

DRY SKIN SET

This set has been designed with the aim of hydrating, protecting and restoring the skin's barrier.

This care is recommended for dry, rough and tight skins.

This care incorporates vitamins, antioxidants, plant extracts, a combination of first cold pressure vegetable oils and hyaluronic acid amongst other ingredients. All this helps to increase and restore the moisture and lipids of the skin's barrier. In addition, it minimizes skin aging.



Recommendation 1 You can use the Serum in the morning before applying the Hydrating Cream. Recommended in spring and autumn.

Recommendation 2 You can apply the Hydrating Cream at night after the Serum if you have very dry skin.

Recommendation 3 It is highly recommended to apply an Eye Contour Cream in the morning and at night in order to prevent and minimize wrinkles, dark circles and bags.

* Contains physical sunscreen.

We use organic ingredients.

Without perfums nor colorants.

You can download the complete care handbook with much more information at dryskin.5punto5skinlab.com

COMPLETE CARE - DRY 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 dryskin.5punto5skinlab.com

Recommended Foods



Vegetables and fruits. With great antioxidant properties. With provitamin A (carrot), vitamin E (avocado), vitamin C (kiwi), vitamin D (mushrooms), zinc (pumpkin), magnesium (spinach), copper (avocado), selenium (cucumber), sulfur (onion). We recommend 5 servings/day.

Rich in Omega-3 fatty acids. Among its 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. They can promote inflammation. Everything with margarine or butter, "fast food", as well as processed fried food.

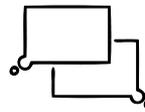
Rich in saturated fatty acids. They can stimulate inflammation. Includes animal fats (bacon), full fat dairies (cream), "fast food", and coconut, palm and palm kernel vegetable oils.

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.

Products that make you thirsty. Such as fried, battered products, sugary foods and beverages, canned beverages, drinks with caffeine or additives from prepared beverages.

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 accelerates oxidative stress. Free radicals weaken 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. It releases cortisol and triggers negative effects on the skin by decreasing the defences.

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