

The reasons for using a Skin Care Collection

We all go to the dentists to check the health of our teeth and gums, we sometimes have to have check-ups at the doctors to ensure our bodies are healthy and fully working order. So why not take care of our skin the largest organ of your body? After all, prevention is better than cure.

How our skin stands the test of time is somewhat genetic as we are all predisposed in a certain way, but wrinkles and fine lines could be significantly reduced by making sure you cleanse tone and moisturise, drink plenty of water and avoid excessive exposure to the sun. The sun is particularly harmful and over-exposure can put you at great risks of suffering from skin cancers.



How you take care of your skin now will greatly affect you in later life, whatever your age!

You are never too young to safeguard your skin. you will reap the benefits of taking care of your skin as when you are older, that little bit of effort you put into your skin when you were younger, will show on the outside. A lot of people assume that when they are young they do not have to take care of their skin because until they are a lot older it does not matter. An older person may say 'it's too late to take care of their skin', 'why change their home care routine?'. This is the reason your skin is a reactive organ that is replacing itself on a regular basis thus many conditions we have in later life can be controlled and removed.

Well we must be thankful to modern facial skin care techniques and tips, the effects of aging on the skin caused by heredity, lifestyle, and environmental factors no longer have to be accepted as permanent.

Most of the facial skin care methods are based on just a **few specific processes and principles**, which will always lead to a better skin condition and appearance, when used properly.

Here we go with some interesting, simple and easy ways to take care of facial skin.

Cleansing is the single most important step in taking care of skin. It needs to be done twice a day. Never, never go to bed with your makeup on, no matter how tired you are, as the skin repairs and replaces itself you



do not want to compromise mitosis (replacement). Cleanse your skin with a face care product that is reliable, one face care tip is to make sure the face care product matches your face skin type (available – Acacia Beauty - skin analysis workshops)

Toners should always be used after ANY CLEANSING PRODUCT, they cool the skin, remove the dirty surface cleansers and ph balance the skin, all of which is a refreshing sensation. This is very important as it keeps intact your acid mantle (*see later*). Never mix match manufacturing ranges of cleansers and toners as they are developed to work together that includes foaming washes!

Exfoliating should be done once a week, after cleansing; unless no makeup is some exfoliators can act as a cleanser too. The same principle applies, follow



with toning. Every three weeks, our skin renews itself by replacing the dead surface cells with new, translucent ones. Exfoliating can keep the skin clear healthy and youthful by encouraging faster cell renewal. Do not exfoliate more than twice a week which is the optimum as your skin could be at risk of sun damage.

Simple moisturizing needs to be done.

Moisturising strengthens skin and protects it against moisture loss. Moisturisers come in day creams and night creams as they perform two different functions. Masques can be used weekly Deep cleanse or Sooth and Hydrate. Now you are aware that applying facial skin care daily can keep your facial skin, clean and neat, soft and smooth and moist. Facial Skin Care becomes quite essential for getting freedom from all kinds of facial skin disorders. See lets have some more information about the reasoning.

The Skins Acid Mantle

For your skin to be at its most healthy and operating at its maximum, therefore looking great, it needs to be kept *ph balanced*. This allows the skin to maintain its own natural protective shield, also known as the *acid mantle*. The pH level of your skin should be maintained at 4.5-6 to keep this acid mantle in tact. Scale of 0-14, 7 is neutral, above 7 is alkaline and below is acidic.

If the acid mantle is disrupted the skin can become more prone to damage and infection. The acid mantle can be damaged through using products that are too alkaline such as some soaps, foaming washes, wipes and leaving water on skin (7). The alkaline builds up on the skin and can craze and crack the surface allowing your skin to be attacked by free radicals at worst and make it sensitive at best. The more alkaline on the skin the more sensitive it can become. The skin is able to recreate the acid mantle on its own but it takes up to eight hours to do this and can cause stress to the skin, thus exacerbating the ageing process.

Moisturising

We all know the importance of drinking water, this flushes out all the toxins and waste from the skin leaving it fresh, glowing and youthful. However, we must not neglect our skin on the outside; it needs a certain amount of moisture in order to retain its elasticity and suppleness. It is very important to invest in a good quality moisturiser that is suited to your skin type.

Even oily skin needs to be moisturised although dry skin has a tendency to line and wrinkle far quicker and earlier on than someone with exceptionally oily skin.

Dry skin is also more likely to be very sensitive in the winter; cold conditions can make the skin chapped, sore and inflamed and can lead to other skin conditions such as eczema or psoriasis. Cracked skin also has the potential to harbor germs and bacteria which will lead to infections.



HOW TO USE PRODUCTS



Example: Nutrimetics Heritage, Natural & Nutritional Cosmetics, suitable for all skin types.

Heritage is one of many ranges from Nutrimetics collections

This is the ultimate in Basic skin care programme to keep your skin in good condition and looking younger for longer.

CLEANSE, (both morning and night)

Skin Clean, which is enriched with natural Apricot Oil, Sesame Oil, Soya Bean Oil and Shea Butter. Massage the cleanser into the skin with your fingers then rinse off with water for a quick cleanse.

Tip -using dampened cotton wool pads to remove the cleanser is more effective as they provide a mild lifting and friction action.

Nutrimetics cleansing products clean deep down and draw out deep seated impurities in the skin.



TONE (always after toning or exfoliating or removing a face masque)

Skin Fresh is an alcohol free, ph balance toner with natural extracts of Apricot Papaya, Kernel, Vitamin E, Witch Hazel, Chamomile, Yarrow, Lime Blossom, Sage Fennel, Balm Mint, Coltsfoot and Arnica.

Apply 5-6 drops of toner onto a dampened cotton wool pad, wipe over your face to remove residue dirt and pollution brought to the surface of the skin by the cleanser. Using Skin Fresh Toner will also help restore your skins ph balance and keep the acid mantle in tact.

MOISTURISE Depending upon your skin type and preference



Day—**Nutri-Most Extra Light** (oily, young skin), **Nutri-Moist** (normal-combination skin) or **Nutri-Moist Intense** (Dry, dehydrated skin, stressed and sensitive).

All these moisturisers are enriched with natural anti-oxidants including Apricot Oil (rich in Vitamins A, E and natural sunscreen), Evening Primrose Oil, Shea Butter and Carrot Oil.

Evening - Nourish with either **Nutri Rich Oil** (45% pure Apricot Kernel Oil) or **Nutri Rich Oil Extra Light** (26%

pure Apricot Kernel Oil).

Nutri-Rich Oil is rich in Vitamins A, C and E (anti-oxidants) and Retinyl Palmitate – both Clinically proven to help keep lines and wrinkles at bay. Firming, softening and smoothing the skin





WEEKLY TREATMENTS

Additional treatments can be used on their own or in conjunction with each other for maximum benefits.

Exfoliation

Please note *You may use this as a cleanser in the morning when you have no makeup on the surface of the skin*

After cleansing your face, apply a small amount of **Honey and Almond Scrub** onto your finger tips and gently massage into the skin with a little water, for approximately one minute, avoiding the eye area, then rinse off. Tone, as before, then moisturise. Your skin will be left with a radiant healthy glow.

Honey and Almond Scrub contains Honey to soften, Ground Almonds to polish, Oatmeal to soothe, Apricot Oil to condition and Peppermint Oil to stimulate the skin.

Masques

Once a week treat yourself to a deep cleansing clay **Mineral Masque** containing Colloidal Clay and Soya Bean Oil to help rid your skin of deep-seated impurities and blackheads.

Dampen the skin and apply the clay masque with fingertips or with a masque / blusher brush in a thin layer all over, avoiding the eye area. Leave for 10-15 minutes until dry. Rinse off, tone and moisturise.

Nutrimetics... Nutrimetics has been producing NUTRItional cosMETICS for over 40 years with products that are renowned and loved worldwide. Their heritage began deep in the Himalayan Mountains where their founder discovered the youthful secret of the people of the Hunza Valley... the precious Apricot Kernel Oil, which they applied to their skins. This key ingredient is the base of their best selling product; Nutri-Rich Oil and is still used in many products today.

Nutrimetics provides naturally enriched skincare, body care and cosmetics using nature's finest ingredients, that nurture and care for you and your skin giving you great results, naturally.

Nutrimetics provides complete skin care programmes to keep your skin looking its best. When brought as a Collection you can save up to 30% off the Normal Retail Price:

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See the Nutrimetics Full Catalogue for all the skin products, benefits and ingredients.

Nutrimetics Skin Care Workshops are fun and available to all, so that you and your friends can receive a professional skin analysis, trying the products for yourselves, in the comfort of your home. You may wish to Visit Acacia Beauty and Wellness Centre for a Free Skin analysis or to book to be a model for skin care treatments with one of our students

www.AcaciaBeautyAcademy.co.uk Tel: **01590 683864**

See the Price List (below) and collections catalogues for full details



Code	Nutrimetics Product Description	Special Set Price	Individual Product purchases Valued at (rrp)
5233	Heritage 3-Step Collection	£41	£51.40
5524	Heritage 4-Step Collection (Nutri-Rich)	£66	£86.65
5526	Heritage 5-Step Collection (Nutri-Rich)	£79	£106.15
5236	Restore 3-Step Collection	£46.50	£57.90
5527	Restore 4-Step Collection (Intense / Night)	£64	£83.40
5528	Restore 4-Step Collection (Nutri-Rich)	£71	£93.15
5529	Restore 5-Step Collection (Intense / Night)	£77	£102.90
5530	Restore 5-Step Collection (Nutri-Rich)	£84.50	£112.65
5540	Hydrafinity 3-Step Collection (Hydrator)	£41.50	£51.90
5541	Hydrafinity 3-Step Collection (PM Moisture)	£44.50	£55.40
5542	Hydrafinity 4-Step Collection (Day & PM)	£59.50	£77.40
5543	Hydrafinity 4-Step Collection (Day & Nutri-Rich)	£67	£87.15
5544	Hydrafinity 4-Step Collection (PM & Nutri-Rich)	£70	£90.65
5545	Hydrafinity 5-Step Collection (Day & PM)	£72.50	£96.90
5546	Hydrafinity 5-Step Collection (Day & Nutri-Rich)	£80	£106.85
5547	Hydrafinity 5-Step Collection (PM & Nutri-Rich)	£82	110.15
4600	Comfort 3-Step Collection (Day)	£40	£49.85
4601	Comfort 3-Step Collection (Intense)	£43	£53.90
5531	Comfort 4-Step Collection (Day & Intense)	£57	£73.85
5532	Comfort 4-Step Collection (Day & Nutri-Rich)	£65.50	£85.10
5533	Comfort 4-Step Collection (Intense & Nutri-Rich)	£68.50	£89.15
5534	Comfort 5-Step Collection (Day & Intense)	£70	£93.35
5535	Comfort 5-Step Collection (Day & Nutri-Rich)	£78.50	£104.6
5536	Comfort 5-Step Collection (Intense & Nutri-Rich)	£81	£108.6
5537	Clear 3-Step Collection	£32.50	£40.45
5538	Clear 4-Step Collection	£39	£50.70
5539	Clear 5-Step Collection	£52.50	£70.20

Reference Table: Nutrimetics Collections Price List

- Three step: Cleanser, toner and Moisturiser
- Four Step: Cleanser, toner, Moisturiser and Night cream
- Five Step: Cleanser, toner, Moisturiser, Night cream with a choice of any Masque