

DANIELLE HUARD



SKIN
DETOX

APPROVED



SKIN DETOX PROTOCOL

The basic principles are

C H P

C for Clean

H for Hydration

P for Protection

Skin is the organ that serves as a barrier protecting the body from harmful exterior elements such as toxins and germs.

"Free radicals exist in our environment and can be generated from substances in the food we eat, the medicines we take, the air we breathe, and the water we drink," says Dr. Joyce Imahiyerobo-Ip, a board-certified dermatologist based in Massachusetts. Basically, free radicals can be anywhere, and you can be exposed to them in a number of ways.

Your own body even produces them as a byproduct of your metabolism and as part of the natural aging process.

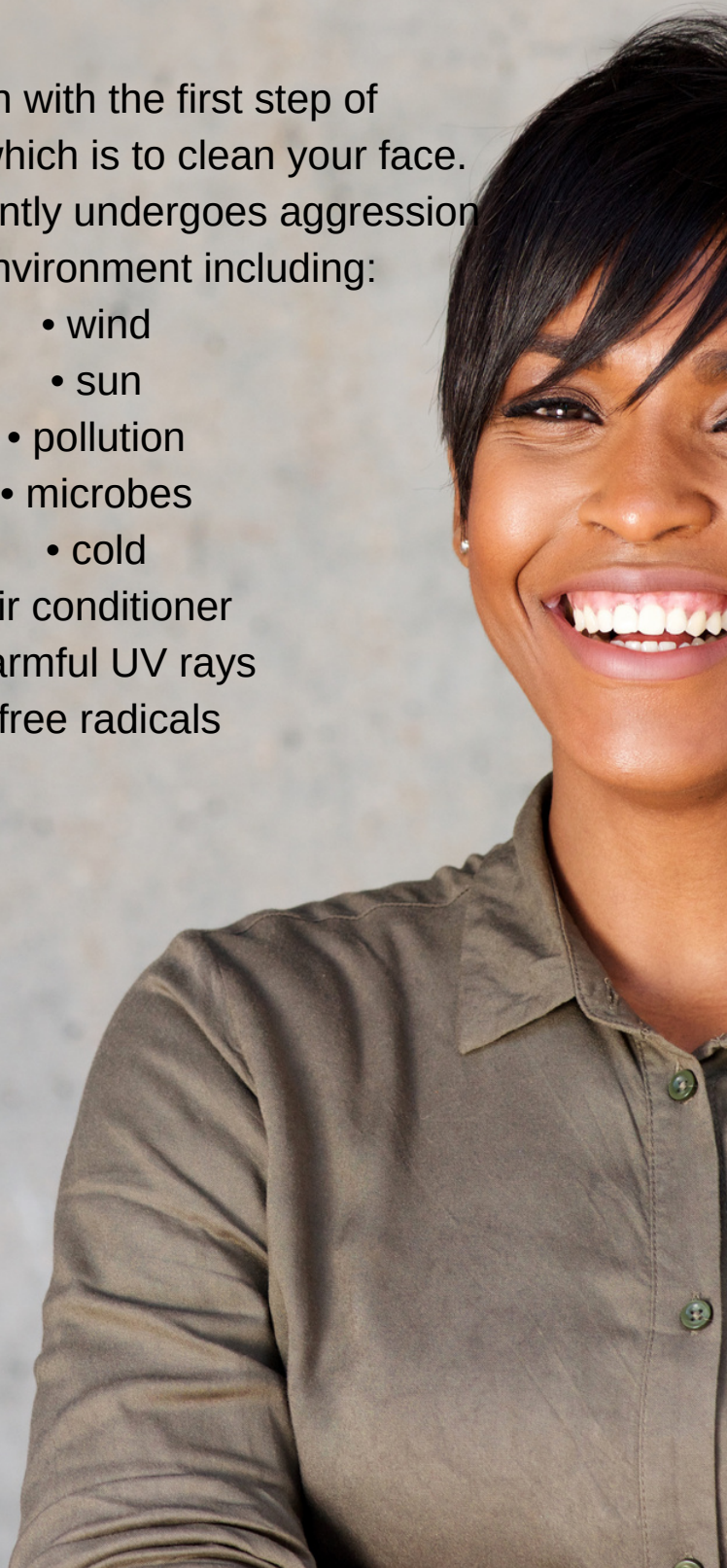
According to Dr. Nazarian, the connection between pH and bacteria comes from shifting the pH so far in either direction that the "good" bacteria are no longer able to keep inflammation and "bad" bacteria in check.

At the ideal pH (5.5) slightly acidic, the skin is able to maintain a good barrier and, together with natural oils, moisturizers, and bacteria, function as a true protective defense organ.

This collection of factors creating this shield is called the "acid mantle". Skin is colonized by beneficial microorganisms and serves as a physical barrier to prevent the invasion of pathogens.

Let's begin with the first step of this Protocol which is to clean your face. Our skin constantly undergoes aggression from the environment including:

- wind
- sun
- pollution
- microbes
- cold
- air conditioner
- harmful UV rays
- free radicals



FIRST STEPS

For healthy glowing skin, you need to take care of your body. If you think a 'detox' is only meant for your body, think again. Detoxing your skin is essential for your skin's recovery process to take place.

Here are the steps to follow. Let's begin...



FIRST STEP

ORGANIC BIPHASED MAKEUP REMOVER

Pour a few drops of the cleansing oil onto the cleansing washcloth and clean your face.

The cleansing washcloth can be used over your eyes and wipe off mascara.

Wash off all makeup, dirt, and grime completely by using both sides of the washcloth.

SECOND STEP

ORGANIC PURITY TONER

Spray the Organic Purity Toner on the washcloth and complete the cleansing to remove the leftover traces of makeup and dirt particles.



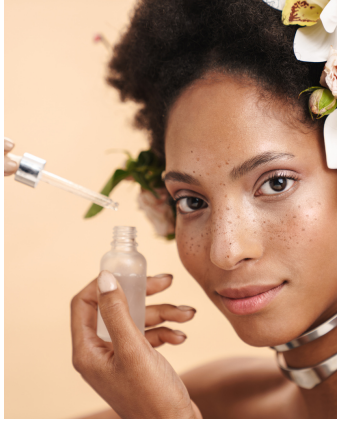
ONCE A WEEK

GENTLE EXFOLIANT

This cleansing facial exfoliator helps lift away dead skin cells, makeup, and excess oils due to the presence of safe gentle plants and vitamins that wash away impurities without causing skin irritation or redness. This plant-based natural formula scrubs gently and exfoliates skin to restore its tone and softness.

N E X T S T E P S

When your skin is dry and irritated, It can cause breakouts and acne. By moisturizing your skin, you can reduce your chances of any skin problems arising.



THIRD STEP HYDRATE YOUR SKIN VITAMINE C SERUM

After cleansing, aid your skin to elevate its barrier function.

Apply an oil-based serum packed with vitamin C and rich in fatty acids to mimic the skin's ecosystem. This will help the skin find balance and shine.

MORNING STEP

In the morning, apply a few drops to the face and massage outwards and upwards. If after an hour from application your skin feels tight, then add a few more drops. If your skin is overly shiny then you added too much. Skin will absorb the amount it needs and the rest will sit in excess.



NIGHT STEP

In the evening, if you have combination, oily, or acne-prone skin, apply 2 to 4 times a week Vitamine C Serum alternating the days of application to allow your skin to breathe and detox.

If your skin becomes sensitive or dry then apply a few more drops of Vitamine C Serum to help rebalance moisture.

LAST STEPS

Let's move onto the steps to do at night to protect our skin. It's important to moisturize since our skin rejuvenates while we sleep. By nourishing it at night you will reduce skin problems from arising.



FOURTH STEP PROTECT

Against free radicals that are in the air, they are at the origin of your wrinkles. It is, therefore, necessary to apply antioxidants that inhibit the action of free radicals. They are found in the vegan botanical cream.

MORNING STEP BOTANICAL VEGAN CREAM

Always apply your face cream to damp skin. This will allow the cream to seal in moisture when the skin is still damp. Use only small amounts when applying the cream for optimal results.



NIGHT STEP

In the evening, if you have combination, oily, or acne-prone skin, apply 2 to 4 times a week a small amount of the botanical vegan cream to help rejuvenate the health of your skin. If your skin feels dry or sensitive, apply a dab of botanical vegan cream.

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