

carbohydrates, proteins, vitamins, trace elements and minerals. It helps to regulate oil, reduce irritation and inhibit the P acne bacteria.

**Honey:** Contains natural healing, hydrating, anti-bacterial and anti-inflammatory properties.

**Hyaluronic Acid:** Known as the fountain of youth for its hydrating and moisture retaining effects. It occurs naturally in our skin and body and is depleted as we age. It is able to absorb 1,000 times its weight in water and adds suppleness and moisture to the skin, while encouraging new skin cell growth. It reduces fine lines caused by dehydration.

**Germall Plus:** A non-paraben, broad spectrum preservative, effective against bacteria, fungus, yeasts and molds. It can be effective and safe at low usage levels, and is considered safe by the Expert Panel of the Cosmetic Ingredient Review.

**DMAE:** An amino acid and naturally occurring substance that triggers a response in the facial muscles, which creates skin and pore tightening and less sagging. It has cumulative effects to help reduce the progression of facial sagging.

**Essential Oils Of: Lemon, Lavender, Lemongrass, Neroli, Sandalwood:**

**Lemon Essential Oil:** Helps to regulate oil, lighten skin pigmentation, guards against a wide range of viral and bacterial infections. The aroma is used to increase concentration and memory, relax brain waves, decrease depression and lower blood pressure. In addition, internally it helps to relieve sore throats, coughs, indigestion and fever.

**Lavender Essential Oil:** Known as the "good for everyone and everything oil", as it helps to relieve so many skin, body and mind conditions. It soothes and heals all kinds of dermatitis such as eczema, psoriasis, scars, wounds, acne, sun burn, burns, all skin

irritations, balances oil production, reduces inflammation and very antiseptic, anti-viral and anti-fungal. Lavender relaxes brain waves, acts as an anti-depressant, reducing stress and inducing sedative effects. It also has been known to relieve headaches and muscle pain.

**Lemongrass Essential Oil:** Is a natural astringent to balance oils and tighten pores, very anti-septic against viral, fungus and bacteria. Used as an antiseptic wash for skin infections. The aroma helps to reduce nervousness and irritability and headaches. Internally it helps with digestion.

**Neroli Essential Oil:** An excellent and wonderful treatment for mature, dry and sensitive skin, helps to regenerate new skin cells, increases circulation and balances all skin types. Its scent helps to balance emotions, reduce depression and relax the body.

**Chamomile Essential Oil:** An amazing treatment for sensitive, dry, inflamed skin. It soothes and aids in healing all dermatitis conditions such as skin rashes, eczema, burns. It relaxes the mind and body as well.

**Sandalwood Essential Oil:** Another amazing essential oil with so many abilities to heal the skin. Strengthens the epidermis and dermis skin layers and the skin's capillaries, repairs skin damage and encourages new cell growth, balances oily (useful for acne), dehydrated and dry skin, soothes chapped and sensitive skin.

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## DAILY ENZYME CLEANSER & ENZYME SCRUB

Specially formulated for all skin types and all areas of the face and body

*A natural multi-enzyme cleanser and scrub to nourish and enrich your skin while cleansing and gently exfoliating away dead skin cells and impurities while leaving skin soft, smooth, hydrated and soothed.*

At last a natural gentle way to cleanse and exfoliate the face and body. Every skin type benefits from gentle exfoliation, especially for those over the age of twenty five, anyone with break out concerns and for anyone who shaves. Dead skin cells (which we cannot see) build up on our skin and act like a blanket, clogging our pores and preventing our natural oils, body heat and toxins from exiting, and anything we apply (for therapeutic reasons) from entering the skin. A healthy pore is an open pore, and we must help our skin to keep these pores open as much as possible especially if we incur increased sweating and pollution.

Enzymes actually dissolve and digest these clogging dead skin cells for us, and then deliver hydration and healing! By using enzymes we enhance and detoxify the skin and encourage cell turnover to reveal smooth, clean, clear, bright and invigorated skin.

For those who shave, prior exfoliating will free up the hair shaft thereby allowing for a cleaner, neater, quicker and smoother shave.

The ENZYME SCRUB contains the same ingredients as the DAILY ENZYME CLEANSER with the exception of the addition of tiny jojoba beads for added exfoliation.



## INSTRUCTIONS FOR USE

**DAILY ENZYME CLEANSER:** Enzymes need time to work to dissolve the dead skin cells, so you need to provide a good 30 seconds time to massage the cleanser into the skin. It is good to use the cleanser in the shower as steam helps the enzymes do their work. Morning and evening, moisten hands with warm water and gently massage into the skin a quarter size amount of cleanser for at least 30 seconds. Rinse thoroughly with water, sponge or facecloth. One can even use the cleanser as a mask if desired. Be careful to keep out of the eyes. Always remove makeup first with a make up dissolver.

After the enzymes dissolve the dead skin cells, the cleanser and scrub balance, condition, nourish, enrich, and hydrate the skin with the other therapeutic ingredients (which will be explained in the next pages).

**ENZYME SCRUB:** Three nights a week or prior to shaving, moisten hands with warm water, add 3 or 4 drops of *Enzyme Scrub* to a quarter size amount of *Daily Enzyme Cleaner* and moisten your other hand, mix, then massage mixture into your skin for 30 seconds and then rinse. Using before shaving results in a cleaner, smoother and easier shave. Why traumatize the skin when enzymes can free up the hairs for a slick, velvety shaving experience.

*Every key ingredient has been selected because it has a specific purpose*

### KEY INGREDIENTS INCLUDE:

**Papain (papaya) and Bromelain (pineapple) Enzymes:** Papain is an enzyme from papaya fruit. Papain has been found to help in healing wounds, skin rashes, decreasing inflammation, dissolving oils, and accelerating cell turnover. Bromelain is an enzyme found in pineapple. Bromelain is a strong vital anti-inflammatory (people take it by mouth to decrease swelling and inflammation in the body) and soothes and softens the skin. Both Papain and Bromelain dissolve dead skin cells, thus gently exfoliating our skin.

**Jojoba Beads:** The tiniest possible were chosen for added exfoliation. These tiny beads are made from the jojoba (plant) oil, and are an excellent safe alternative to the use of plastic beads or nut shells (which can cause tiny tears in the skin) for exfoliating the skin.

**Anti-Oxidants:** Powerful ingredients that help to destroy the free radical molecules that roam through our body, attach to cells and destroy them. When the free radicals get to the DNA of our cells, this is when we get cancer. Anti-oxidants destroy these free radicals before they have a chance to attach to our cells. When ever there is skin cell damage, there is inflammation and ageing to the skin. Most of our vitamins, plants, herbs, essential oils are powerful anti-oxidants as well.

**Organic Aloe Vera:** Grown and processed organically, this gel is the leaf pulp from the inner portion of the aloe leaf. It has intense soothing, anti-inflammatory, cell regenerating and healing effects for all skin. It is extremely useful for all kinds of dermatitis, eczema, psoriasis and other skin conditions. Aloe also possesses the ability to interfere with the enzyme that produces melanin deposits in the skin, helping to prevent the formation of age spots and, stimulating collagen and regeneration of skin cells.

**Vegetable Glycerin:** Useful as a humectant (an ingredient that helps to hold moisture in the skin).

**Herbal Extracts (extracted oils from fresh plants and herbs) of Chamomile, Calendula and Grapefruit Peel:**

**Chamomile:** Used to decrease swelling and inflammation, pain in stiff joints, skin rashes, dryness, acne, rosacea, and other dermatitis conditions as it is very healing, softening and hydrating. It also relaxes the mind and body. It is a popular treatment for insomnia, anxiousness, depression, PMS, menopause, headache, and nervousness.

**Calendula:** Commonly referred to as Marigold. This nourishing plant possesses powerful anti-inflammatory and healing properties. It has several healing uses for all types of skin conditions such as; rashes, abrasions, broken capillaries, burns, wounds (and surgical wounds) and ulcers. The flowers contain high concentrations of carotenoids and other bioflavonoids and anti-oxidants. Extracts taken internally, aid in balancing glucose levels, bile flow, cleansing the liver, protecting the stomach, soothing sore throats, coughs tonsillitis.

**Grapefruit Peel:** Powerful, nourishing anti-oxidant with cooling, anti-inflammatory, antiseptic, oil dissolving, lymphatic stimulating properties for the skin. It has a very uplifting stimulation for the mind.

**Algin:** A sea kelp derived from brown seaweed, preventing tissue from absorbing toxic substances, and containing

