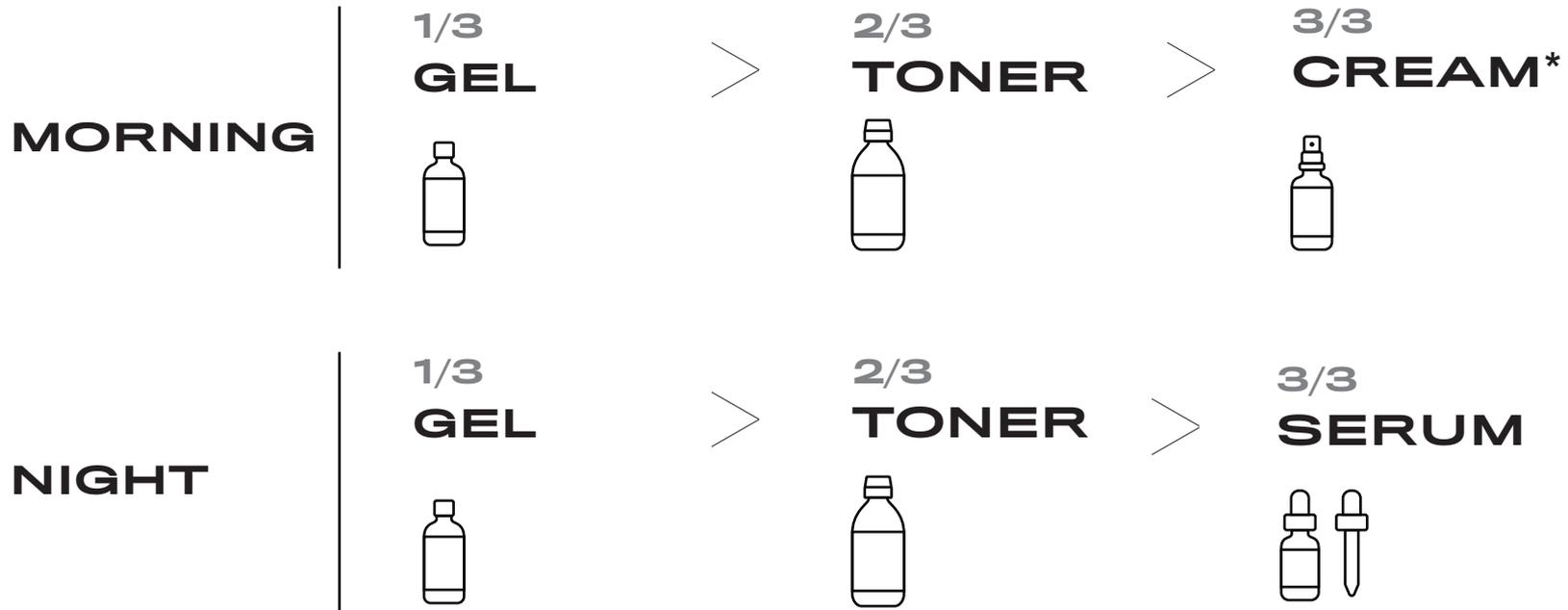


# WOMEN COMBINATION SKIN SET

This set has been designed with the aim of cleaning, hydrating and protecting combination skins, while minimizing the appearance of wrinkles and flaccidity on the skin.

This care is recommended for people with excessive oil in the "T zone" (forehead, nose and chin). The continued use of this care equilibrates the oil and pH of the skin. In addition, it minimizes skin aging due to its combination of water-soluble and fat-soluble vitamins, first cold pressure vegetable oils and antioxidants from vegetable extracts.



**Recommendation 1** The use of an exfoliant, particularly in the "T zone", once a week can help you in the proper care of your skin.

**Recommendation 2** It is highly recommended to apply an eye contour cream in the mornings and at night in order to prevent and minimize wrinkles, dark circles and bags. Recommended from 25 years approx.

\* Contains physical sunscreen.

We use organic ingredients.

Without perfums nor colorants.

You can download the complete care handbook with much more information at [combinationskin.5punto5skinlab.com](http://combinationskin.5punto5skinlab.com)

# COMPLETE CARE - COMBINATION 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 [combinationskin.5punto5skinlab.com](http://combinationskin.5punto5skinlab.com)

## Recommended Foods



**Vegetables and fruits.** With great antioxidant capacity, they help control inflammation. With provitamin A (carrot), vitamin E (avocado), vitamin C (kiwi), vitamin D (mushrooms), zinc (pumpkin, mushrooms), magnesium (spinach), copper (avocado), selenium (cucumber, garlic), sulfur (celery, onion). 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.

**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



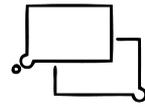
**Rich in trans fats.** They can stimulate the production of sebum. Everything with margarine or butter, "fast food", as well as processed fried food.

**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 effect (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.

## Other Tips



**Tobacco.** Free radicals accelerate aging. Tobacco promotes oxidative stress, so it has a very negative influence on the skin. It also has a negative influence on the hair follicles.

**Ultraviolet rays.** The sun accelerates oxidative stress, and therefore, wrinkles, flaccidity, etc. Do not forget that free radicals act on collagen, weakening 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 affects negatively since it releases cortisol which produces an increase in insulin and fat. It also increases the generation of free radicals.