

DEHYDRATED AND REDDENED 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 the skin when it presents dehydration, redness, imperfections and / or itching. Its continued use provides hydration, restoring the protective barrier of the skin and hence its balance.

1/3 SOAP



INFORMATION

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

DIRECTIONS FOR USE

- 1- Use the soap with warm water.
- 2- Apply it gently in the desired area.
- 3- Use abundant warm water to remove the soap.

KEY INGREDIENTS

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

Mornings: steps 2 and 3 (toner> balm).
Nights: steps 1, 2 and 3 (soap> toner>balm).



2/3 TONER



INFORMATION

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

DIRECTIONS FOR USE

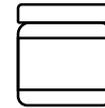
- Apply the toner after cleaning the skin.
- 1- Put a small amount of toner on a cotton disk.
 - 2- Apply it gently through circular movements or by touches on the skin.

KEY INGREDIENTS

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



3/3 BALM



INFORMATION

This balm acts against the loss of hydration, restoring the protective barrier of the skin.

DIRECTIONS FOR USE

- Apply the balm after cleaning and toning your skin.
- 1- Put a small amount on the palm of your hand.
 - 2- Apply it gently through circular movements on the skin.

KEY INGREDIENTS

Shea butter and a combination of first cold pressure vegetable oils, such as sesame oil, along with highly purified vegetable extracts and essential oils. 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 - SKIN WITH ROSACEA

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 rosaceaskin.5punto5skinlab.com

Recommended Foods



Vegetables and fruits. Rich in vitamins, mineral salts and phytonutrients, with great antioxidant properties. Very important those that favor the capillary wall. Includes anthocyanidins (blueberries, cherries, eggplant) and vitamin C (kiwi). They should be part of your daily diet.

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 alter the blood vessels. Avoid spicy, hot and heavy foods, spices and coffee.

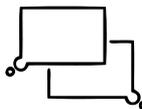
Rich in trans fats. They can promote inflammation. Everything with margarine or butter, as well as processed fried food.

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.

Sugars. They also stimulates inflammation.

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. Accelerates premature aging and has a negative influence on the 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. Releases cortisol that decreases defences and increases infections.

Temperature. Avoid abrupt temperature changes: saunas, spas and very high heating.