

AGREDIDA SKIN SET

Aimed at the cleaning and care of the skin when it presents excessive dryness, itching and redness.

The synergy of its three products avoids the loss of hydration, providing structural lipids that restore the protective barrier of the skin.

1/3 SOAP



INFORMATION

This solid soap hydrates deeply and maintains the hydrolipidic mantle of the skin, respecting its balance. Cleans, hydrates and calms.

KEY INGREDIENTS

Shea butter, extra virgin olive oil, avocado oil, coconut oil, calendula and honey extracts, and salts from the Dead Sea.



2/3 TONER



INFORMATION

This toner balances the pH, revitalizes and prepares the skin for subsequent care steps.

KEY INGREDIENTS

Hydrolate of roses, sea water, aloe vera, water-soluble vitamins and honey extract.



3/3 BALM



INFORMATION

This balm helps the skin to maintain long-term hydration levels, preserving its barrier function. Helps to avoid sensations such as tightness, itching and irritation.

KEY INGREDIENTS

Shea butter and a combination of first cold pressure vegetable oils, hydroxy-tyrosol and pentacyclic olive triterpenes, lavender and chamomile. Contains physical sunscreen.

INSTRUCTIONS FOR USE

FACIAL

Morning: steps 2 and 3 (toner> balm).
Night: steps 1, 2 and 3 (soap> toner> balm).

BODY

Morning: steps 2 and 3 (toner> balm).
Night: steps 2 and 3 (toner> balm).
Use the soap in the daily shower before steps 2 and 3.

HANDS

Morning: steps 1, 2 and 3 (soap> toner> balm).
Night: steps 1, 2 and 3 (soap> toner> balm).
It is recommended that you use this soap whenever you wash your hands.

We use organic ingredients.
No perfums nor colorants.

COMPLETE CARE - ATOPIC SKIN

As part of the holistic philosophy of 5punto5, here are some tips to take care of your skin on a day-to-day basis. You can download the complete care handbook with much more information at atopicskin.5punto5skinlab.com

Recommended Foods



Vegetables and fruits. Rich in vitamins, mineral salts and phytonutrients, with great antioxidant properties. With provitamin A (carrot, peach), vitamin E (avocado), vitamin C (kiwi), zinc (pumpkin), phytonutrients (melon, strawberries). We recommend 5 servings/day.

Rich in Omega-3 fatty acids. Among their functions, they act against inflammation. They can be from animal sources (mackerel, sardines) or vegetable sources (nuts, spinach). Include seeds or nuts in your daily diet. Oily fish, at least twice a week.

Those that improve the intestinal flora. Good intestinal health reverts to the state of our skin. Cereals and integral derivatives (rice, legumes such as lentils), nuts, vegetables (artichoke, asparagus, leek, onion), as well as probiotics (yogurt, kefir). These foods should be part of your daily diet.

Water. It maintains tissues nourished. We recommend 2.5 liters/day.

Physical Exercise



With **moderate exercise** we secrete endorphins, which reduce stress, improve sleep, increase dopamine and decrease cortisol. And above all, it increases the lactic acid of the skin, helping to maintain the optimal pH. If the exercise is extreme, we enter into stress situations which is negative for the skin.

A combination of **aerobic** (running, swimming) and **anaerobic** (push-ups, abs) exercise is recommended. It is also advisable to take deep breaths every day.

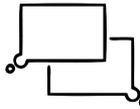
NON Recommended Foods



Those that can cause an allergy or food intolerance. Having atopic skin is often related to some type of intolerance or food allergy. In most cases, to cow's milk, eggs, gluten, soy, some nuts (such as peanuts, hazelnuts and almonds), celery, fish, etc. Ask your dermatologist.

Alcohol. It is related to oxidation, inflammation and dehydration alteration of blood flow causing redness Alcohol also raises the body temperature and the risk of dehydration.

Other Tips



Tobacco. It accelerates premature aging and has a negative effect on the different layers of the skin, as it hinders the arrival of oxygen and nutrients.

Ultraviolet rays. The sun has an anti-inflammatory effect. It may be beneficial for these types of skin, however, consult our complete care handbook for more information.

Sleep. Sleeping at least 7 hours a day is crucial for good cellular functioning.

Stress. Releases cortisol and has negative effects on the skin, as defences are reduced.

Cosmetics. Avoid using perfumes and cosmetics with colorants. Do not rub or exfoliate the skin.