A dense field of orange pumpkins, filling the entire frame. The pumpkins are of various sizes and are arranged in rows, creating a textured, repetitive pattern. The lighting is warm, highlighting the orange and yellow tones of the pumpkins.

(h2t)<sup>TM</sup>

From Head 2 Toe

Pumpkin  
Peel

## Pumpkin / Multi-Fruit Complex Peel

Pumpkin products offer antioxidants and enzymes that act like alpha-hydroxy acids. But rather than just stripping the skin of unwanted materials, the pumpkin products have a bonus of replenishing the skin with nutrients. Pumpkin reportedly contains more than 100 beneficial nutrients, which may be used to help reverse the signs of aging.

Pumpkin is loaded with the important antioxidant beta-carotene and Vitamin C. Beta-carotene is one of the plant carotenoids converted to Vitamin A in the body. In the conversion to Vitamin A, beta carotene performs many important functions in overall health including some aspects of aging.

*Information is based on studies from the University of Illinois.*

### COMPONENTS OF RAW PUMPKIN (1 cup):

Total Carbohydrate (g) 3.8 and Fiber (g) 0.29	Natural thickening establish the base for proper distribution of essential ingredients to the skin.
Potassium (mg) 197.2	Bio-element, important role in the genesis and correction of imbalances of acid/base metabolism resulting from chemical peels.
Protein (g) 0.58	Unique sequences of amino acids characteristic of the pumpkin family. Mesh well with skin proteins.
Vitamin A (AIU/svg) 928	Promotes the growth and health of cells and tissue.
Vitamin C (mg/svg) 5.2	A powerful anti-oxidant which directly stimulates the production of collagen and elastin.
Calcium (mg/svg) 12.2	Keeps epidermal cell proliferation and differentiation on a health path through activation of epidermal calcium-binding protein.
Metals: Iron (mg/svg) 0.46, Sodium (mg) 0.58, Zinc	Natural metal complexes improve the integrity of the epidermis.
Salicylic Acid	Pumpkin has one of highest natural concentration of salicylic acid of any plant.

This is only a partial list of the over a hundred nutrients found in pumpkin that helps skin to replenish itself. **Use pumpkin peel to rejuvenate the skin's surface on the face or body.**

### Multi-fruit:

Is a concentrated blend of five botanical extracts: bilberry, sugar cane, sugar maple, orange and lemon. **Which have been shown to promote smoother, younger looking skin by increasing the rate of cell renewal.**

Multi-fruit is produced by taking several species of plants and running them through an exhaustive extraction process, which reduces color, odor and concentrates the active principles. The extracts are blended at the following: Bilberry 57.00%, Sugar Cane 24.00%, Sugar Maple 3.00%, Orange 8.00%, Lemon 8.00%.

Once blended, the extracts are concentrated by vacuum distillation until a specified concentration of actives is achieved. The product is then filtered to eliminate any particulate matter. Multi-Fruit is a natural product that contains a wide variety of residual natural substances, such as cellulose, carbohydrates, proteins, water soluble vitamins and minerals.

When the process is complete, the material contains the following concentrations: Lactic Acid 28-32%, Glycolic Acid 12-17%, Citric Acid 2-6%, Malic Acid 1% max, Tartaric Acid 1% max.

**The primary action is their keratolytic ability-- they weaken bonds that hold dead skin cells together. When these bonds are weakened, the dead cells can be shed from the surface of the skin, resulting in skin that appears fresher, smoother and younger.**

## Results of Pumpkin Peel Treated Foot

*Before*



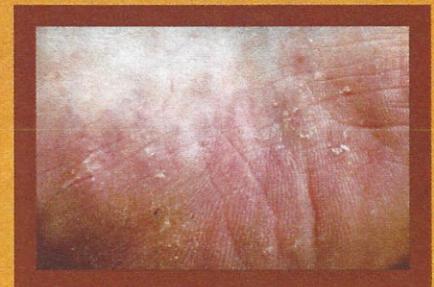
*Before*



*After*



*After*



After just one treatment of the 20% pumpkin peel, a noticeable improvement is seen even before buffing and without moisturizing.

## Pumpkin Peel Blending Instructions

20% Pumpkin Peel - Feet

5% Pumpkin Peel - Face

17% Pumpkin Peel	1:4	(1 part 5% to 4 parts 20%)
16.25% Pumpkin Peel	1:3	(1 part 5% to 3 parts 20%)
15% Pumpkin Peel	1:2	(1 part 5% to 2 parts 20%)
12.5% Pumpkin Peel	1:1	(1 part 5% to 1 part 20%)
10% Pumpkin Peel	2:1	(2 parts 5% to 1 part 20%)
8.75% Pumpkin Peel	3:1	(3 parts 5% to 1 part 20%)
7.5% Pumpkin Peel	5:1	(5 parts 5% to 1 part 20%)

## Body Treatments With Pumpkin Peel Treatment

Start the service with the client laying on his/her front. Cleanse entire body with (h<sub>2</sub>t)<sup>TM</sup> Shower Gel, rinse with warm towels.



Use a soft bristle body brush when applying the treatment. Apply with long soothing strokes covering the entire area with the formulation.

Using the 20% pumpkin formulation apply product starting with the feet and moving up to the top of the body.

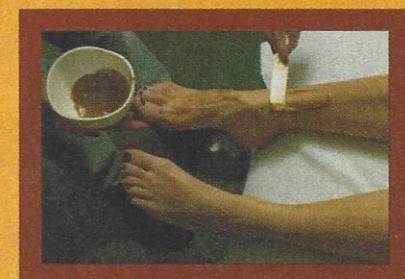


Wrap the client. Allow the client to rest for no longer than ten minutes. Do not use thermal blanket as the heat will add to potential irritation.

*Note: Tingling will occur. If tingling becomes intolerable or if skin irritation occurs - discontinue use.*

Remove treatment with tepid to cool water. Starting with arms and back working toward feet. Skin should have a healthy stimulated glow. Apply a soothing post treatment and (h<sub>2</sub>t)<sup>TM</sup> Body Moisturizing Complex.

Allow the client to turn over onto his/her back. Apply product starting with the feet and work the application process toward head.



When applying to decolleté and face you may want to decrease the potency down to 5-8% for sensitivity purposes.

Once again, wrap client and allow a resting period of no longer than 10 minutes.

Remove treatment with cool, wet towel starting with neck and decolleté.

## Pumpkin Peel as a Customized Treatment

You may use the pumpkin peel as part of an exfoliation process or as a customized treatment to any facial procedure.

Custom blend the pumpkin peel; potency of treatment will be decided based on one or both of the following:

1. Sensitivity level of the skin.
2. Tolerance level of glycolic acids.

Always start with a lower concentration to allow skin to build a tolerance to the treatment. As the client continues to do further treatments, the operator may increase treatment level potency based on sensitivity and desired results of the treatment.

Apply 1/2-1 tsp. of pumpkin peel to the face starting with the thicker areas of the skin (chin, forehead, outline of face, cheeks. **Avoid contact with eyes.**)



Allow treatment to initially stay on 1-3 minutes or until redness (erythema) occurs. As client receives repeated treatment operator can increase the time progressively up to 10 minutes. (Do not build up the concentrations and/or time until the skin can tolerate it.)

Remove with cool water starting with the thinner areas of the skin. Apply a post nourishing mask.

## Manicure Starting With Pumpkin Peel Treatment



Remove polish, shape or file nails apply pumpkin peel to the top of the hand only, leave on for 5 minutes.

After 5 minutes remove pumpkin peel with a warm wet cloth, then proceed with manicure.



## Manicure Finishing With Pumpkin Peel Treatment

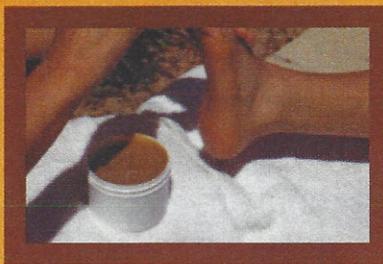
Remove polish, shape or file nails, soak and trim cuticles. Apply pumpkin peel to the top of the hand only, leave on for 5 minutes.



After 5 minutes remove pumpkin peel with a warm wet cloth, then proceed with manicure. Dry hands, massage, clean nail plate and apply polish.



## Pedicure Starting With Pumpkin Peel Treatment



Lightly apply pumpkin peel with a brush to the top of foot. Then more generously to the bottom and sides of foot where callous can occur. Leave on for 5 minutes, rinse with warm water.

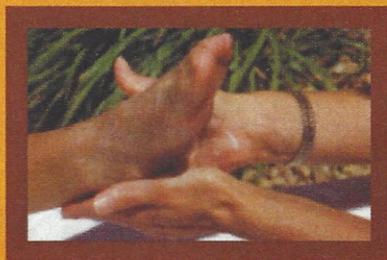
Start with coarse side of foot file concentrating on heavily calloused areas. Finish with finer side of foot file.



Exfoliate and massage the foot using (h<sub>2</sub>t)<sup>TM</sup> Total Body Sugar Buff, rinse with warm water.

## Pedicure Finishing With Pumpkin Peel Treatment

Using the coarse side of a foot file concentrate on heavily calloused areas. Finish with finer side of foot file.



Exfoliate and massage the foot using (h<sub>2</sub>t)<sup>TM</sup> Total Body Sugar Buff, rinse with warm water.

Lightly apply pumpkin peel with a brush to the top of foot. Then more generously to the bottom and sides of foot where callouses can occur. Leave on for 5 minutes, rinse with warm water.



# (h2t)<sup>®</sup> brings you superb skin care products and simple to follow professional and at- home protocols



Our (h2t)<sup>®</sup> DermAstage system is a beautifully simple treatment program for treatments in your spa as well as products for take-home.

Dermatologist and Aesthetician tested products made with premium ingredients have proven to be effective in maximizing the health of the skin in the various stages.

Whether your skin is teen, adult, or anti-aging, the (h2t)<sup>®</sup> dermAstage system offers you a line of essential skincare products designed specifically to enhance skin quality in that stage.

This simple, streamlined lifestyle regimen for the skin gives you a professional spa-quality daily experience in your own home.

**PUMPKIN PEEL:** A luxurious experience is ensured with the use of celebrity-favorite skincare products, which nourish the skin, engage the senses, and broker sophisticated peace deals between the earth and the salon industry.

Pumpkin Peel products offer anti-oxidants and enzymes that act like alpha-hydroxy acids. But rather than just stripping the skin of unwanted materials, the pumpkin products add a bonus of replenishing the skin with nutrients. Pumpkin reportedly contains more than 100 beneficial nutrients, which may be used to help reverse the signs of aging.

Pumpkin is loaded with important anti-oxidants, beta-carotene and Vitamin C. Beta-carotene is one of the plant carotenoids converted to Vitamin A (retinol) in the body.

***Pumpkin has one of the highest "natural" concentrations of salicylic acid of any plant source.***

***Please note: pumpkins have considerable variation in nutrient contents depending on the cultivation environment, species or part. Thus it is not possible to specify an exact percentage for the amount of salicylic acid found in pumpkin. We can say that it is less than 0.1% and that it is not a significant contribution to the acidity of the formula.***

## **Types of Pumpkin Peel Products available**

### ➤ **20% Pumpkin Peel (for professional use only)**

A 20% formulation of Glycolic and Lactic Acid with a pH 3.5. Formulated for use in body exfoliation treatments.

Used in spa treatments for maximum exfoliation or as a preparatory treatment prior to other body service treatments. Effective for deep exfoliation of dry, callused skin in manicure and pedicure services.

- **30% Pumpkin Peel (for professional use only)**  
A 30% formulation of Glycolic and Lactic acid with a pH 3.2. Formulated to provide deep exfoliation for facial area, allowing acids to effortlessly penetrate clogged pores and assist in cell proliferation. Used as a chemical peel treatment or in conjunction with other facial treatments such as micro-dermabrasion and other aggressive peels.
- **(h2t) dermAstage Actives Pumpkin and Glycolic Peel 10% active (for home use)**  
This is an intensive exfoliating pumpkin treatment containing naturally occurring fruit acids and enzymes to exfoliate dead skin cells while pumpkin nutrients nourish the underlying skin. Perfect for between treatment maintenance, prolonging radiance of skin, or to prepare skin for more aggressive treatments. **5/14 This is a recent re-formulation making it more versatile for more skin types and conditions. We've manipulated the buffers and PH to create a gentle, yet effective product for "at home" use.**

## Benefits of Pumpkin Peel

- Exfoliates surface cells
- Binds moisture to the skin
- Softens the appearance of fine lines and wrinkles
- Improves texture and pliability of the corneum layer
- Helps drive highly refined extracted ingredients that have been added to h2t Pumpkin Peel (anti-oxidants, vitamins & Nutrients) into the skin
- Provides for the perfect extraction opportunity
- Helps destroy surface area bacteria
- Pre-conditions (prepares) skin for more aggressive treatments
- Combines for the perfect micro-exfoliation service
- Replaces mechanical scrubs
- Can take the place of Glycolic & Lactic Acid treatments
- Helps lighten hyper-pigmentation

### **Pumpkin Peel Base Featured Ingredients:**

Raw Pumpkin	Allspice
Glycolic Acid	Vaccinium Myrtillus Extract
Salicylic Acid	Saccharum Officinarum Extract
Beta-carotene	Acer Saccharinum
Sodium Lactate	Citrus Aurantium
Cinnamon Cassia Bark	Bisabolol
Multi-fruit Complex Blend	*White Willow Bark

\*In pumpkin 30%

### **Key Ingredient Properties**

#### **Glycolic Acid:**

- Increases epithelial turnover
- Antibacterial
- Reduces stratum corneum thickening
- Improves hydration

#### **Salicylic Acid:**

- Reduces stratum corneum layer thickening
- Diminishes the appearance of sun damage
- Helps slough away superficial cells

#### **Bisabolol:**

- Anti-inflammatory agent
- Derived from chamomile and or yarrow

**Cinnamomum Cassia Bark, Zingiber Officinale, Myristica Power and Allspice:**

- Aromatic and appearance properties

**Vaccinium Mytillus Extract, Saccharum Officinarum Extract, Acer Saccharinum Extract, Cotris Airantoi, Dulcis Extract and Medica Limonum Extract:**

- Fruit Acids (see glycolic acid for benefits)

**(h2t) Pumpkin Peel Ingredient Information**

**COMPONENTS OF RAW PUMPKIN (1 cup):**

Total carbohydrate (g) 3.8      Natural thickening establish the base for proper distribution of essential  
And Fiber (g) 0.29                      ingredients to the skin.

Potassium (gm) 197.2              Bio-element, important role in the genesis and correction of imbalances of Acid/base metabolism resulting from chemical peels.

Protein (g) 0.58                      Unique sequences of amino acids characteristic of pumpkin family. Mesh well with skin proteins.

Vitamin A (AIU/svg) 928              Promotes the growth and health of cells and tissue.

Vitamin C (mg/svg) 12.2              Keeps epidermal cell proliferation and differentiation on a health path through activation of epidermal calcium-binding protein.

**Metals**                                      Natural metal complexes improve the integrity of the epidermis.

Iron (mg/svg) 0.46

Sodium (mg) 0.58

Zinc

\*This is only a partial list of over a hundred nutrients found in pumpkin that helps skin to replenish itself. **Use pumpkin peel to rejuvenate the skin's surface on the face or Body.**

**Components of Multi-fruit Complex**

Multi-fruit complex is a concentrated blend of five botanical extracts: bilberry, sugar cane, sugar maple, orange and lemon. These extracts contain several naturally occurring alpha hydroxy acids have been shown to promote smoother, younger looking skin by increasing the rate of cell renewal.

Multi-Fruit is produced by taking several species of plants and running them through an exhaustive extraction process, which reduces color, odor and concentrates the active principles. The extracts are blended as the following:

Bilberry	57.00%
Sugar Cane	24.00%
Sugar Maple	3.00%
Orange	8.00%
Lemon	8.00%

Once blended, the extracts are concentrated by vacuum distillation until a specified concentration of actives is achieved. The product is then filtered to eliminate any particulate matter. Since Multi-Fruit is a natural product it will contain a wide variety of residual natural substances, such as cellulose, carbohydrates, proteins, water-soluble vitamins and minerals.

When the process is complete, the material contains the following concentration of alpha hydroxy acids:

Lactic Acid	28-32%
Glycolic Acid	12-17%
Citric Acid	2-6%
Malic Acid	1% max
Tartaric Acid	1% max

## **FREQUENTLY ASKED QUESTIONS ABOUT PUMPKIN PEEL**

### **What does the % of acids refer to?**

Refers to what % of the compound that is made up of acids.

### **Why did we eliminate 5% Pumpkin Peel?**

5% Pumpkin Peel was the first generation of (h2t) Pumpkin Peel. Exfoliation in this formula relies on the natural activity of the raw pumpkin more so than the percentage of acid complex. In recent years, the technology and ability to introduce higher complexes of acids without increasing irritation allowed us to develop a more effective product in (h2t) 30% Pumpkin Peel.

### **When should I use 20% pumpkin peel?**

While 20% has a lower % of acid complex than 30%, its formulation has less irritation control mechanisms and can produce more irritation. 20% is effective for use in body treatments because the skin is less sensitive than the face. 20% also has a higher percentage of lactic acid- effective for rehydrating dry skin often found on the body.

### **Why is 30% used in most facial service protocols?**

***30% is the final generation of pumpkin peel, incorporating the highest % of AHA and natural acids, while providing control mechanisms that helps minimize irritation. In 30% Pumpkin Peel 1/3 of the acid complex is glycolic, thus being more effective at keeping pores open.***

### **Can I use pumpkin peel before micro-dermabrasion, laser treatments and TCA peels?**

Pumpkin Peel can be used prior to microdermabrasion treatment. It is not recommended to be used in conjunction high frequency or IPL's. With laser treatments and waxing it is recommended to wait 10-14 days

### **When should I NOT consider pumpkin peel in a treatment?**

The following contraindication qualifiers are based on the common practices of aestheticians when working with professional fruit acid based products.

#### **Contraindications**

- Extreme skin sensitivities such as Rosacea at a more than a moderate level
- Current usage of prescription topical creams or Accutane usage within 2 years
- Any known allergies or sensitivities to alpha-hydroxy acids
- Pregnancy
- Chemotherapy
- Certain auto-immune diseases
- Pigmentation issues with trauma to the skin
- Inflamed/sunburned skin

- Herpes
- Open cuts or lesions
- Recent plastic surgery or recent medical procedures
- Use of antibiotics that are known to cause sun sensitivities
- Prescription topical retinoid usage
- Lack of use of sunscreen

## **(h2t) Pumpkin Peel Service Protocols**

### Service Procedure Notes:

The pumpkin peel procedure is standardized as a reference for the aesthetic staff. The aesthetic staff may modify the procedures according to their client's needs. Extractions should not be performed if the integrity of the skin will potentially be sacrificed.

The following information is meant to provide general suggestions for using pumpkin peel in conjunction with other treatment services. Aestheticians must use their own discretion based on their client's needs and the rules and laws that govern their state's licensing requirements.

### For Optimal Results:

Client should receive a series of 6-12 treatments at one or two week intervals

Or

Receive a pumpkin peel treatment monthly

Or

Incorporate a pumpkin peel treatment with a nourishing facial treatment

The following information provides suggestions for the following services:

Use of (h2t) Pumpkin Peel Basic application instructions for regular skin types

Using (h2t) Pumpkin Peel with sensitive and rosacea skin types

Using (h2t) Pumpkin Peel in conjunction with micro-dermabrasion

(h2t) Clear Complexion Treatment (for mild/moderate skin congestion)

(h2t) Radiance Renewal Facial

### **Pumpkin Peel- Basic Application Instructions for regular skin types:**

- Cleanse skin with (h2t) dermAstage Sulfate-free Foaming Cream Cleanser
- Apply a protectant around mucus membrane areas and around eyes
- Apply a thin layer of pumpkin peel starting with the thicker areas of the skin. Proceed in the following order: Forehead, chin, facial perimeter, cheeks, nose, temples and around eyes.
- Leave on until noticeable erythema occurs or up to 10 minutes based on the skin's tolerance level. (Use time progression method)
- Remove with cool water.
- Mist with (h2t) dermAstage Toner.
- Apply (h2t) dermAstage Hyaluronic Acid
- Finish with (h2t) dermAstage Day Cream with SPF or Hydrating Night Cream

### **Pumpkin Peel application recommendations for sensitive or rosacea skin types:**

- Cleanse skin with (h2t) dermAstage Sulfate-free Foaming Cream Cleanser
- Apply 1 teaspoon (h2t) Pumpkin Peel 30%. Begin with 1 minute application, fan skin throughout the process
- Neutralize with pre-iced, watered-down towels
- Apply (h2t) dermAstage Hyaluronic Acid
- Finish with (h2t) dermAstage Hydrating Night Cream

### **Micro-dermabrasion Use Instructions -**

By simply applying (h2t) Pumpkin Peel on cleansed skin prior to micro-dermabrasion will greatly increase the results of the service. Apply (h2t) Pumpkin Peel to the skin's surface; leave it on for 3-7 minutes (based on the skin's tolerance) then remove. Proceed with micro-dermabrasion treatment.

## **(h2t) CLEAR COMPLEXION TREATMENT**

"The ultimate treatment for congested or blemished skin"

### Treatment Objective:

- ❑ Release impurities from the skin
- ❑ Treat moderate bacteria if present
- ❑ Exfoliate dead surface cells and increase cell turnover
- ❑ Improve texture and tone of the skin
- ❑ Restore skins natural glow

### You will need:

- ❑ (h2t) dermAstage Beta-Hydroxy Foaming Cleanser or Acne Cleanser
- ❑ (h2t) Pumpkin Peel 30%

### Procedure:

Perform skin analysis and ensure that treatment is advisable for level of congestion. For moderate to severe levels of inflammation, client should seek medical attention.

Cleanse facial area with (h2t) dermAstage Beta-Hydroxy Foaming Cleanser

Pre-treat skin using dermAstage 2 Step Exfoliating system. Wipe *exfoliating* pad across congested area. Wait 3-5 minutes.

Apply thin film of (h2t) 30% Pumpkin Peel to face (avoid contact with the eyes), leave on 3-5 minutes or up to 10 minutes based on client's tolerance/experience with pumpkin peel.

Remove with cool damp towels

Apply (h2t) dermAstage Hyaluronic Acid

Steam (and do extractions if necessary)

Apply (h2t) dermAstage Hydrating Night Cream

### Post Treatment Retail Product Recommendations:

- ❑ Beta-Hydroxy Foaming Cream Cleanser
- ❑ 2-Step Exfoliating Facial System
- ❑ Hyaluronic Acid

## **(h2t) Radiance Renewal Pumpkin Peel Treatment**

Reverse the effects of time with this skin renewing Glycolic AHA peel. (h2t) Pumpkin Peel rejuvenates skin by exfoliating dead surface cells, minimizing lines and wrinkles and improving the appearance of lightly sun damaged skin. Pure pumpkin adds a boost of super anti-oxidants including beta-carotene and Vitamin C & A.

### Treatment Objectives:

- ❑ Rejuvenate appearance of skin, brightening tone and smoothing texture
- ❑ Encourage Elastin/Collagen production
- ❑ Unclog pores and stimulate epithelial cell renewal
- ❑ Lessen superficial hyper pigmentation

### You will need:

- ❑ (h2t) dermAstage Foaming Cream Cleanser
- ❑ (h2t) dermAstage Hyaluronic Acid
- ❑ (h2t) Pumpkin Peel (30% or 20% options)
- ❑ (h2t) dermAstage Balancing Toner
- ❑ (h2t) dermAstage Anti-wrinkle Cream

### Procedure:

Cleanse with dermAstage Foaming Cream Cleanser

Assess life stage and skin conditions

Apply pre-extraction mask: a blend of pumpkin peel 20% with Hyaluronic acid (2:1 pumpkin peel/HA) Leave on up to 3-5 minutes ( 30% optional)

Remove with cool water.

Prep the skin for extractions by applying thin coat of Hyaluronic Acid and steam

Leaving Hyaluronic Acid on, proceed with extractions

Massage face using favorite massage cream / facial massage cream/ moisture serum

Massage face for 10 minutes

Mask with favorite treatment mask

Moisturize with dermAstage Anti-Wrinkle Cream

Product recommendations:

Refer to (h2t) dermAstage prescription cards for recommended products based on life stage and conditions present.

## **(h2t) Deep Callus Removal Foot Treatment**

Treatment objectives:

- ❑ Exfoliate dry dead skin, softening and smoothing callused areas
- ❑ Re-hydrate, moisturizes and softens skin
- ❑ Aids in healing dry, cracked skin

You will need:

- ❑ (h2t) Foaming Bath Salts (1 tablespoon)
- ❑ 20% Pumpkin Peel
- ❑ Milk Moisturizer

Procedure:

Soak feet with (h2t) Foaming Bath Salts

File foot area to prep for pumpkin treatment / Dry feet completely

Apply Pumpkin Peel to bottom of feet and callus areas. Leave on for 10 minutes

Rinse feet completely

Rinse skin completely

Finish with (h2t) Milk Moisturizer Cream

*Now - Introducing an advanced professional use treatment system.....*

# *Exfoliate!*

## *5 important reasons to perform treatments on your face*

### *Clear Acne & Breakouts* - Exfoliation helps to reduce the occurrence of acne and

blackhead breakouts. Acne-prone skin sheds extra skin cells more than other skin types, but the cells do not fall away. Instead, they stick to the skin, clogging pores and hair follicles. As this dead cell debris builds, skin thus produces excess follicle oils, which leads to blackheads and blemishes. *Think of regular exfoliation as “taking out the trash” and reducing the likelihood of clogged pores and acne.*

### *Improve Your Skin's Texture* - Exfoliating the tired, dead cells also speeds up the

skin renewal process, allowing new healthy cells to take their place. This process turns your complexion from dull and dry to bright, vibrant, and smooth. In addition, regular exfoliation reduces fine lines and wrinkles and keeps your skin much softer!

### *Reduce Appearance of Large Pores* - Along with dead cells, exfoliating also

removes the dirt stuck deep inside your pores. **Washing your skin alone will not accomplish this.** When pores become clogged, they appear larger, which is the last thing we all want. By “decongesting” your pores through exfoliation, they will diminish in size and allow your skin a healthy polished glow.

### *Exfoliate Away All Signs of Aging* - As you age, your skin becomes drier and

less elastic, which can result in lines and wrinkles. You also may find your skin is A BIT rough in texture than it used to be. This is because of the multiple layers of dead skin cells that accumulate over the years.

### *Better Absorption* - Serum and moisturizers are better absorbed into skin that's not

blocked by layers of dead cells and dirt. Exfoliating allows your skin to be properly moisturized and stay healthy! This is also true for makeup and sunscreen. Regular exfoliating of your face will help your make-up go on smoother more even, and will also allow your sunscreen to better protect your skin.