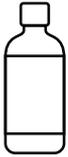


# SEBORRHEA SKIN SET

This set has been designed because we believe in skin care in three phases: cleaning > toning > hydrating + nourishing. Directed to the cleaning and care of reddish and / or itchy oily skins. The continued use of these products balances the pH of the skin, decreases redness and / or itching, achieving a more vital aspect.

## 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).**

We use organic ingredients.  
No perfums nor colorants.

## 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 cream of light texture provides hydration, balances the pH of the skin, reducing itching and / or redness.

### DIRECTIONS FOR USE

- Apply after the dermatologic gel and toner.
- 1- Put a small amount of cream on the palm of your hand.
  - 2- Apply it gently through circular movements on the skin.

### KEY INGREDIENTS

Neem oil, calendula and burdock extracts, specific essential oils, coupled with the powerful combination of hydroxytyrosol and maslinic acid. With physical sunscreen.

# COMPLETE CARE - SKIN WITH SEBORRHEA

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 [seborrheaskin.5punto5skinlab.com](http://seborrheaskin.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



**Rich in trans fats.** They can stimulate the production of sebum. Everything with margarine or butter, as well as processed fried food.

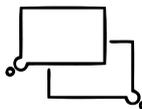
**Rich in saturated fatty acids.** They can stimulate inflammation. Includes animal fats (bacon), full fat dairies (cream), "fast food", and coconut, palm and palm kernel vegetable oils.

**Sugars.** They can also stimulate inflammation.

**Those that can alter the blood vessels.** Avoid spicy, hot and heavy foods, spices and coffee.

**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 has an anti-inflammatory effect. However the heat and sweat are not good allies. Consult our complete handbook for more information.

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

**Stress.** It releases cortisol that produces an increase in insulin and fat production. It also decreases the defences and increases infections.

**Cosmetics.** Avoid using perfumes and cosmetics with colorants. Do not rub or exfoliate the skin.