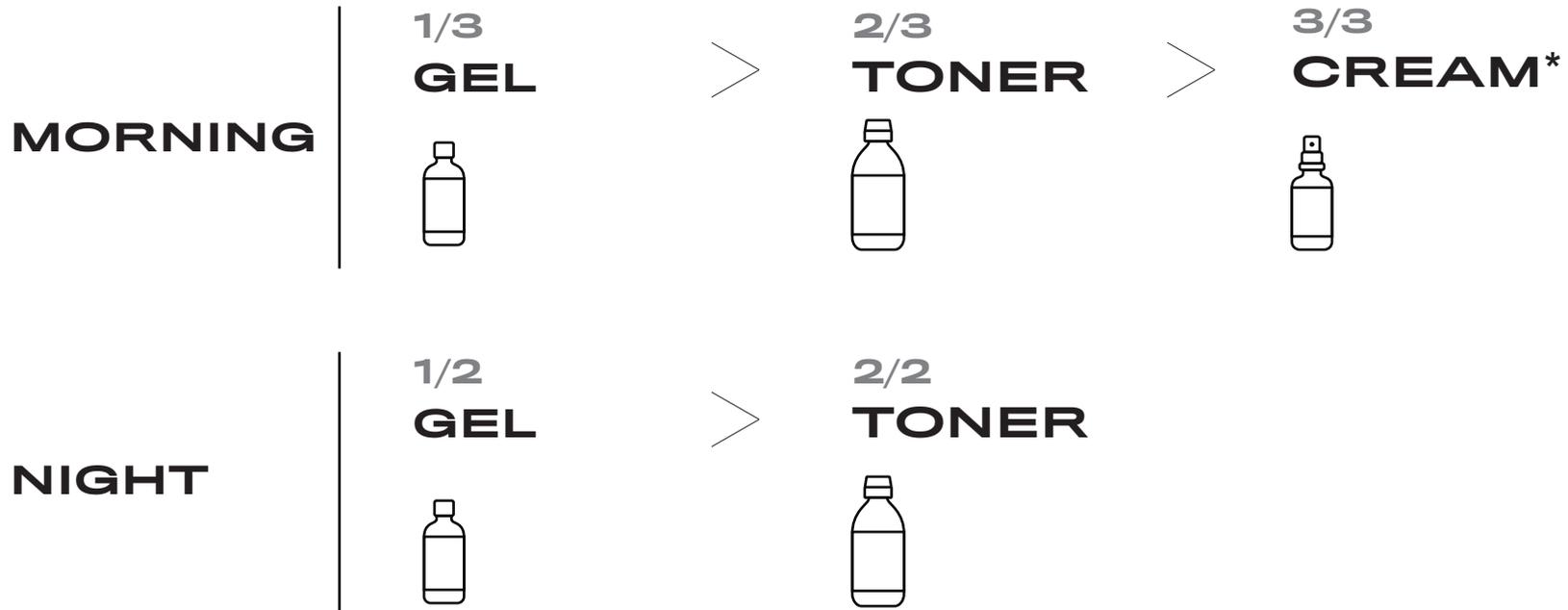


# MEN COMBINATION SKIN SET

This set has been designed to clean, hydrate and protect combination/oily skin types, minimizing the appearance of wrinkles and flaccidity on the skin. The continued use of this care balances the oil and pH of the skin and prevents the clogging and keratinization of pores. It also minimizes skin aging thanks to its combination of water-soluble and fat-soluble vitamins, first cold pressure vegetable oils and antioxidants from vegetable extracts.



**Recommendation 1** It is highly recommended that you clean your face with the Gel before shaving and you then apply the Toner. Your skin will be less irritated. If you have sensitive skin, apply our S.O.S. Roll-on after shaving where you have imperfections.

**Recommendation 2** You can use the Oily Skin Hydrating Cream also at night if you need extra hydration.

\* Contains physical sunscreen.

We use organic ingredients.

Without perfums nor colorants.

You can download the complete care handbook with much more information at [mancombination/oilyskin.5punto5skinlab.com](http://mancombination/oilyskin.5punto5skinlab.com)

# COMPLETE CARE - MEN COMB./OILY 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 [mancombination/oilyskin.5punto5skinlab.com](http://mancombination/oilyskin.5punto5skinlab.com)

## Recommended Foods



**Vegetables and fruits.** Rich in vitamins, mineral salts and phytonutrients, with great antioxidant properties, that help control inflammation. With provitamin A (carrot), vitamin E (avocado), vitamin C (kiwi), vitamin D (mushrooms), zinc (pumpkin, mushrooms), magnesium (spinach), copper (avocado), selenium (cucumber, garlic), sulfur (celery, onion). 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



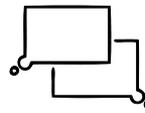
**Rich in trans fats.** Not recommended for our health. They can promote inflammation. Everything with margarine, "fast food", as well as processed fried food.

**Rich in saturated fatty acids.** They can stimulate inflammation. Includes animal fats (bacon), full fat dairies (cream), "fast food", and coconut, palm and palm kernel vegetable oils.

**Those that cause insulin spikes.** With potential inflammatory effects (soft drinks, candy or industrial pastries).

**Alcohol.** It is related to oxidation, inflammation and dehydration of the skin, as well as with the alteration of blood flow causing redness.

## Other Tips



**Tobacco.** Free radicals accelerate aging. Tobacco promotes oxidative stress, so it has a very negative influence on the skin. It also has a negative influence on the hair follicles.

**Ultraviolet rays.** The sun accelerates, just like tobacco, oxidative stress weakening the structure of the skin. Use creams with physical sunscreen and avoid sunbathing between 12.00 and 16.00. If you take foods rich in antioxidants, your protection will be more effective.

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

**Stress.** Negatively affects the skin, also increasing free radical generation, directly influencing premature aging.