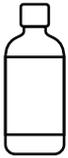


OILY SKIN SET

This set has been designed because we believe in skin care in three steps: cleaning > toning > hydrating + nourishing. These products are directed to the cleaning and care of oily skins and with tendency to present acne.

The use of these three products prevents the clogging and keratinization of pores, equilibrates the skin's pH and minimizes imperfections.

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.

DIRECTIONS FOR USE

- 1- Mix the gel with warm water on the palm of the hand.
- 2- Apply it gently.
- 3- Use abundant water to remove the gel.

KEY INGREDIENTS

Neem oil, aloe vera enriched with oats, chamomile, honey and calendula extracts. Together with essential oils of lavender and tea tree.

Mornings: steps 1, 2 and 3 (gel> toner> cream).

Nights: steps 1 and 2 (gel> toner).



2/3 TONER



INFORMATION

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

DIRECTIONS FOR USE

- Apply the toner after cleaning the skin.
- 1- Put a small amount of toner on a cotton disk.
 - 2- Apply it gently through circular movements or by touches on the skin.

KEY INGREDIENTS

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



3/3 CREAM



INFORMATION

This light cream prevents clogging and keratinization of the pores, minimizing imperfections, and provides adequate hydration and protection.

DIRECTIONS FOR USE

Apply after cleaning and toning the skin.

- 1- Put a small amount of cream on the palm of your hand.
- 2- Apply it gently through soft circular movements on the skin.

KEY INGREDIENTS

Jajoba and neem oils; plant extracts such as hamamelis and willow. It contains hydroxytyrosol and maslinic acid. The formula is completed with tea tree and lavender. Contains physical sunscreen.

If you have imperfections, we recommend our "S.O.S. Roll-on".

We use organic ingredients.

No perfums nor colorants.

COMPLETE CARE - 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 oilyskin.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. 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, with moderation. 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



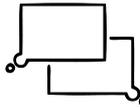
Those that cause insulin spikes. High insulin spikes favor an increase in fatty acids. Avoid soft drinks, candy, industrial pastries and anything that contains simple sugars.

Rich in trans fats. Can stimulate the production of sebum. Everything with margarine or butter, 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.

Alcohol. It is related to the oxidation and inflammation of the skin, the dehydration and the alteration of the blood flow.

Other Tips



Don't Smoke. In addition to accelerating premature aging, it has a negative influence on pimples, hair follicles and sebaceous glands.

Ultraviolet rays. . The sun worsens the skins that have infections. Use cream with physical sunscreen and avoid sunbathing between 12.00 and 16.00.

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

Stress. Affects negatively since it releases cortisol that produces an increase in insulin and production of fat.