

[comfort zone]

SUBLIME SKIN

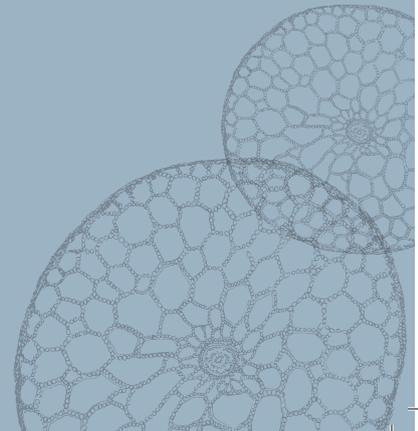
HORMON-AGING™

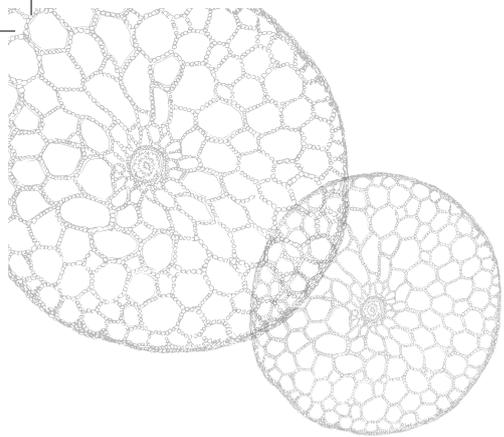
regenerating

redensifying

nourishing

LIFESTYLE AND
SKINCARE GUIDE







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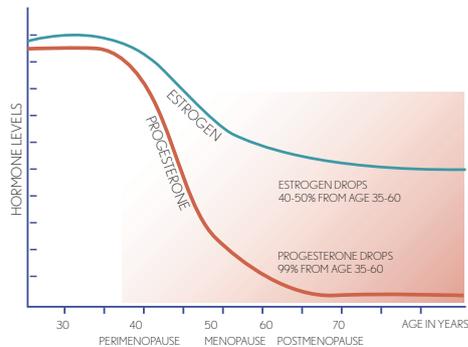
HORMONES AND WOMEN

SUBLIME SKIN HORMON-AGING™

LIFESTYLE TIPS

HORMONES AND WOMEN

Hormones play a significant role over the course of every woman's life. Their cyclical fluctuations can influence the physical, mental and emotional well-being. Hormones are like messengers that send signals to adjacent and distant cells, ensuring their proper functioning. With the advent of menopause, the estrogen and progesterone drop triggers significant changes at various levels of the body. Beside general alterations such as different fat distribution and hot flashes, they also influence the emotional sphere with mood swings and depression.



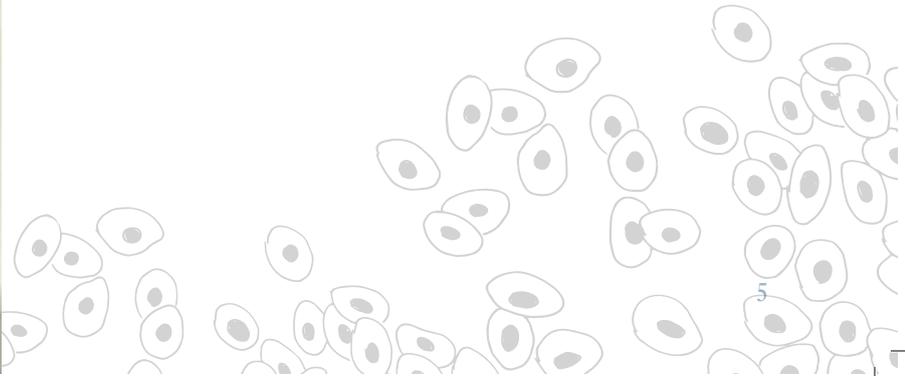


HORMONES AND AGING

THE ANARCHY IN THE SKIN

At skin level, the main distinctive consequences of the hormonal deficiency are extreme dryness, loss of density and thinning skin, together with an acceleration of the typical signs of aging, such as wrinkles and sagging.

Hormon-Aging™ is the aggravated aging process that results from an “anarchy” in the skin, generated by the drop in hormones and the consequent impaired communication network among cells. As a result, the activity of the collagen production centers, the fibroblasts, and the functioning of the skin barrier are weakened.





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SUBLIME SKIN
OIL CREAM

redensifying nourishing cream
crème redensifiante nourrissante
crema ridensificante nutriente



[comfort zone]

SUBLIME SKIN
OIL SERUM

regenerating
night oil
huile régénérante
nocturne
olio rigenerante
notturno





SUBLIME SKIN ULTIMATE CELLULAR REGENERATION

Sublime Skin Hormon-Aging™ is a redensifying, regenerating and nourishing line specifically designed for menopausal skin. With the new Cell-Support Technology™ and precious oil-based textures, it restores the skin's optimal functionality and contrasts cellular anarchy due to the hormonal decrease.

A day and night routine that revitalizes cellular communication, promotes skin regeneration and stimulates the activity of vitamin D, for a deeply nourished, denser and fuller skin.

ACTIVE INGREDIENTS CELL-SUPPORT TECHNOLOGY™

The exclusive combination of botanical and bio-tech active ingredients to redensify, regenerate and deeply nourish menopausal skin.

BIOTECHNOLOGICAL MARINE EXTRACT

It promotes the synthesis of new collagen, countering the lack of density for a fuller, more compact skin.

CHICORY EXTRACT

Acting on vitamin D receptors, it strengthens the skin, countering its progressive thinning.

SUSTAINABLE MARACUJA OIL

Rich in tocotrienols, members of the vitamin E family, it enhances skin regeneration and compactness.

ABYSSINIAN SEED OIL

Rich in Omega 3 and 6, it nourishes and leaves the skin smooth and silky.





VISIBLE RESULTS CLINICALLY PROVEN

OIL SERUM

+54% increase in synthesis of hyaluronic acid;*
+16% increase in synthesis of collagen;*
+17% increase in synthesis of elastin;*
for 87% of the women the skin is nourished and regenerated.**

OIL CREAM

+14% increase in collagen;***
for 80% of the women the skin is fuller, replenished and redensified.****

*In vitro test on fibroblasts, application of the Sublime Skin Oil Serum.

**Self-assessment test, 50 women, application of Sublime Skin Oil Serum.

***In vitro test on fibroblasts, application of the Sublime Skin Oil Cream.

****Self-assessment test, 49 women, application of Sublime Skin Oil Cream.

OUR INTEGRATED APPROACH REGENERATION FROM WITHIN

[comfort zone] proposes an integrated approach which combines the use of home care products and professional treatments, with nutritional and lifestyle advice to address menopause with positivity and vitality.



Visit www.comfortzone.it/en/sublime-skin to learn more.

SUBLIME SKIN HORMON-AGING™ FACIAL

Designed to alleviate the undesirable effects of Hormon-Aging™ on both skin and emotions, the treatment counters skin thinning, extreme dryness, loss of skin density and any feelings of fragility. Thanks to two special massage techniques, Dermal Petrissage and Kobido, the facial reactivates cellular communication, offering deep regeneration of the skin and a new-found serenity and vitality.





OUR PROMISE SCIENCE-BASED CONSCIOUS FORMULAS™

Cosmetic products feed and nourish the skin. For this reason we pay close attention to what goes into our formulas. We select the finest natural origin active ingredients, molecules and cutting-edge technological systems for delivering them. Every ingredient is chosen carefully to ensure maximum effectiveness, safety and sensory pleasure. The silicones have been replaced with natural oils and butters that offer the same silkiness and softness for a “real active beauty” on the skin. Our products are made in Italy using electricity from renewable sources. The CO₂ neutral packaging has been designed to minimize its environmental impact, reducing the use of raw materials and superfluous elements.



FREE FROM
SILICONES, PARABENS,
MINERAL OILS, ARTIFICIAL COLORS,
ANIMAL DERIVATIVES

100% PAPER FROM FORESTS MANAGED RESPONSIBLY



BEAUTY ROUTINE

AND/OR



NEW
HORMON-AGING™



ESSENCE

restoring smoothing lotion

99% natural-origin ingredients

with NMF complex and biomimetic peptide to maintain hydrated and elastic skin

suitable for all skin every morning and evening

100 ml e 3.38 fl.oz. U.S.

SERUM

intensive replumping firming serum

92% natural-origin ingredients

with micro and macro hyaluronic acid, peonia albiflora extract and plantago lanceolata for a replumping, firming and illuminating action

suitable for all skin every morning and evening

30 ml e 1.01 fl.oz. U.S.

OIL SERUM

regenerating night oil

99% natural-origin ingredients

with eco-sustainable Maracuja oil and Abyssinian seed oil for a regenerating and nourishing action

for menopausal skin every evening

30 ml e 1.01 fl.oz. U.S.

OIL CREAM

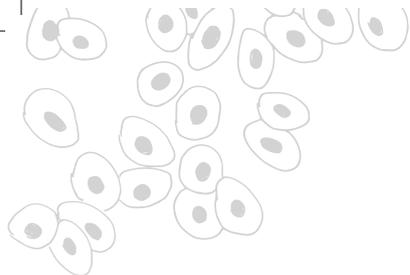
redensifying nourishing cream

97% natural-origin ingredients

with chicory extract, biotechnological marine extract and a rich oil-based texture for a redensifying and nourishing action

for menopausal skin every morning and evening

60 ml e 2.08 oz. U.S. Net wt.



BEAUTY ROUTINE



EYE CREAM

firming eye moisturizer

91% natural-origin ingredients

with plantago lanceolata, chrysin, caffeine and aescin for an intensive action on wrinkles, dark circles and under-eye puffiness

fragrance-free

suitable for all skin
every morning and evening

15 ml @ 0.50 fl.oz. U.S.



EYE PATCH

immediate effect eye patch with peptides

96% natural-origin ingredients

hydrogel mask with peptides and chrysin to brighten and tone the look of tired, puffy eyes, reducing wrinkles and dark circles

fragrance-free

suitable for all skin
weekly treatment or in periods of particular fatigue

6 pcs - 6 applications



LIFT MASK

visible effect firming mask

94% natural-origin ingredients

leave-on mask with hyaluronic acid and tapioca starch for an immediately more compact and younger-looking skin

with brush for a special application
suitable for all skin
every time you want to give a lift to the face countours

60 ml @ 2.11 oz. U.S. Net wt.

HORMON-AGING™ LIFESTYLE TIPS

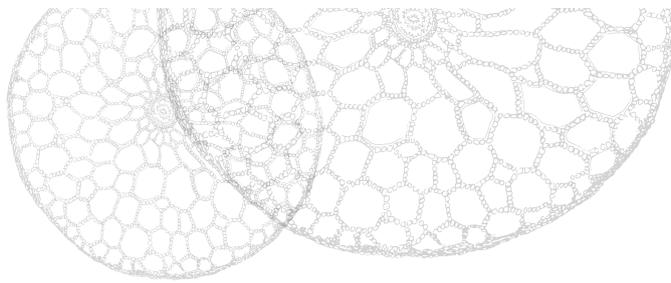
If approached with the support of a specific lifestyle and with a proactive and positive attitude, menopause can represent a new and vital phase in every woman's life. Thanks to the contribution of Mariuccia Bucci, Nutridermatologist, and Alyssa Burns-Hill, Holistic Hormone Specialist, we have developed few practical tips to live positively this moment of transition.

WELLNESS WORKOUT Key to maintain an active metabolism and control body weight fluctuations, it also stimulates the production of well-being hormones like endorphins and serotonin, which can help with mood swings. Activities such as yoga and pilates are particularly recommended to improve mind and body balance and vitality.

EMPOWERED MEDITATION Combining a meditative activity in the evening with specific vitamin supplements can frequently return sleeping patterns back to normal, without the need for any medication.

SUPPLEMENTS Multivitamins, Omega 3, Vitamin D and Magnesium Supreme support the immune system, promote the correct level of calcification of the bones and balance mood and sleep.





HORMON-AGING™ NUTRITIONAL TIPS

PROTEINS AND FIBERS An energizing, anti-oxidant diet rich in plant-derived proteins and fibers can ensure the right amount of proteins without the need to increase the quantity of meat or dairy products. Eat vegetables, wholegrain bread and pasta and plenty of seeds. Enrich salads, yoghurts, soup and desserts with Chia, Hemp and Pumpkin seeds: you'll add proteins and taste too!

WATER WITH A TWIST Drinking two liters of still water every day and reducing the amount of salt ensures a clear mind and a more resistant, plumped skin, and helps avoid undesired water retention, a common effect of the slowdown in circulation. Add some fresh lemon juice to your water to alkalize your body and combat unexpected pangs of hunger.

ALCOHOL AND COFFEE For those suffering from hot flashes or disturbed sleep, we recommend avoiding them or consuming in moderation. Smoking in particular influences hot flashes, increases the risk of osteoporosis and cardiovascular illnesses, and, reducing the tissues oxygenation, makes skin look dull and unhealthy.

SWEET ALTERNATIVES Finding natural substitutes such as Stevia to sweeten coffee or tea, and preferably selecting dark chocolate when craving desserts, satisfy the need for sweetness while controlling weight and reducing the amount of visceral fat which is generated by the alternating glycemic highs and lows occurring during menopause.

SKIN REGENERATING RECIPES

SUMMER COUSCOUS

Ingredients

1 1/4 cups water
3/4 cup Israeli couscous
1/2 cup grape tomatoes
1/2 cup diced seeded cucumber
1/4 cup chopped red onion
1 tablespoon lemon juice
1/4 teaspoon salt
1/2 cup of toasted pine nuts, optional
Basil and thyme, to taste

Cut the grape tomatoes in half, lay them out on a dripping pan, sprinkle with salt and sugar and place them in the oven at 375°F. Cook for about 15 minutes.

Cut the cucumbers and red onions into small chunks.

Pour the couscous in a cup and 1/4 of boiling water: cover with a lid and let it cook. Fluff up with a fork.

Prepare the pesto with the herbs and toasted pine nuts: mix in a blender, drizzle with olive oil just enough to obtain a creamy sauce. Add the pesto, tomatoes, cucumbers and onion to the cooked couscous.



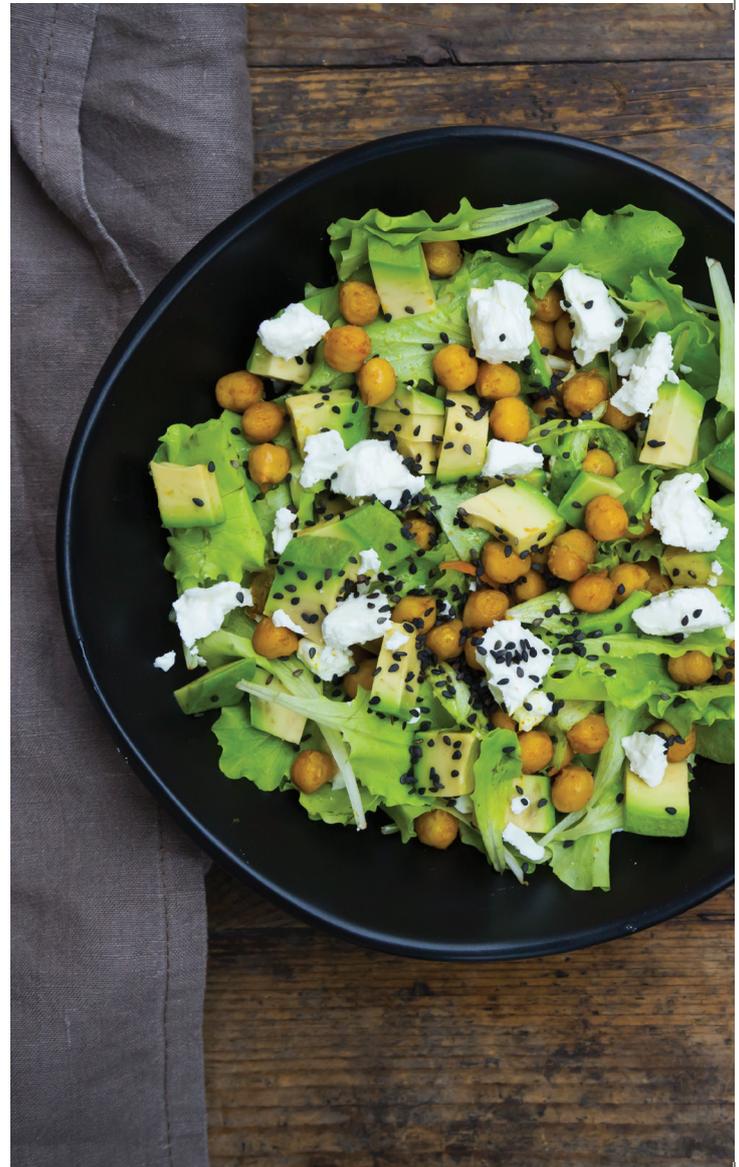
SKIN REGENERATING RECIPES

AVOCADO, SPINACH, CHICKPEAS AND FETA SALAD

Ingredients

½ cups baby spinach
½ cup mixed lettuce
½ ripe avocado
¼ cup feta cheese
2 basil leaves
¼ cup chickpeas
extra-vergin olive oil, to taste

Wash the baby spinach and lettuce, and drain well. Slice the avocado in half and cut one half in smaller chunks. Break the feta cheese into chunks of different size. Cook the chickpeas in a pan until crunchy. Mix everything in a salad bowl and drizzle with olive oil.



SKIN REGENERATING RECIPES

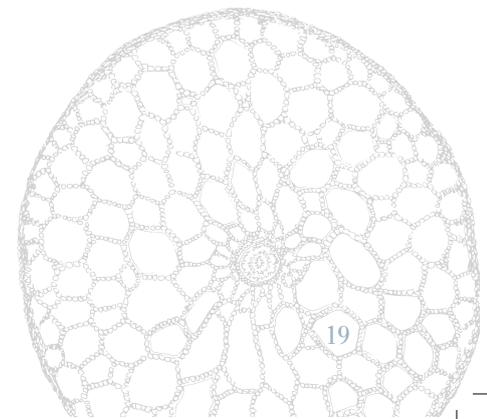
SUGAR-FREE MANGO, PINEAPPLE AND GINGER SORBET

Ingredients

2 cups mango
1 ¼ cups pineapple
grated ginger
juice of 1/2 lemon

Peel the mango and pineapple, then cut into chunks. Put the chunks in plastic zip-lock bags, or any airtight container, and place them in the freezer. Let them freeze for a couple of hours. When the fruit is frozen, remove it from the freezer and blend in a blender first on low speed, then high speed. Add the lemon juice and serve into bowls, sprinkling with grated ginger.





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SKIN SCIENCE SOUL

Discover more about our products, professional treatments and lifestyle recommendations at
www.comfortzone.it