn. Use a sunscreen and limit sun exposure while using this product, and for approximately one week after discontinuing use.

Hyper-Pigmentation Enzyme

SKIN TYPES: Normal, dry, hyper-pigmented, post-inflammatory skin, mature

PH: 2.3



BENEFITS

The Hyper-Pigmentation Lightening Enzyme contains a potent combination of natural skin brighteners and lighteners that are effective tyrosinase inhibitors. Gamma amino butyric acid (GABA) provides nutrients to the skin as an aid for calming; therefore, reducing the production of oxygen free-radicals. Fruit enzymes help provide gentle exfoliation as they digest dead skin cells, so the brightening ingredients can penetrate more effectively. Excellent for problematic skin, as it is gently anti-bacterial and clarifying, improving post-inflammatory skin.

FOCUS INGREDIENTS FOR HYPER-PIGMENTATION POWDER

- **Whey powder:** emollient, firming
- **Kojic acid:** skin lightening, tyrosinase inhibitor
- **L-ascorbic acid:** stimulates collagen synthesis, antioxidant
- **Gallic acid:** skin lightener, antioxidant, tyrosinase inhibitor
- **Gamma amino butyric acid (GABA):** nutrients, calming
- **Fruit enzymes:** removes dead skin cells, rejuvenates, moisturizes, softens
- **Licorice root:** skin lightener, anti-inflammatory, antioxidant

FOCUS INGREDIENTS FOR HYPER-PIGMENTATION LIQUID ACTIVATOR

- **Witch hazel:** astringent increases circulation, antiseptic
- **Glycerin:** water-binding capabilities that allow it to draw and absorb water
- **L-ascorbic acid:** stimulates collagen synthesis, antioxidants

APPLICATION

Mix approximately 1 tsp. of powder, slowly add liquid activator to form a thin paste. Apply an even layer to the face/neck and décolleté (may be used on other areas of the body for hyper-pigmentation) with a fan brush, making sure to avoid the eye area. Leave on for 5-20 minutes and remove with a cool water/towel.

TREATMENT BOOSTER

Apply a small amount of Pigment Lightener Gel to the areas to be treated (prior to applying Hyper-Pigmentation Enzyme) to enhance the effects of the treatment.

HYPER-PIGMENTATION ENZYME POWDER INGREDIENTS

Whey powder, kojic, L-ascorbic acid, gallic acid, L-arbutin, gamma amino butyric acid, fruit enzymes, licorice root

HYPER-PIGMENTATION LIQUID ACTIVATOR INGREDIENTS

Distilled water (aqua), witch hazel, glycerin, L-ascorbic acid, xanthan gum, essential oils

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.



Lactic Acid 10% Peel Prep



SKIN TYPES: All skin types

PH: 1.78

BENEFITS

The Lactic Acid 10% Peel Prep is appropriate for all skin types, especially dry and dehydrated skin. Because exfoliation slows down with age, this treatment is especially helpful for aging skin. This peel prep will gently prepare the skin for advanced exfoliation, bringing down the PH of the skin in a safe and effective way. Lactic acid helps increase desquamation and evenly thin the stratum corneum. This pure and simple peel prep is an essential part of our advanced power peel treatments, allowing for better absorption of our entire line of peels and enzymes.

FOCUS INGREDIENTS

- **L-lactic acid 10%:** increases exfoliation, brightening, hydrating
- **Witch hazel:** antioxidant, anti-bacterial, astringent, anti-inflammatory
- **Glycerin:** emollient, humectant, lubricant

APPLICATION

Dispense a small amount to cotton round, and swipe the entire face and neck evenly, avoiding the eye area. Leave on skin and apply peel or enzyme directly on top.

PROFESSIONAL TIP

After applying the Lactic Acid 10% Peel Prep, protect thin areas of the face such as the delicate eye tissue, recent acne scars, and thin skin around the nostrils, by applying a small drop of Pure Oxygen Serum to sensitive areas prior to peel application.

INGREDIENTS

Hamamelis virginiana (witch hazel), aqua (water), L-lactic acid 10%, glycerin

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children.

Margarita Peel w/ Blue Agave

SKIN TYPES: Normal, dry, oily, mature, loss of elasticity

PH: 2.13



BENEFITS

This peel contains L-lactic acid to promote cell-turnover, helping to brighten discoloration, while also toning the skin. Bromelain exfoliates, softens and moisturizes the skin, along with numerous antioxidants, such as allantoin, bilberry extract, wild yam extract and D-alpha-tocopherol. Blue agave extract is rich in beneficial chemicals, like ticogenin (with anti-tumor properties), kaempferol and several saponins. Its moisturizing value resides in its polysaccharides. Formation of the inflorescence of the blue agave requires a disproportionate amount of energy and nutrients. For years, leaves acquire this energy through photosynthesis, and accumulate it in the cell vacuole in the form of storage polysaccharides, mostly as glucofructosans (in β (2 — 1 glycosidic bonds), but also as complex sugars containing L-rhamnose, D-xylose, L-arabinose, D-galactose, D-galacturonic acid and L-fucose. The Margarita Peel harnesses the power of nature to provide essential nutrients to detoxify, hydrate, and balance the skin.

FOCUS INGREDIENTS

- **L-lactic acid (25%):** cell renewal, especially beneficial for dry/dehydrated skin types in need of exfoliation
- **Algae extract:** antioxidant, moisturizer, rich in minerals
- **Blue agave extract:** soothing, softening and moisturizing
- **Antarctic seaweed extract:** rich in minerals, antioxidants, moisturizes, softens skin and anti-inflammatory
- **Bromelain (pineapple enzyme):** exfoliating, moisturizing, and anti-inflammatory
- **Chlorophyll:** purifying, detoxifying, balancing

APPLICATION

Apply a thin layer of Margarita Peel to prepped skin (10% Lactic Acid Peel Prep) and leave on for up to 10 minutes. You may work in with fingers using the 7 step Micro Massage Technique. Remove with cool water using towels or cotton pads. If irritation or sensitivity occurs, apply Calm Balm to the skin.

INGREDIENTS

Aqua (water), L-lactic acid, hamamelis virginiana (witch hazel) extract, glycerin, caprylic/capric triglyceride, stearic acid, cetyl alcohol, titanium dioxide, agave tequilana leaf extract, citrus aurantifolia (lime) fruit, macrocystis pyrifera (antarctic seaweed) extract, vaccinium myrtillus fruit/leaf extract, bromelain, fucus vesiculosus extract, glycol distearate, dimethicone, allantoin, xanthan gum, citrus aurantifolia (lime) oil, dioscorea villosa (wild yam) root extract, camellia sinensis leaf extract, chlorophyll, citrus paradisa (pink grapefruit) oil, d-alpha-tocopherol, benzyl alcohol, sodium metabisulfite

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children. Test for sensitivity — discontinue if irritating to the skin. This product contains an alpha hydroxy acid (AHA) and a beta hydroxy acid (BHA) that may increase your skin's sensitivity to the sun, and particularly, the possibility of sunburn. Use a sunscreen and limit sun exposure while using this product, and for approximately one week after discontinuing use.

Noni Peel 35% w/ Copper Peptides & DMAE

SKIN TYPES: Normal, dry, oily, mature skin, loss of elasticity

PH: 2.5



BENEFITS

Noni has been said to be the fountain of youth for aging. It is receiving more attention from modern herbalists, medical physicians, and hi-tech biochemists, with more scientific studies supporting the claims of Hawaiians and Polynesians of the Noni fruit's remarkable healing power. Noni has been in Hawaiian tradition for centuries. It is packed with essential nutrients, including linoleic acid, alkaloids, amino acids, vitamins and enzymes. These are essential for repairing cells and replenishing nutrients at the cellular level. Skin Fitness Therapy uses fermented Noni, which improves firmness, helps to lessen wrinkles, and imparts a healthy tone and texture to the skin, while replacing lost minerals and essential elements for taut, supple skin.

FOCUS INGREDIENTS

- **Fermented noni:** improves firmness and promotes cell regeneration and healing
- **Copper peptides:** stimulates wound healing and collagen and elastin, enhances the action of antioxidant activity
- **DMAE (Dimethylaminoethanol):** provides a semi-permanent firmness that can last up to 10 days
- **Green papaya:** digestive fruit enzymes
- **L-lactic acid:** encourages protein softening and cell turn-over, anti-microbial, evens out discoloration, gently clarifying
- **L-tartaric acid:** exfoliant and powerful antioxidant from wine, enhances the effects of Malic Acid
- **L-malic acid:** exfoliant, promotes better circulation and healthier capillaries in the skin
- **Glycolic acid:** reacts with upper layers of the epidermis, weakening the binding proteins of lipids that hold the dead skin cells
- **Organic willow bark extract:** anti-inflammatory, soothing, natural salicylic acid, stimulates new cell formation

APPLICATION

Apply an even, thin layer of the Noni Peel to prepped skin (Lactic Acid 10% Peel Prep), applying to sensitive areas last. If client does not exhibit high sensitivity, then apply to the neck. Leave on for 1-10 minutes. Remove with cool water using towels or cotton pads. A slight tingling may occur. If redness or irritation occurs, apply Calm Balm for 10-15 minutes.

ADVANCED POWER PEEL TREATMENT

Refer to the **Advanced Power Peel Chart & Guide** for directions on creating a more advanced treatment, customized based on skin type and concern.

INGREDIENTS

Noni pulp, glycolic acid, seaweed derivative, bilberry extract, sugar cane extract, sugar maple extract, orange fruit extract, lemon extract, cranberry extract, water, jasmine extract, trisodium EDTA, citric acid, malic acid, tartaric acid, lactic acid, DMAE, organic black willow bark extract, vitamin E, green papaya extract, copper ferment, chardonnay grape extract, fragrance, rosmarinus officinalis, neem oil

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children. Test for sensitivity – discontinue if irritating to the skin. This product contains an alpha hydroxy acid (AHA) and a beta hydroxy acid (BHA) that may increase your skin's sensitivity to the sun, and particularly, the possibility of sunburn. Use a sunscreen and limit sun exposure while using this product, and for approximately one week after discontinuing use.



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Pomegranate Acai Wine + Date Seed Peel

SKIN TYPES: All skin types, sensitive, rosacea, acne

PH: 2.12



BENEFITS

Red is a powerful color for skin care when it originates from potent red polyphenols (flavonoids), abundantly rich in antioxidants. The Pomegranate Acai Wine Peel + Date Seeds is a 100% natural and chirally correct cherry puree, with a 25% natural acid blend of AHAs (Alpha Hydroxy Acids) of L-lactic acid, L-tartaric acid, L-malic acid, BHA (Beta Hydroxy Acid) salicylic acid and fruit enzymes. This almost edible cherry exfoliant blend is then saturated with our special blend of potent red polyphenols - pomegranate extract, lycopene extracted from tomatoes, wild cherry bark extract, red wine and red grape seed extract. This peel is beneficial for all skin types, and due to its high antioxidant content, is a great anti-aging peel. Additionally, potent anti-inflammatory ingredients make this a great peel for sensitive, acne and rosacea (mild) skin types.

FOCUS INGREDIENTS

- **Cherry puree:** soothing, anti-inflammatory, antioxidant
- **L-lactic acid:** encourages protein softening and cell-turnover, anti-microbial, evens out discoloration, gently clarifying
- **L-tartaric acid:** powerful antioxidant from wine, enhances effects of malic acid
- **L-malic acid:** promotes better circulation and healthier capillaries in the skin
- **Salicylic acid:** softens the keratinized barrier cells, anti-bacterial, helps eliminate clogged pores, BHA responsible for oxygenating and detoxifying
- **Glycolic acid:** reacts with the upper layers of the epidermis by weakening the binding proteins of the lipids that hold the dead skin cells
- **Date seeds:** antioxidant, strengthens skin's elasticity, anti-aging
- **Acai fruit:** antioxidant, protects skin from free radical damage, helps protect connective tissues
- **Pineapple enzymes:** exfoliant, skin softening
- **Pomegranate fruit:** astringent, rich in polyphenols which are antioxidants that inhibit pre-mature aging and wrinkles
- **Mandelic acid:** humectant, skin conditioner, antioxidant
- **Wine extract:** powerful antioxidants, promotes collagen and enhances elasticity
- **Wild cherry bark extract:** soothing and anti-inflammatory
- **Vitis vinifera (grape) seed extract:** potent antioxidant, rich in polyphenols
- **Lycopene extract:** powerful anti-oxidant, anti-carcinogenic properties, enhances communications between cells

APPLICATION

Apply an even layer of the peel, about ¼ tsp., to the face and neck. Leave on for 3-10 minutes. Peel may be massaged into the skin. Remove using cool towels or cotton pads. Slight tingle may occur. If redness or irritation occurs, apply Calm Balm for 10-15 minutes.

ADVANCED POWER PEEL

After applying the 10% Lactic Acid Peel Prep, apply a small amount of Cherry Wine Face Smoothie to the area to be treated, leave on. Apply the Pomegranate Acai Wine + Date Seed Peel directly on top and gently massage into skin. Refer to Advanced Power Peel Chart.

INGREDIENTS

Prunus avium (sweet cherry) seed oil, punica granatum (pomegranate) fruit, lactic acid (l), glycerin, xanthan gum, aqua (water), phoenix dactylifera (date) seed, cyclopentasiloxane, salicylic acid, glycolic acid, mandelic acid (l), malic acid (l), wine extract, punica granatum (pomegranate) extract, hydroxypropyl methylcellulose, euterpe oleracea (acai) fruit extract, prunus serotina (wild cherry) bark extract, vitis vinifera (grape) seed extract, lycopene, sodium metabisulfite, hamamelis virginiana (witch hazel) water, alcohol, tartaric acid (l), caprylyl glycol, citric acid, gluconolactone, phenoxyethanol, sodium benzoate, potassium sorbate, fragrance/parfum

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children. Test for sensitivity – discontinue if irritating to the skin. This product contains an alpha hydroxy acid (AHA) and a beta hydroxy acid (BHA) that may increase your skin's sensitivity to the sun, and particularly, the possibility of sunburn. Use a sunscreen and limit sun exposure while using this product, and for approximately one week after discontinuing use.



Pumpkin Enzyme

SKIN TYPES: Aging, acne, enlarged pores, congested skin

PH: 3.0



BENEFITS

The Pumpkin Enzyme provides a unique acid and enzyme complex with dual exfoliation action, to dramatically reduce the signs of aging and acne. This potent peel, derived from pumpkin, the highest known source of beta-carotene, is a super exfoliation accelerator and powerful antioxidant. It contains Vitamins A, C and E, and beta carotene, to naturally re-texturize the skin, resulting in:

- A smoother, healthier appearance with firmer texture
- Diminished fine lines and wrinkles
- Visibly smaller pores and reduced acne

The Pumpkin Enzyme Powder, which is freeze dried, contains potent enzyme benefits, activated with the Pumpkin Enzyme Liquid Activator, combining glycolic acid polymer, pumpkin wine and pumpkin oil. Cellular repair is enhanced with L-ascorbic acid to complete the ultimate re-texturizing, skin-brightening and strengthening treatment.

FOCUS INGREDIENTS

- **Pumpkin enzymes:** gently exfoliates and clarifies the skin
- **L-ascorbic acid:** antioxidant, stimulates collagen synthesis
- **Shea butter:** protective, nourishing, healing, moisturizing, high content of Vitamin E
- **Pumpkin seed oil:** antioxidant, rich in vitamin E, zinc, omega 3 & 6 fatty acids
- **Glycolic acid (5%):** exfoliant, aids in product penetration

APPLICATION

Prep skin by first applying a small amount of Lactic Acid 10% Peel Prep to skin. Mix the Pumpkin Peel Enzyme Powder with the Liquid Activator (approx. ½ -1 tsp. Powder with 1-1 ½ tsp. of activator to a consistency just thinner than a paste mixture). Apply an even layer to skin and leave on according to skin type and tolerance, 2 - 12 minutes. Remove with cool water using towels or cotton pads. If redness or irritation occurs, apply Calm Balm for 10-15 minutes.

INGREDIENTS

Pumpkin Enzyme Powder: Pumpkin enzymes and L-ascorbic acid

Pumpkin Enzyme Liquid Activator: Shea butter, pumpkin seed oil, 5% glycolic acid, pumpkin wine and spice blend, essential oils

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Salicylic Peel 20% & 35%

SKIN TYPES: Acne, enlarged pores, acne scars, pigmentation, fine lines and wrinkles

PH: 2.5



BENEFITS

The Salicylic Peel is available in two professional strengths—20% and 35%. Consider becoming familiar with the 20% Salicylic Peel first before advancing to the higher level, 35%. These uniquely formulated peels give the skin care professional a high-level, intensive treatment that rapidly exfoliates dead skin cell-buildup, while protecting the skin with powerful antioxidants.

EXPECTED RESULTS

- Evens out overall skin tone
- Smoothes skin texture
- Reduces acne and acne scars
- Refines pores
- Reduces the appearance of fine lines/wrinkles
- Lightens pigmentation and sun damage

Salicylic acid is a BHA (beta hydroxy acid), and is oil-soluble and anti-bacterial, making it a great exfoliant to treat acne, oily and congested skin types. It is also a beneficial peel to treat pigmentation, sun damage, fine lines and wrinkles. Salicylic is one of the most effective keratolytic agents, having a faster cell turnover than any of the other acids – glycolic, malic, lactic, etc.

To balance and preserve skin health, Skin Fitness Therapy pairs our Salicylic Peels with potent anti-inflammatory ingredients to soothe and calm the skin. Salicylic acid tends to dry the skin out, so the humectants in our formulation help to keep skin balanced and protected. Pairing the Salicylic Peels with our Lactic Acid 10% Peel Prep will help skin to stay hydrated and enhance the results of these treatments.

FOCUS INGREDIENTS

- **Salicylic acid:** BHA, effective exfoliant with a faster cell turnover than AHA's, anti-bacterial
- **Wild cherry extract:** anti-inflammatory and soothing
- **Glycerin:** humectant

APPLICATION

Prep skin with a small amount of Lactic Acid 10% Peel Prep, leave on. Quickly and evenly apply a very thin layer of peel to the entire area to be treated. Leave on between 30 seconds to 10 minutes (no steam). Begin treatments with the Salicylic Peels progressively, slowly advancing the amount of time peel is left on skin, as skin builds up a tolerance. For initial treatment, between 30 seconds – 2 minutes is recommended. Let client know that they will feel a warm/tingling sensation; a fan may be used to cool the skin down. Be ready to remove the peel immediately if client is uncomfortable or skin shows signs of irritation. Remove with cool water using towels or cotton pads. Apply Calm Balm to the skin for 5-15 minutes to calm skin and reduce any redness.

POST PEEL

Apply Rapid Recovery Serums (Pure Oxygen Serum & EGF Protein Complex). Recommend for client to use Rapid Recovery System at home for at least 1 week post treatment, with daily SPF protection with Sun-Fit Mineral Skin Protection. Advise client not to pick or peel off skin during recovery.

INGREDIENTS SALICYLIC 20%

Distilled water (aqua), salicylic acid 20%, triglyceride, glycerin, dimethicone, mallow extract, cetyl alcohol, glycerol stearate, vitamin e, panthenol, plant cellulose, ethyl alcohol, coconut, calex and citrus oils, wild cherry extracts

INGREDIENTS SALICYLIC 35%

Distilled water (aqua), salicylic acid 35%, witch hazel, glycerin, caprylic/capric, triglyceride, cetyl alcohol, cascarilla bark acid, titanium dioxide, dimethicone, glycol distearate, d-alphatocopherol, wild cherry bark extract, cherry extract, allantoin, jasmine alcohol, coconut and calex

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children. A patch test 24 hours prior to treatment is recommended. Test for sensitivity – discontinue if irritating to the skin. This product contains a beta hydroxy acid (BHA) that may increase your skin's sensitivity to the sun, and particularly, the possibility of sunburn. Use a sunscreen and limit sun exposure while using this product and for approximately one week after.



Ultra Pumpkin Peel

SKIN TYPES: Normal, dry, oily, mature, loss of elasticity

PH: 2.5



BENEFITS

The Ultra Pumpkin Peel combines the power of lactic and glycolic acid in a high concentration for quicker, more dramatic results. The acid combination is saturated in a pumpkin pulp with infusions of ginger to stimulate circulation; increasing skin radiance. Pumpkin contains high concentrations of beta-carotene and Vitamins C and A, that help fight free radicals and sun damage, lighten hyper-pigmentation, while lessening the appearance of wrinkles and fine lines. The Vitamin A and C also promote the production of elastin and collagen for enhanced cell renewal, improving skin's overall health, color, tone, and texture. Pumpkin also contains other important nutrients, like zinc and potassium that help nourish and balance skin.

FOCUS INGREDIENTS

- **L-lactic acid 15%:** encourages protein softening and cell turnover, anti-microbial, evens out discoloration, gently clarifying
- **Glycolic acid 15%:** reacts with the upper layers of the epidermis, dissolving the inter-cellular glue that connects the dead skin cells together
- **Bilberry fruit extract:** antioxidant, anti-inflammatory, healing
- **Ginger:** increases skin radiance, creates stimulation, increases blood flow and decreases inflammation
- **Pumpkin:** beta carotene, Vitamin A and C, antioxidant, cell renewal

APPLICATION

Prep skin with Lactic Acid 10% Peel Prep. Apply an even, thin layer of Ultra Pumpkin Peel to the face (apply to sensitive areas last). Leave on for 1-10 minutes. Remove with cool water, lightly but thoroughly, making sure not to rub the skin. If redness or irritation occurs, apply Calm Balm for 10-15 minutes.

INGREDIENTS

Cucurbita pepo (pumpkin), vaccinium myrtillus (bilberry) fruit extract, saccharum officinarum (sugar cane) extract, acer saccharinum (sugar maple) extract, citrus aurantium dulcis (orange) fruit extract, citrus medica limonum (lemon) extract, aqua (water), glycolic acid, lactic acid, vegetable glycerin, tetrasodium EDTA, tocopherol (vitamin E), phenoxyethanol, limanthes alba (meadowfoam) oil, xanthan gum (polysaccharide gum), ascorbyl palmitate (vitamin C), cinnamomum cassia (cinnamon) bark, zingiber officinale (ginger) root powder, myristica fragrans (nutmeg) powder, pimento officinalis (allspice) powder, rosmarinus officinalis (rosemary oleoresin), azadirachta indica (neem) oil

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children. Test for sensitivity — discontinue if irritating to the skin. This product contains an alpha hydroxy acid (AHA) and a beta hydroxy acid (BHA) that may increase your skin's sensitivity to the sun, and particularly, the possibility of sunburn. Use a sunscreen and limit sun exposure while using this product, and for approximately one week after discontinuing use.

Vitamin C 30% Enzyme



SKIN TYPES: Dry, sensitive, sun damage, loss of elasticity, couperose, dehydrated, rosacea, pigmentation, smoker's skin, fine lines and wrinkles

PH: 2.75

BENEFITS

The Vitamin C Enzyme is a blend of 30% L-ascorbic acid (Vitamin C) and active fruit enzyme powders to create a stimulating, anti-oxidant exfoliation. The fruit enzyme component digests dead protein, exfoliates and softens skin. Vitamin C then reinforces the skin's ability to produce collagen and strengthen itself. It is a unique Vitamin C and enzyme combination that feeds the skin with essential collagen boosters; at the same time, polishing the skin for a noticeably smoother appearance.

This professional strength enzyme may be used as is or blended/layered with Skin Fitness Therapy peels to create a variety of strengths to address all skin types. The shea butter mixture naturally contains a potent Vitamin E that helps soothe and protect vulnerable areas of the skin, which complements Vitamin C's efficacy. It also contains a blend of citric essential oils that are not only aromatic, but also therapeutic in their own antioxidant content.

FOCUS INGREDIENTS

- **L-ascorbic acid:** antioxidant, collagen-boosting, brightening and lightening of skin tone
- **Fruit enzymes (papaya & pineapple):** digest dead skin cell build-up
- **Shea butter:** rich in Vitamin E, protective, nourishing, moisturizing

APPLICATION

Prep skin with a small amount of Lactic Acid 10% Peel Prep. Mix Vitamin C 30% Powder with the Liquid Activator (approx. ½-1 tsp. of powder to 1-2 tsp. of activator to a consistency just thinner than a paste mixture- baby food consistency). Apply enzyme and massage into skin for 5-15 minutes with steam. To remove the Vitamin C Enzyme, massage skin with moistened fingertips for easier removal, then remove with warm towel or cotton pads. Use a second warm towel to remove enzyme a second time ensure complete removal.

PROFESSIONAL TIP

For an advanced power peel treatment, the Vitamin C Enzyme may be layered/mixed with one of our natural acid peels. See **Advanced Power Peel Chart & Guide** for directions.

INGREDIENTS

Vitamin C Enzyme Powder: L-ascorbic acid and fruit enzymes

Vitamin C Liquid Activator: shea butter and essential oil

CAUTION

For external use only. Avoid contact with eyes. Keep out of reach of children. This professional exfoliant is safe for pregnant/lactating women.