

SKIN CARE

PROPER SKIN CARE REGIME

There are four fundamental steps daily face care regime that results in to a health and beautiful looking skin

- (1) Cleansing
- (2) Treatment
- (3) Moisturize
- (4) Protection
- (5) Optional (make-up)



CLEANSING

Why do you need to cleanse your skin?

❖ it stay blemish-free.

(1) Morning cleansing

Remove any sweat, oily build-up, dead skin cells, and pillow grunge from the night before.

(2) Cleansing in the night

- ❑ will give you a fresh palette for makeup application the next day.
- ❑ Very important because it removes makeup, sunscreen, pollution, and other grime you've accumulated from the day so your skin can "breathe" and stay fresh while you sleep.
- ❑ Personal hygiene aside, it's also essential to wash your face because most treatment products penetrate the best when applied to clean, bare skin



CLEANSING

- ✦ Gently Cleansing is recommended even for those on **Acne** and Rosacea treatment.
- ✦ Scrubbing the skin worsen acne, as it can remove skin lipids and can increase irritation. I
- ✦ Gently wash with a non-irritating, pH balanced cleanser to decrease inflammation
- ✦ Avoid Harsh cleansers, alkaline bar soaps and alcohol-based products that may worsen irritation on your
- ✦ Cleansing products with mild surfactants can remove surface oil and dirt without compromising the skin's barrier function.
- ✦ It is important to thoroughly rinse cleansers from the skin because the residue can be irritating.





Sonya

ALOE
PURIFYING
CLEANSER



6 FL. OZ. (177 ml)

FOREVER™



SONYA PURIFYING ALOE CLEANSER

- this remarkable, gentle cleanser with aloe and fruit
- extracts is designed to gently remove makeup
- and debris without over drying.
- Purifying Cleanser will leave your face feeling
- wonderfully soft, fresh and clean each time you
- cleanse. For best results, follow with Sonya
- Aloe Refreshing Toner and the other products
- in the Sonya Skin Care line.



TREATMENT

- Treatments targets 'certain conditions' of your skin.
- If you get acne, then you'll want to include a **BHA** or other **acne treatment** of some sort.
- If wrinkles and Fine lines, you may want to include **Vitamin C** products or **retinoid**.
- Treatment should be the first thing applied to clean skin in order to ensure maximum effectiveness.



- Aloe Vera has been used for many years to
- soothe minor skin irritations.
- our 100% stabilized Aloe Vera gel lubricates sensitive tissue safely.
- Specially prepared for topical
- application to moisturize, soothe and condition,
- Aloe Vera Gelly is a thick, translucent gel containing
- humectants and moisturizers
- Readily absorbed by the skin,
- it soothes without staining clothes.
- Aloe Vera Gelly provides temporary relief from
- minor skin irritations and inflammations
- It can also be used on the skin prior to ultrasonic treatment, or after electrolysis.
- Hairdressers use the Gelly around the hair line before perming and coloring.

ALOE VERA GELLY



- Clear, non-staining formula
- • For soothing relief anytime
- • Contains pure, stabilized Aloe Vera
- Main ingredient is pure, stabilized Aloe Vera.
- herbal extracts and other select ingredients for

ALOE MSM GEL



- Help your skin **RETAIN** its natural moisture,
- **RESTORE** skin resilience and **RENEW**
- a rich combination of stabilized Aloe
- Vera gel, soluble collagen and alpha-hydroxy
- acids, fortified with vitamins A and E,
- Vitamin E is a powerful antioxidant, vitamin A helps in the maintenance of healthy skin and is beneficial for many skin conditions
- Alpha Hydroxy Acids (AHAs) come from natural
- plant sources and are also called Fruit Acids.
- Glycolic Acid is extracted from sugar cane, Citric
- Acid derives from citrus fruits, Tartaric Acid
- from grapes and Malic Acid from apples.
- fruit acids are exfoliants that loosen dead cells from the skin's surface by dissolving the natural glue-like substances that refuse to release the dead skin cells.
- Dead cells create a barrier to moisturizing creams, so getting rid of these dead cells means that fresher cells are exposed in the skin's renewal process.
- allow a similar 28-30 days of time to realize the full benefits of R3 Factor.

R FACTOR CREAM



3. MOISTURIZE

Why is Moisturizing your skin important

- seal in your skin's natural moisture,
- Adds extra hydration so your skin can function at its best.
- Reduce discomfort and effects dryness or taut skin
- Form additional layer of protection against everyday wear and tear.



MOISTURIZING IS GOOD FOR ALL

- It is a common myth people with acne should not use moisturizers, but dermatologists say this is not true
- If people with acne do not use a daily moisturizer, their skin can become red and peel easily due to the drying effect of their acne medications.
- By using a moisturizer, Acne sufferers can counter the effects of these medications by adding moisture back into the skin.

However a good moisturiser should use a light, oil-free moisturizer

- Not pore clogging
- Moisturizers containing heavy mineral oils should be avoided

Moisturizers containing lipids, such as ceramides, are usually well tolerated and improve the barrier that is often compromised in patients with this condition.

Ingredients such as ceramides, the humectants glycerine and hyaluronic acid are often added to moisturizers to hold moisture in the skin and hydrate it



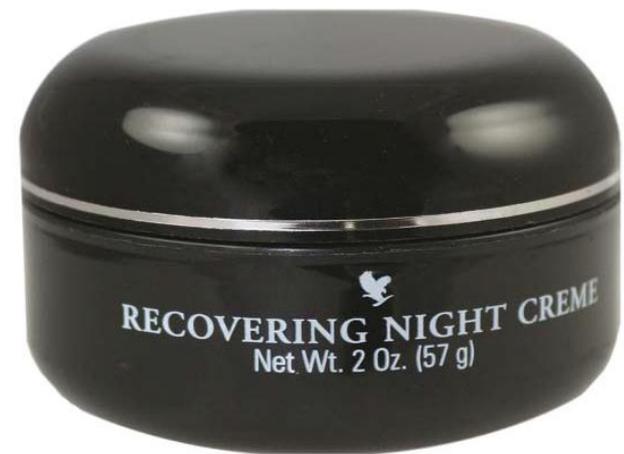
- ✿ Help your skin overcome the elements
- ✿ Contains outstanding humectants and moisturizing properties.
- ✿ It contains Collagen and Elastin to keep the skin smooth, soft and elastic
- ✿ while maintaining the skin's natural pH balance.
- ✿ replenishing lost moisture and restoring skin's soft, silky feel.
- ✿ Excellent for face, hands and body, helping to counteract the
- ✿ Apply before make up and allow time absorption

ALOE MOISTURIZING CREAM



- contains polysaccharides and other skin
- humectants which form a protective film against moisture loss. Natural lipids for the
- important oil/water balance are provided by wheat germ glycerides, apricot kernel oil and jojoba oil.
- Soluble collagen and hydrolyzed elastin are needed for maintaining good skin structure and reducing line and wrinkle appearance to help combat signs of aging.
- Special skin enhancers, derived from natural plant and bee product extracts
- It is designed for night use to condition the skin
- while the body rests, helping to restore the skin youthful appearance, pliable, smooth and taut.

ALOE FLEUR DE JOUVENCE®
RECOVERING NIGHT CREME



SKIN PROTECTION

- ❖ Health effects of ultraviolet (UV) radiation from sunlight and artificial light sources are well known,
- ❖ Protecting your skin from the effect of UV is most important thing in keeping your skin healthy
- ❖ Doctors recommend daily use of broad-spectrum sunscreen that protects from both UVA and UVB light
- ❖ Modern sunscreens use of microfine particles, that takes the active ingredients and grinds them down to small particles making them less visible to the naked eye
- ❖ the past, the physical blockers zinc oxide and titanium dioxide were more opaque, greasy, and heavy.
- ❖ Sunscreens with microfine zinc oxide are smoother, lighter textured and more cosmetically appealing formulations.”
- ❖ In addition, they not clog pores or worsen acne,
- ❖ Spray or gel-based sunscreens also work well for those with acne or oily skin.



- ❑ Aloe Sunscreen With an SPF of 30, Aloe Sunscreen
- ❑ blocks both UVA and UVB rays, while this silky,
- ❑ smooth lotion made with pure stabilized Aloe Vera
- ❑ Gel, rich moisturizers and humectants, maintains
- ❑ the skin's natural moisture balance.
- ❑ **ACTIVE INGREDIENTS** : Octyl Methoxycinnamate, Octisalate, Oxybenzone, Zinc Oxide

ALOE SUNSCREEN



- Always carry Aloe Sunscreen Spray when going out.
- It has 30 SPF protection and aloe vera to protect your skin from the aging and damaging effects of the sun,
- Has added benefits of extra water resistance to allow you to splash and swim without worry.

Active Ingredients

- Homosalate, Octisalate, Ensulizole, Avobenzone, Octocrylene.

ALOE SUNSCREEN SPRAY

