

TELL MORE

AND MORE

SKIN RESET

tmi.

GREEN TEA & ENZYME  
EDITION

**WHETHER YOU ARE A SKINCARE GURU OR A NEWBIE, NOW YOU CAN EASILY GET YOUR HANDS ON HEALTHY, RADIANT SKIN WITH THIS TMI (TELL MORE INFO) BOX. TMI PROVIDES EVERYTHING ESSENTIAL FOR YOUR DAY AND NIGHT SKINCARE JOURNEY. SO DON'T WORRY, JUST SIT BACK AND RELAX BECAUSE WE'VE GOT YOU COVERED WITH ALL THE JUICY SKINCARE TIPS AND TRICKS. HAVE A FUN, EASY BREEZY EXPERIENCE TAKING CARE OF YOUR SKIN WITH US!**

**There are times where your skin might be feeling off, or even having a complete meltdown. Usually, we seek to fix the problem by adding on different products or subtracting products one by one to point out what the root cause of the problem is. (If it's not hormone or other lifestyle factor related) However, one tends to overlook the importance of cleansing, just because it's often considered as a chore / tedious part of one's skincare routine, rather than a fun / pampering experience. Contrary to popular opinions, we believe that cleansing can be a relaxing and enjoyable daily ritual using Green Tea & Enzyme Wash duo, which not only can help to reset our distressed skin but our day as well.**

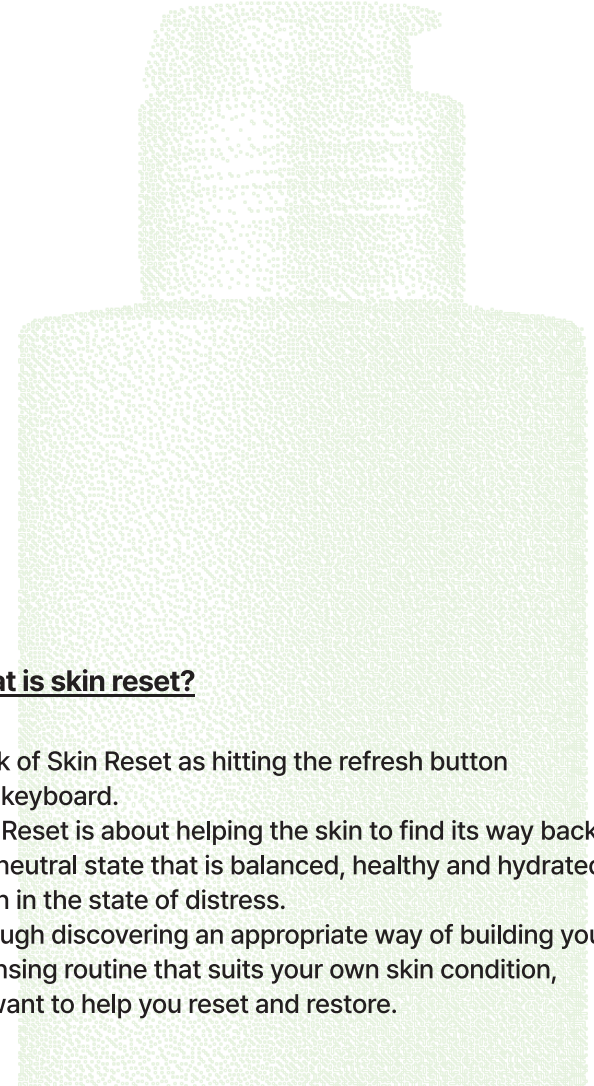
**Let's start a skin resetting cleansing routine with us.**

### **What is skin reset?**

Think of Skin Reset as hitting the refresh button on a keyboard.

Skin Reset is about helping the skin to find its way back to a neutral state that is balanced, healthy and hydrated when in the state of distress.

Through discovering an appropriate way of building your cleansing routine that suits your own skin condition, we want to help you reset and restore.



“What kind of cleanser are we supposed to use? How long should we be washing our faces for? Should I exfoliate every day or not?”

### The Infinity Loop

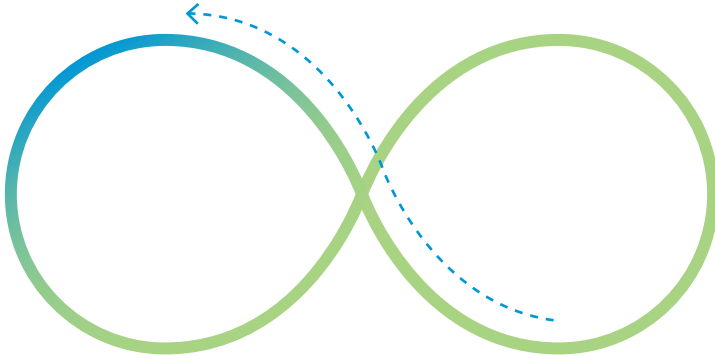
The infinity loop symbol of our Green Tea & Enzyme duo represents a never ending cycle of the skin.

All of us begin and end our day by washing our faces. For some, it may be a pleasant daily ritual, whereas for others, it may be something that they have overlooked, thinking it as a mundane, tedious task.

With the help of Green Tea & Enzyme Powder Wash, Green Tea & Enzyme Powder Milky Foaming Wash and this guidebook, we hope to walk you through the world of cleansing, find your own cleansing routine and finally help you reset your skin if it has been troubled.



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## The Basic of Basics: Cleansing

When we think about skincare products, cleansers don't usually fall under the "fun & exciting" category. Rather, they are somewhat seen as a "boring, but necessary" part of a skincare routine. **However, we would argue that cleansing is one of the most critical yet relaxing steps in anyone's skincare routine.**

The skin on our face is constantly exposed to various environmental factors like dirt, pollution, bacteria, etc. Without proper cleansing, these impurities can accumulate on the skin, clogging pores and causing several skin problems like acne, blackheads, and uneven texture. So what would happen if someone piled on skincare products without properly cleansing their face first?

Cleansing is not only about removing built up grimes, but it's **also about helping to balance the skin's natural oils and prepping the skin texture while not drying it out too much.** By keeping our skin clean and well-balanced, we can prevent issues like dryness, excess oiliness, and even premature aging.

Of course, one other crucial part of cleansing is to choose the right cleansers for your skin type, conditions and lifestyle, and use them in the correct methods.

So, take a few minutes and let us help you out on the journey of resetting the skin with some cleansing guides & tips we've prepared for you.

## MORNING / NIGHT

Your morning & night cleansing should usually be different. Some may prefer to cleanse only with water in the morning (especially if their skin is dry), and some may double cleanse at night if they wore waterproof sunscreen or heavy makeup. It all depends on your skin's condition during the start and end of the day.

## SKIN CONDITIONS

We all have certain skin types. While it's good to know your skin types and choose a cleanser according to your specific type, you also always need to monitor your skin. How is it feeling in the morning? Did you sweat a lot during the day? What new skincare product did you introduce to your routine? Listen to your skin and cleanse or exfoliate the way it needs you to.

## CLEANSER TYPES

- A. CREAM :  
Dense & fluffy foam is usually suitable for sensitive or dry skin, as it reduces the friction against your skin.
- B. BUBBLE :  
Instant foam makes it convenient, and usually offers a light, refreshing cleanse for dry skin.
- C. GEL :  
Usually suitable for all skin types, it more depends on the ingredients that suit your needs.
- D. POWDER :  
Often formulated with skin exfoliating agents like enzymes, it's excellent in dissolving sebum, getting rid of dead skin cells and blackheads.
- E. BAR SOAPS :  
Traditional bar soap isn't usually the best to cleanse the face, as it can be drying. Make sure to find one with gentle ingredients that is specifically made for facial skin. + Less wasteful packaging is a plus.



## INGREDIENTS

Just like you would choose your serums and creams depending on your skin types and conditions, looking at ingredients in your cleansers is crucial.

- Is your skin dry?

Look for hydrating ingredients such as green tea water, hyaluronic acids, etc.

- Is your skin oily?

Look for exfoliating ingredients like enzymes, powder, AHA, etc.



## Green Tea\_

Green tea is a powerhouse ingredient in skincare. It's packed with antioxidants that help to fight free radicals, which can cause damage to the skin's cells. Green tea also has anti-inflammatory properties, making it effective in reducing redness and irritation, while being sensitive skin friendly. As an added bonus, green tea has natural antibacterial properties, making it effective in fighting acne-causing bacteria. Overall, incorporating green tea into your cleansing routine can help to improve the health and appearance of your skin.

In the form of water:  
Super hydrating  
& soothing

In the form of powder:  
Gentle exfoliation  
& pore purifying

## Baking Soda\_

Baking Soda, professionally known as Sodium Bicarbonate, is somewhat a controversial ingredient in the world of skincare. By itself, it has polarizing effects where it can be excellent in exfoliating & cleansing but also can damage the skin's acid mantle. So why did we formulate our Green Tea & Enzyme Powder Wash with baking soda? As we said, it's super effective in exfoliating dead skin cells, unclogging pores and removing grimes, dirt and other impurities. Mixed with other balancing ingredients such as green tea powder, coconut acid, papaya fruit extract, sodium hyaluronate and so on, we've incorporated it so that it's gentle enough for every skin type. (If you didn't know, Green Tea & Enzyme Powder Wash was proven to be safe for sensitive skin through clinical tests)

## Papain Enzyme\_

Enzymes are made up of a long chain of amino acids that acts as a biological catalyst to speed up chemical reactions, and it boosts the activities of a product even further. Most well-known for their fantastic exfoliating abilities, enzymes gently exfoliate the outer layer of dead skin cells by breaking down the protein and also help to take control of excess sebum. Not only that, they also typically maintain a neutral pH, keeping the skin's acid mantle balanced.

### Why Papain?

Papain is a type of proteolytic enzyme that is extracted from papaya leaves, barks and fruits. Its exfoliating and excess sebum controlling abilities are given, but papain is also a source of antioxidants that protects the skin from environmental stressors and also typically suitable for all skin types.



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## Grain Milk Complex\_

Are you a fan of vegan milk? Whether you opt for vegan milk with your coffee due to being lactose intolerant or because you are a vegan, it's a great ingredient for your skin as well. Grain Milk Complex that's formulated in our Green Tea & Enzyme Milky Foaming Wash is made up of extracts from oatmeal, soybean seed and rice. Together, it nourishes, moisturizes and soothes your skin with its rich minerals, vitamins and proteins; a nice vegan matcha latte treatment for your skin!



The real beauty of this cleanser is in its versatility where one can customize the texture with how much water they mix with the powder.

There's no better word to describe Green Tea & Enzyme Powder Wash than countless raving reviews left by Wishtrenders. It has been a best selling & fan favorite for a long time for good reasons. The fine granules made of Green Tea Powder, Sodium Bicarbonate, Papain Enzyme and other skin benefitting ingredients help to gently exfoliate dead skin cells and purify pores, leaving the skin clean, soft and well-prepped.

Want more refreshing scrubbing effects? Mix it in the powder & water ratio of 7:3. Want more gentle cleansing? Mix it in the powder & water ratio of 3:7. Plus, it being travel friendly is a bonus.

Free of: Ethanol, Artificial Colorant, Fragrance, Gluten, Silicon Oil, Animal Testing.



**I have been using this cleanser for more than 6 months and I love it! It has helped my acne overall and I love the exfoliating feel of this cleanser. It also smells just like green tea, and it isn't too overpowering.**

**WISHTRENDER,  
SARAH S.**

**This cleanser is not only gentle but extremely versatile. I mix more water if I want a more foamy morning cleanse and less water if I want to exfoliate. It also smells amazing and doesn't irritate my sensitive skin.**

**WISHTRENDER,  
LIEN S.**

## Meet Green Tea & Enzyme Milky Foaming Wash:

our version of the perfect daily cleanser. It's formulated with 52% of skin soothing Green Tea Water from Jeju Island, Papain Enzyme for gentle exfoliation and Grain Milk Complex for moisturization. Its unique gel texture grips onto the skin for an effective cleansing, and softly melts into a beautiful, gentle foam when it's mixed with water.

What are the requirements of a perfect daily cleanser? First, it needs to be effective in cleansing away impurities while not stripping away too much. Second, it has to feel nice on the skin so that cleansing doesn't feel like a chore.



# Which skin reset do you need?,”

- 1 Moistful Reset for Dry skin
- 2 Balanced Reset for Combination Skin
- 3 Soft Reset for Oily Skin
- 4 Gentle Reset for Acne-prone Skin

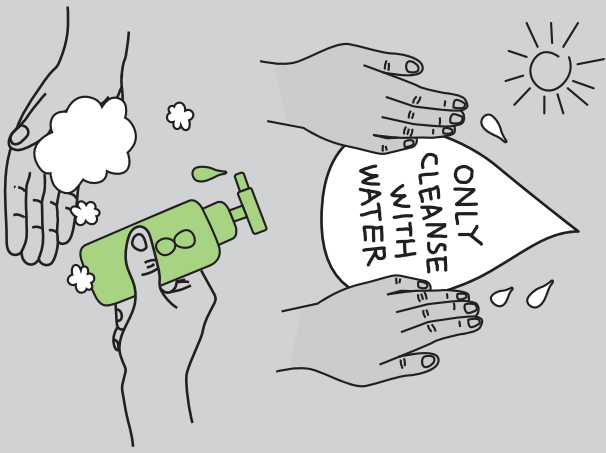


CHECK THE RIGHT WAY →

For those who have dry skin, your skin may often feel tight, brittle and even look blotchy. Not only that, but it can also get flaky & red, leading to itchiness and premature wrinkles. In this case, focus on preserving the moisture and natural sebum of the skin as much as possible.

Only cleanse with water in the morning (if you haven't sweated). At night, cleanse with Milky Foaming Wash to keep the skin moisturized. When in need of exfoliation, use Powder Wash not more than 1~2 times a week, and mix it with water in a powder & water ratio of 3:7 to turn the texture into a gentler foam.

Little tip to make the cleanser even more safe for your dry, sensitive skin is to first lather the gel with a bit of water on your hands to create the foam and then massage your face with the foam, rather than going straight in with the gel. That way, you can minimize unnecessary touching & possibly sensitizing your skin.

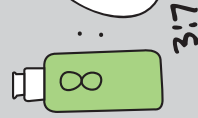
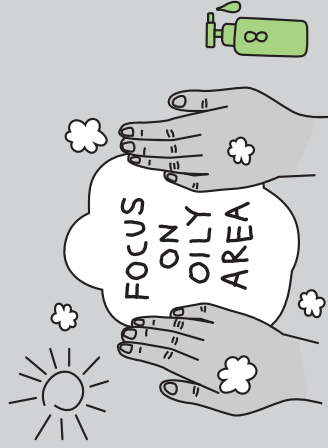


MOISTFUL RESET

for Dry Skin

## BALANCED RESET

for Combination Skin



OR

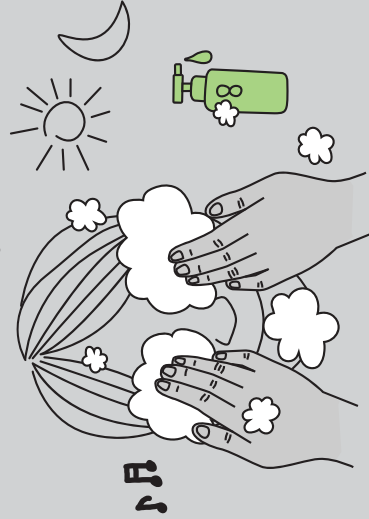


For those who have a combination skin, whether it leans a bit closer to dry or oily, keeping the skin in a good balance is the key to maintaining a healthy skin. Most of those with combination skin will have an oily t-zone (forehead, nose and the chin) with enlarged pores or occasional breakouts due to an overproduction of sebum, while the cheeks and area around the eyes and mouth may get dry.

In the morning, cleanse with Milky Foaming Wash, but focus more on the oily areas and only lightly wash the dry areas to not overstrip. At night, while using Milky Foaming Wash as the default cleanser, regularly exfoliate the oily areas with Powder Wash for about 2 times a week with a powder & water ratio of 3:7 or 5:5 to regulate sebum production. Always carefully monitor how your skin is feeling, and either scale back or add more exfoliation to your cleansing routine.

## SOFT RESET

for Oily Skin



OR

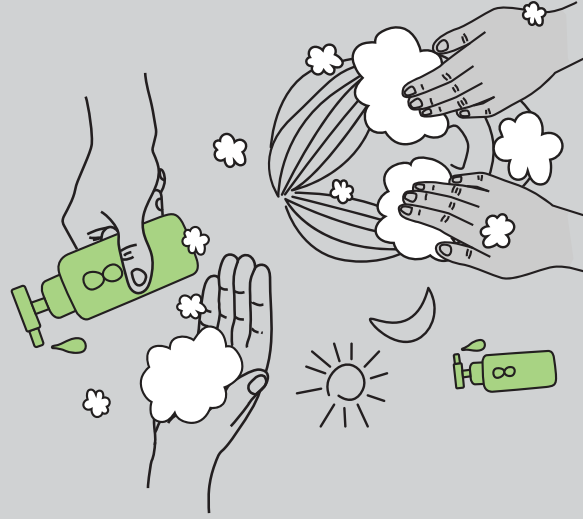


For those with oily skin, maintaining your skin can get trickier than others. Due to overactive sebaceous glands, not only the skin gets oily, but it's more prone to breakouts, enlarged pores, blackheads, etc. To maintain the skin healthy & shine-free, deep cleansing the pores and regular exfoliation are the keys.

In the morning, give the skin a good overall cleanse with Milky Foaming Wash. Depending on your condition or if you are in a situation where you need a good base for your makeup, using Powder Wash in the morning is also a good idea. At night, cleanse with Milky Foaming Wash as a default, but regularly exfoliate with Powder Wash about 3~4 times a week with powder & water ratio of 5:5 or 7:3. Again, scale back the frequency if it feels like too much exfoliation for your skin.

## GENTLE RESET

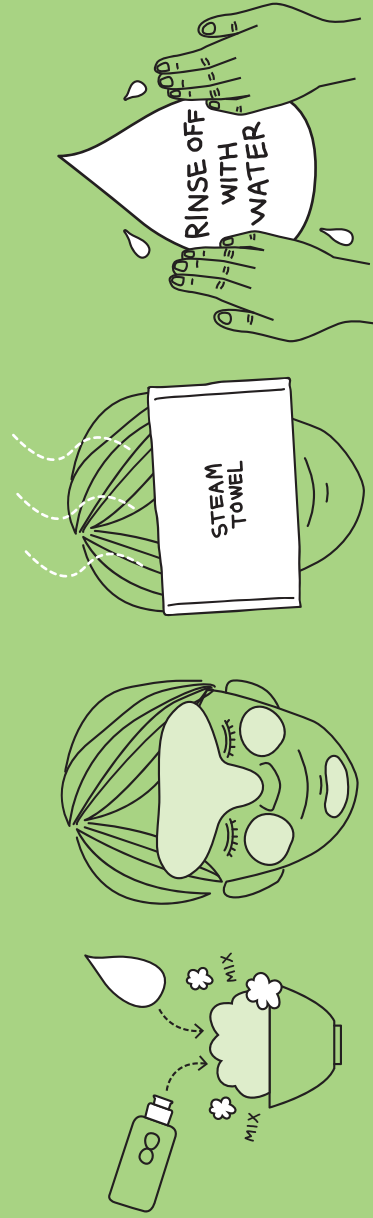
for Acne-prone Skin



For those with acne-prone skin, being as gentle as possible while exfoliating on a regular basis is absolutely crucial to minimize further irritation. On the days you are using acne treatments in your skincare routine that are formulated with ingredients such as salicylic acid, benzoyl peroxide, rein-A, etc., avoid exfoliating and stick to basic, gentle cleansing.

For both day & night, be gentle on the skin by cleansing with Milky Foaming Wash. Minimize unnecessary friction & touching by lathering up the gel in your hands first before going into the face. Same thing with when exfoliating using Powder Wash, foam up first in the hands by mixing powder & water in a 3:7 ratio. Keep the exfoliation about 3 times a week, depending on the severity of acne and what kind of acne treatments you are using.

## BONUS TIP: DIY GREEN TEA MASK FOR DEEP PORE CLEANSING



- ① Pour 1 spoonful of Powder Wash in a bowl.
  - ② Mix the powder well with 1~2 spoonfuls of water until it nicely foams up.
  - ③ Apply a thin layer of the foam on your face using a mask brush.
  - ④ Apply one more layer on the concerned areas with larger visible pores.
  - ⑤ Gently place a steamed towel on the face for one~one and a half minutes.
- ⑥ Rinse off with lukewarm water.



# A Step Towards Better: By Wishtrend Green Tea & Enzyme Line Packaging Updates

**We aren't perfect,  
but we are heading in the right direction.**



Original Packaging

Renewed Packaging

## Looking Better, Inside and Out

Green Tea & Enzyme Powder Wash is our latest package renewal project. As some of you may already know, we are in the process of updating our product packages with recycled materials for better practice.

We aren't perfect, but we will be continuing to search for better ways to package our products while not compromising on the quality.

- 50% PCR (Post-Consumer Recycled) plastic bottle
- Regular plastic cap for durability
- FSC (Forest Stewardship Council) certified paper box printed with soy ink



**By Wishtrend**

You are the standard

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