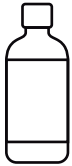


SET EMOLIENT BALM

This set has been designed because we believe in skin care in three steps: cleaning > toning > hydrating + nourishing. Directed to the cleaning and care of the skin when it presents red patches and a tendency to keratinization. The synergy of these three products maintains hydration, softens the scales, increases elasticity and reduces the itching.

1/3 GEL



INFORMATION

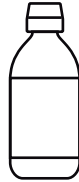
This gel, with a pH of 5.5, cleans thoroughly maintaining the acid mantle of the skin. Recommended for combination and oily skins, and those with tendency to present acne and / or keratinization.

KEY INGREDIENTS

Aloe vera enriched with oats, chamomile, honey and calendula extracts. Together with neem and essential oils of lavender and tea tree.



2/3 TONER



INFORMATION

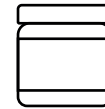
This toner balances the pH, revitalizes and prepares the skin for subsequent care steps.

KEY INGREDIENTS

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



3/3 BALM



INFORMATION

The specific formulation of this balm is optimal for the care of the skin when it presents red patches and a tendency to keratinization.

KEY INGREDIENTS

Shea butter and a combination of first cold pressure vegetable oils, together with highly purified vegetable extracts.

INSTRUCTIONS FOR USE

FACIAL

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

BODY

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

HANDS

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

We use organic ingredients.
No perfums nor colorants.

COMPLETE CARE - PSORIATIC 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 psoriaticskin.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.

Vitamin D. Amongst its properties, it normalizes the function of keratinocytes. It is synthesized thanks to the sun and through food. Oily fish (salmon, sardines), avocados and mushrooms are rich in this vitamin.

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



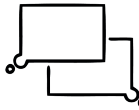
Rich in saturated fatty acids. They can stimulate inflammation. Includes animal fats (bacon), full fat dairies (cream), "fast food", and coconut, palm and palm kernel vegetable oils.

Sugars, excess animal proteins and additives. They can also stimulate inflammation. Avoid processed foods, industrial bakery, etc.

Gluten. It is a protein present in wheat, rye, barley and oats. In some cases, there is an intolerance to gluten that reverts to the state of the skin. Ask your dermatologist.

Alcohol. It is related with the oxidation and inflammation of the skin, dehydration and the alteration of blood flow causing redness. It worsens desquamated skins and with hyperkeratosis.

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. 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. It reduces defences and increases infections.

Cosmetics. Avoid using perfumes and cosmetics with colorants.