



## General Sensitive/Reactive Skin

PROFESSIONAL

### General Treatment Recommendations

- Massage with essential fatty acids.
- Maintain/restore the acid mantle.
- Improve barrier function with prebiotics and probiotics.
- Sensitive galvanic treatment.

- Avoid vasodilatation – no steaming.
- Use non-drying masks.

Once sensitivity is reduced, other concerns may be addressed and products from the Core and Plus lines may be recommended.

C<sup>7</sup>

Make-up Remover

C<sup>1</sup>

Sensitive Cleanser

T<sup>1</sup>

Sensitive Toner

M<sup>1</sup>

Hydro Moisturiser

M<sup>2</sup>

Nourish Moisturiser

E<sup>6</sup>

Microderm Exfoliator

K<sup>11</sup>

Eye Contour Mask

K<sup>12</sup>

Omega Mask

K<sup>14</sup>

Exclusion Mask

A<sup>2</sup>

Hydroboost Ampoule

G<sup>10</sup>

Sensitive Galvanic Gel

R<sup>13</sup>

Probiotic Ampoule



## General Sensitive/Reactive Skin

RETAIL

### General Homecare/Lifestyle Recommendations

- Avoid abrasive exfoliators.
- Use non-drying masks.
- Reduce free radical exposure.
- Minimal sun exposure.
- Take an omega-3 supplement with at least 400mg of long-chain omega-3 fatty acids (DHA and EPA).
- pH of ALL products must be in the 4.5 – 5.5 range.
- Avoid excessive coffee and alcohol.
- Avoid artificial atmospheres.
- Manage stress levels.

C<sup>7</sup>

Make-up Remover

C<sup>1</sup>

Sensitive Cleanser

T<sup>1</sup>

Sensitive Toner

M<sup>1</sup>

Hydro Moisturiser

M<sup>2</sup>

Nourish Moisturiser

E<sup>6</sup>

Microderm Exfoliator

R<sup>2</sup>

Sensitive Eye Cream

B<sup>6</sup>

Lip Conditioner

R<sup>3</sup>

Protect oil

R<sup>1</sup>

Sensitive Serum

R<sup>10</sup>

Probiotic Serum

R<sup>4</sup>

Resurrect Serum



PROFESSIONAL

## Rosacea

### General Treatment Recommendations

- Massage with essential fatty acids if the skin is dry or use Protect Oil with a pressure point massage to lower inflammation. This will be useful especially if the skin is inflamed and in the presence of papules and pustules.
- Maintain/restore the acid mantle.
- Improve barrier function with prebiotics & probiotics.
- Sensitive galvanic treatment.
- Avoid vasodilatation – no steaming and no stimulating massage.
- Use non-drying masks.



Make-up Remover



Sensitive Cleanser



Sensitive Toner



Hydro Moisturiser



Nourish Moisturiser



Microderm Exfoliator



Probiotic Ampoule



Omega Mask



Exclusion Mask



Hydroboost Ampoule



Sensitive Galvanic Gel



## Rosacea

RETAIL

### General Homecare/Lifestyle Recommendations

- Take oral probiotics.
- Use live probiotics and prebiotics topically.
- Avoid abrasive exfoliators.
- Use non-drying masks.
- Reduce free radical exposure.
- Minimise sun exposure.
- Take an omega-3 supplement with at least 400mg of long-chain omega-3 fatty acids (DHA and EPA).
- pH of ALL products must be in the 4.5 – 5.5 range.
- Follow a low carbohydrate diet.
- Avoid excessive coffee, alcohol and spicy food – anything that will stimulate heat/vasodilation.
- Avoid artificial atmospheres.
- Manage stress levels

C<sup>7</sup>

Make-up Remover

C<sup>1</sup>

Sensitive Cleanser

T<sup>1</sup>

Sensitive Toner

M<sup>1</sup>

Hydro Moisturiser

M<sup>2</sup>

Nourish Moisturiser

E<sup>6</sup>

Microderm Exfoliator

R<sup>2</sup>

Sensitive Eye Cream

B<sup>6</sup>

Lip Conditioner

R<sup>3</sup>

Protect oil

R<sup>1</sup>

Sensitive Serum

R<sup>10</sup>

Probiotic Serum

R<sup>4</sup>

Resurrect Serum



PROFESSIONAL

## Psoriasis

### General Treatment Recommendations

- Massage with essential fatty acids.
- Maintain/restore the acid mantle.
- Improve barrier function with prebiotics and probiotics.
- Sensitive galvanic treatment.
- Depending on the area of the flare-up, steam can be used at a comfortable distance.
- Use non-drying masks. The Omega Mask can even be used together with a bit of Repair Oil as a massage medium and left in place for a few minutes as the mask.



Make-up Remover



Sensitive Cleanser



Cream Cleanser



Sensitive Toner



Toner



Toner Plus



Hydro Moisturiser



Nourish Moisturiser



Omega Rich Moisturiser



Microderm Exfoliator



Omega Mask



Hydroboost Ampoule



Hyaluronic Ampoule



Repair Oil



Sensitive Galvanic Gel



Hyaluronic Serum



Eye & Lip Cream



## Psoriasis

RETAIL

### General Homecare/Lifestyle Recommendations

- Take oral probiotics to ensure a balanced gut microbiome.
- Use live probiotics and prebiotics topically.
- Avoid abrasive exfoliators.
- Use non-drying masks and products high in EFAs.
- Reduce free radical exposure.
- Ensure 15 minutes of sun exposure daily as this has shown an improvement in psoriasis lesions.
- Take an omega-3 supplement with at least 400mg of long-chain omega-3 fatty acids (DHA and EPA).
- Take an oral zinc supplement.
- pH of ALL products must be in the 4.5 – 5.5 range.
- Follow a healthy, balanced diet rich in nutrients, vitamins and minerals.
- Avoid artificial atmospheres.
- Manage stress levels.

C<sup>7</sup>

Make-up Remover

C<sup>1</sup>

Sensitive Cleanser

C<sup>8</sup>

Cream Cleanser

T<sup>1</sup>

Sensitive Toner

T<sup>5</sup>

Toner

T<sup>6</sup>

Toner Plus

M<sup>1</sup>

Hydro Moisturiser

M<sup>2</sup>

Nourish Moisturiser

M<sup>7</sup>

Rich Moisturiser

M<sup>8</sup>

Ultra Moisturiser

O<sup>7</sup>

Omega Rich Moisturiser

E<sup>6</sup>

Microderm Exfoliator

R<sup>7</sup>

Repair Oil

R<sup>6</sup>

Hyaluronic Serum

R<sup>5</sup>

Eye & Lip Cream

R<sup>2</sup>

Sensitive Eye Cream

R<sup>1</sup>

Sensitive Serum

R<sup>10</sup>

Probiotic Serum

R<sup>3</sup>

Protect Oil

B<sup>6</sup>

Lip Conditioner



PROFESSIONAL

## Urticaria

### General Treatment Recommendations

- First, establish the cause/trigger that led to the reaction.
- Only proceed with professional treatments following 24 hours or once lesions are no longer present.
- Treatment focus should be aimed at calming and soothing the skin.
- Avoid the use of steam.
- Use probiotics and prebiotics to repair barrier function that might have been disrupted during the flare-up.
- Sensitive galvanic treatment.
- Massage should be focused around draining movements, once again avoiding stimulation.



Make-up Remover



Sensitive Cleanser



Sensitive Toner



Hydro Moisturiser



Nourish Moisturiser



Microderm Exfoliator



Exclusion Mask



Hydroboost Ampoule



Hyaluronic Ampoule



Sensitive Galvanic Gel



Hyaluronic Serum



Eye & Lip Cream



Probiotic Ampoule



## Urticaria

RETAIL

### General Homecare/Lifestyle Recommendations

- Avoid abrasive exfoliators.
- Use non-drying masks.
- Reduce free radical exposure.
- Minimal sun exposure.
- Maintain barrier function and reduce inflammation using probiotics and prebiotics.
- Use Aloe based products to help cool and soothe the skin.
- pH of ALL products must be in the 4.5 – 5.5 range.
- Avoid artificial atmospheres.
- If the trigger is known, avoid the trigger as far as possible to prevent a flare-up.
- Manage stress levels.

C<sup>7</sup>

Make-up Remover

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Sensitive Cleanser

T<sup>1</sup>

Sensitive Toner

M<sup>1</sup>

Hydro Moisturiser

M<sup>2</sup>

Nourish Moisturiser

E<sup>6</sup>

Microderm Exfoliator

R<sup>6</sup>

Hyaluronic Serum

R<sup>5</sup>

Eye & Lip Cream

R<sup>3</sup>

Protect Oil

R<sup>2</sup>

Sensitive Eye Cream

B<sup>6</sup>

Lip Conditioner





PROFESSIONAL

## Atopic Dermatitis

### General Treatment Recommendations

- Avoid treatment if weeping eczema is present in the treatment area.
- Massage with essential fatty acids using lymphatic drainage to avoid aggravating the skin.
- Maintain/restore the acid mantle.
- Improve barrier function with prebiotics and probiotics.
- Sensitive galvanic treatment.
- Avoid vasodilatation – no steaming.
- Use non-drying masks.



Make-up Remover



Sensitive Cleanser



Cream Cleanser



Sensitive Toner



Hydro Moisturiser



Nourish Moisturiser



Microderm Exfoliator



Exclusion Mask



Omega Mask



Hydroboost Ampoule



Hyaluronic Ampoule



Probiotic Ampoule



Sensitive Galvanic Gel



Hyaluronic Serum



Eye & Lip Cream



## Atopic Dermatitis

RETAIL

### General Homecare/Lifestyle Recommendations

- Take oral probiotics to ensure a balanced gut microbiome.
- Take an oral zinc and biotin supplement.
- Take an omega-3 supplement with at least 400mg of long-chain omega-3 fatty acids (DHA and EPA).
- Use live probiotics and prebiotics topically.
- Avoid abrasive exfoliators.
- Use non-drying masks and products high in EFAs.
- Reduce free radical exposure.
- Minimise sun exposure, especially if it seems to be a trigger.
- Focus on maintaining barrier integrity and microbial balance, which will reduce inflammation.
- pH of ALL products must be in the 4.5 – 5.5 range.
- Follow a low carbohydrate diet and ensure sufficient inclusion of fresh fruit and vegetables.
- Avoid artificial atmospheres.
- Manage stress levels.

C<sup>7</sup>

Make-up Remover

C<sup>1</sup>

Sensitive Cleanser

C<sup>8</sup>

Cream Cleanser

T<sup>1</sup>

Sensitive Toner

M<sup>1</sup>

Hydro Moisturiser

M<sup>2</sup>

Nourish Moisturiser

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Microderm Exfoliator

R<sup>6</sup>

Hyaluronic Serum

R<sup>5</sup>

Eye & Lip Cream

R<sup>10</sup>

Probiotic Serum

R<sup>1</sup>

Sensitive Serum

R<sup>4</sup>

Resurrect Serum

R<sup>2</sup>

Sensitive Eye Cream

R<sup>3</sup>

Protect Oil



PROFESSIONAL

## Peri-oral Dermatitis

### General Treatment Recommendations

- Less is more.
- Massage with Protect Oil and leave in place for the duration of the mask portion of the facial.
- Maintain/restore the acid mantle.
- Improve barrier function with prebiotics and probiotics.
- Sensitive galvanic treatment.
- Avoid vasodilatation – no steaming.
- Use non-drying masks and preferably one that can be left in place.
- Perform a full facial using as little steps and products as possible, while achieving optimal results.

C<sup>7</sup>

Make-up Remover

C<sup>1</sup>

Sensitive Cleanser

T<sup>5</sup>

Toner

T<sup>6</sup>

Toner Plus

T<sup>1</sup>

Sensitive Toner

M<sup>1</sup>

Hydro Moisturiser

E<sup>6</sup>

Omega Deep Moisturiser

O<sup>6</sup>

Microderm Exfoliator

K<sup>12</sup>

Omega Mask

K<sup>5</sup>

Clay Mask

K<sup>14</sup>

Exclusion Mask

A<sup>2</sup>

Hydroboost Ampoule

R<sup>13</sup>

Probiotic Ampoule

G<sup>10</sup>

Sensitive Galvanic Gel

R<sup>6</sup>

Hyaluronic Serum



## Peri-oral Dermatitis

RETAIL

### General Homecare/Lifestyle Recommendations

- Stop all steroid/cortisone creams – this might cause the condition to worsen initially, but push through!
- Discontinue all cosmetics, soaps, detergents, moisturisers, abrasives, astringents, day or night creams, and skin conditioners.
- “Null (zero) therapy” – mild water only.
- Limit the use of sunscreen on the face.
- Avoid overuse of product – less is more.
- Avoid alcohol-based facial products.
- Start an elimination diet – the biggest triggers tend to be gluten/wheat, sugar and dairy. Eliminate each food group for 3-4 weeks at a time and then slowly re-introduce and see how your skin and body respond.
- Avoid SLS or any sulphate containing products.
- Avoid fluoride toothpaste.
- POD doesn't like HOT or COLD – so try to avoid extreme temperature changes!
- Avoid and manage stress – the more you stress about your skin, the worse it will most likely get! Your skin won't calm down if you don't calm down.
- PDT (photodynamic therapy) and LED could be beneficial for those whose condition is not triggered by light.
- Include vitamin supplements such as essential fatty acids (omega's), zinc and biotin.
- Slowly re-introduce products, starting with Cleanser and Moisturiser, gradually including additional products if the skin is not triggered again.

C<sup>7</sup>

Make-up Remover

C<sup>1</sup>

Sensitive Cleanser

T<sup>5</sup>

Toner

T<sup>6</sup>

Toner Plus

T<sup>1</sup>

Sensitive Toner

M<sup>1</sup>

Hydro Moisturiser

O<sup>5</sup>

Omega Light Moisturiser

O<sup>6</sup>

Omega Deep Moisturiser

E<sup>6</sup>

Microderm Exfoliator

K<sup>5</sup>

Clay Mask

R<sup>3</sup>

Protect oil

R<sup>6</sup>

Hyaluronic Serum

R<sup>4</sup>

Resurrect Serum

R<sup>2</sup>

Sensitive Eye Cream