



pharmagel®

# INSTRUCTIONAL MANUAL



# Repair • Prevention • Reversal

REPAIR environmental skin damage  
 PREVENT future aging, even  
 REVERSE the process all together...

“You Can Control How Fast Your Skin Ages”

## Why Pharmagel?

- |  |  |
|--|--|
| 1. Pharmaceutical Grade Ingredients                  | 11. For All Age Groups                               |
| 2. Focus on skin Preservation and Repair             | 12. High Quality at Outstanding Prices               |
| 3. Promotes Anti-Aging and Cellular Renewal          | 13. Attractive, Contemporary Packaging               |
| 4. All Natural, Technologically Advanced Formulas    | 14. No Animal Ingredients / No Animal Testing        |
| 5. Full line of Rejuvenating Skin Treatment Formulas | 15. Immediate Results                                |
| 6. Non-comedogenic Formulation (will not clog pores) | 16. Fragrance Free or All Natural-Fragrance Formulas |
| 7. Hypoallergenic                                    | 17. pH Balanced Formulas                             |
| 8. Lanolin and Mineral Oil Free                      | 18. Three year Shelf Life                            |
| 9. PABA Free Sunscreen                               | 19. Dermatologist/Esthetician Used and Recommended   |
| 10. For All Skin Types                               | 20. Recognized and Sold Around the Globe!            |

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## For Younger, Healthy Looking Skin

Pharmagel's new generation of specialized skin treatment is formulated with Pharmaceutical grade ingredients- remarkably effective with immediate and lasting results. Rarely seen in cosmetic formulations- the use of pharmaceutical grade Ingredients might possibly be the greatest scientific innovation for skin treatment in the past decade. In addition, the cosmetic chemists at Pharmagel® Laboratories have furthered a special collection of natural herbs and botanicals. These essences are added to Pharmagel's problem solving beauty treatments, which are further fortified with Vitamins for fast action anti-aging results. Triple testing during Pharmagel's entire blending process of pharmaceutical grade ingredients, vitamins, and botanicals ensures that each product is free of irritants and as pure as possible. You will see results in just two weeks with regular use.

### HISTORY

Pharmagel, a premier manufacturer of pharmaceutical grade treatments for the skin, has enjoyed a strong and influential position since 1987 as an innovator of the latest technological advances in skin treatment products. Pharmagel recognized, through scientific research, that vitamins & antioxidants topically applied, could drastically & visibly retard and repair skin damage. Antioxidants combined with pharmaceutical grade ingredients would synergistically work to improve the appearance and condition of the skin. Thus, Pharmagel is known throughout the world as a leader of the very finest skin treatment technologies. Celebrities, dignitaries, and people all over the world rely on Pharmagel for their skin care needs. We at Pharmagel remain dedicated to the philosophy of producing the finest quality, super-performing active ingredients in skin treatment products. Our dedication to the salon professional is unsurpassed in guaranteeing the assurance of commitment and quality.

#### Cleanse

Clean skin is healthy skin! It is important to cleanse the skin gently but thoroughly.

- HYDRA CLEANSE®**- Gentle Facial Cleansing Gel.
- PHARMA CLEAR®** Anti-Bacterial Cleanser - Gel cleanser for oily and acne complexions.
- FLEUR-5®** - Gentle Cleansing Bar for Face & Body.

#### Tone

A Toner sets the skin with a normal pH and refines the size of the pores. The toner follows the cleansing process.

- BOTANICAL TONIQUE®**-Alcohol Free and Fragrance Free Facial Toner.

#### Exfoliate

Exfoliation is an important part of at-home and professional skin care. Exfoliation removes dead skin cells which create dull, rough surfaces. When the skin is exfoliated the underlying skin cells are revealed, giving the skin new clarity and smoothness.

- ENZYME EX-Cell®** -Gentle Exfoliating Scrub

#### Moisturize

The most important step in keeping skin looking youthful is to moisturize the skin topically. Finding the right moisturizer for each skin type is the key to healthier skin. Moisturizers can take care of varying degrees of dry skin and the results will make skin feel smoother.

- DN-24 HYDRACRÈME®**-Vitamin Enriched Facial Moisturizer.
- ALOE FIRMA DERM®** -Vitamin Enriched Facial Lotion.
- GLYCO-8™** -8% Glycolic Acid Facial firming complexe.
- BETA-C™** -Beta Hydroxy Acid & Vitamin C Facial Moisturizer.
- HYDRO<sub>2</sub>XY-10™** -AHA & BHA Lotion.
- PHARMA CLEAR® Medicated Moisturizer** - Lotion for oily and acne complexions.

#### Masque

Masques are designed to increase skin activity helping to deeply nourish through increased circulation, tighten, tone, hydrate and soothe the surface of the skin. Masques are an integral part of all skin care.

- NUTRA-LIFT™** -Facial Firming Masque.

#### Specialty Products

Specialty Products are designed to help correct a special area or problem found in or on the skin.

- EYE FIRMÈ®** -Eye Firming Gel: Firms, tones & lifts delicate eye area tissue. Diminishes dark circles & crow's-feet.
- EYE PROTÈ™** - Eye Crème Elixir: Eye firming and protective eye crème. Diminishes eye area wrinkles while firming and toning delicate eye contours.
- EYE BEAUTÉ®** -Puffy Eye Treatment in pad form. Good for allergies, headaches, stress, tired eyes & contact lens wearers.
- DERMA FADE®** -Fading & Lightening Crème for age spots & skin discoloration. Contains SPF-15.
- BIO-A™** -Retinol A Serum Concentrate. Resurfaces skin smoothing wrinkles & fine lines.
- PHARMA C SERUM®** -Vitamin C Facial Treatment. Plumps facial contours by building collagen formation.
- PHARMA CLEAR® Acne Treatment Concentrate** - Intense treatment for blemishes.

# How Skin Functions

## The Skin Is:

The largest organ of the body & the only organ that actually replaces itself on a continual basis. The skin is self cleansing, self healing and self-regenerating.

## Functions:

- Protection-Keep out bacteria, water, sun radiation, dirt and gases.
- Synthesize Vitamin D from sunlight for use by the body.
- Holds in body temperature.
- Eliminate harmful toxins.
- Responds to stimuli such as heat, cold, pain, pressure and touch.

## Composition:

The skin is composed of three separate layers, the epidermis the dermis and the subcutaneous layer. Each layer is distinct and different, however they always function as one system. Whatever is done to one affects the other. The epidermis is the outermost layer of the skin. A remarkable shield consists of flat, dry, keratinized cells that constantly flake and are replaced by new cells being formed in the layers beneath. It takes approximately twenty-eight days from the time it is shed at the surface.

## There are four primary layers in the epidermis:

**The Basal Layer** (Stratum Germinativum) is at the base of the epidermis. It is the cell birth layer and composed of living cells. The new cells, through mitosis (cell division) begin to migrate upwards to the surface of the skin replacing older cells that are shed.

**The Spiny Layer** (Stratum Spinosum) is next to the basal layer and consists of eight to ten rows of close-fitting cells filled with lipids.

**The Granular Layer** (Stratum Granulosum) contains three to five layers of cells, which are gradually flattening out. As these cells mature, the lipids inside are spilled out into the intercellular spaces forming the Natural Moisturizing Factor.

**The Horny Layer** (Stratum Corneum) contains flattened, mature keratinized dead cells, which have lost their metabolic function. They are continually being shed and replenished. Their function is to protect the layers beneath. The condition of this layer is our cosmetic concern.

**Dermis** - directly beneath the epidermis is the connective tissue that gives the skin its physical strength. The dermis is also called the true, living skin. It is made up of fibrous connective tissue called collagen and elastin. Here in the dermis you will also find blood vessels, nerves, lymphatic vessels, sweat glands, and sebaceous (oil) glands.

**Collagen** - is the tough, fibrous protein that helps skin hold its shape. Undamaged collagen fibers might be compared to thin rubber bands; very elastic and spring back easily when stretched. Ultraviolet light from the sun has been proven to damage collagen causing the fibers to hook together becoming thick and non-springy causing the skin to sag. The skin then falls into folds or "wrinkles," the common sign of aging.

**Elastin** - the other protein found in the dermis, as its name suggests, also plays a role in the elasticity of the skin. There is considerably less elastin in the dermis than collagen. However, as the skin is damaged by ultraviolet exposure, the amount of elastin decreases.

**Subcutaneous Layer** - this layer gives smoothness and contour to the body, contains fat for energy and acts as an insulator and a source of body heat. This layer of fatty tissue lies beneath the dermis and varies in thickness according to age, sex, and general health.

## Natural Moisturizing Factor

A group of chemicals in the stratum corneum bind and hold water molecules in and around the keratin cells. As the cells start to harden and flatten, it pushes lipids out into spaces between the cells. Without this moisture the cells would separate causing severe cracks and peeling. This group of chemicals has been called the Natural Moisturizing Factor (NMF). These chemicals are easily washed out of the skin by alkaline soap and excessive cleansing. When this happens, the moisture evaporates causing dryness and fine lines to appear.

## Free Radicals and Aging Skin

The discovery of free radicals has led to new understanding of the role that outside elements play in aging skin. Of all these elements, the SUN causes the most damage.

## So, What is a Free Radical?

A 'loose' molecule disrupts regular cell activity while trying to re-stabilize itself. The molecule becomes unstable and runs away from home, taking up residence wherever it can hook on. This results in an imbalance in the cell which affected the cells ability to nourish itself and eliminate waste properly causing premature cellular collapse. The skin normally contains a small amount of free radicals and has its own defense against them. However, stress, pollution and sunlight can cause free radicals to multiply and overwhelm natural defenses.

Pharmagel Skin care products contain vitamins and other anti-oxidants to help control free radical formation. The products work to neutralize free radicals and render them harmless. It is the best defense against unnecessary aging.

## Ultraviolet Light

What does the sun really do?

### Collagen damage

The ultraviolet light (UVA and UVB), natural or sun lamps, penetrates through the epidermis and attacks the collagen and elastin fibers in the dermis. The collagen converts to thick, non-stretchy fibers causing the skin to lose its elasticity and 'spring.'

### Elastin damage

Ultraviolet light seems to be the culprit that stimulates and upsets molecular balance in the skin that results in premature aging.

### Overexposure

The epidermis thickens and produces a leathery look. The absence of exposure to the sun for a few weeks returns the epidermis to normal.

### Skin Cancer

The connection between skin cancer and sunlight is now without question. Some cancers are easy to cure, some can be fatal. Unprotected exposure should be avoided.

**To help prevent further damage: Pharmagel products contain PABA-free sunscreen protection.**

# Definitions of Skin Care Terms

<b>Antioxidant:</b>	A natural preservative, especially valuable in extending the life of oils and combined ingredients.
<b>Cell Rejuvenation:</b>	Continual rebirth of cells within the stratum germinativum. Cell rejuvenation products can stimulate a more rapid regeneration of cells causing the skin to become healthier and more supple.
<b>Collagen:</b>	Tough, fibrous protein produced in the dermis layer of the skin. Helps the skin hold it's shape while being elastic in its formation. It provides the main structural support of the dermis. Collagen protein occurs only in the dermis.
<b>Dehydration:</b>	When relating to the skin, dehydration is known as the dryness which occurs in the outer most 'stratum corneum' and is due to insufficient moisture or water in the skin. It is the water used with the cream that most benefits dehydrated skin and the excessive loss of moisture.
<b>Eccrine Sweat Gland:</b>	The gland located beneath the dermis, which secretes salty moisture through the pores to the surface of the skin.
<b>Elastin:</b>	A protein produced in the dermis layer of the skin. It is elastic in nature. A fibrous protein produced in small amounts.
<b>Emollients:</b>	Agents that soften and smooth the skin. Emollients help to make the skin feel softer and smoother, reduces roughness, cracking, and irritation of the skin, and may help in the retardation of fine wrinkles which occur through aging. Emollients with high melting point disappear rapidly into the surface of the skin and tend to prevent the loss of natural moisture from the skin.
<b>Emulsifier:</b>	Agents used to assist and balance the ingredients during the production of emollients. The mixture of two or more non-mixable liquids, which are shaken so thoroughly together that, they continue to appear to be homogenized. A good example is the emulsion of oils with water.
<b>Humectant:</b>	A substance, which is capable of preserving the moisture content within the skin. An ingredient capable of attracting and holding moisture.
<b>Hydrophilic:</b>	A product capable of absorbing or blending with water. A sequestering agent. An ingredient which prevents physical or chemical change of the product. A balancing agent.
<b>Mantel of the Skin:</b>	A fine film of oil and moisture that forms and coats the surface of the skin, protecting the skin from dehydration, and maintaining the skins natural pH level 4.5 to 5.5.
<b>pH Scale:</b>	A range from "0" on the acidic scale to "14" on the alkaline side. A truly natural solution is neither acidic nor alkaline, such as water, 7.0.
<b>Pore:</b>	A surface opening at the end of the eccrine gland duct.
<b>Proteins:</b>	Complex nitrogenous compounds formed in living organisms, consisting of amino acids bound together by peptide linkages. Provides the essential constituent of every living cell of plants or animals.
<b>Sebaceous Gland:</b>	Glands located within the dermis layer of the skin, secreting oily sebum onto the skins surface.
<b>Stratum Corneum:</b>	The outermost layer of the epidermis. This is the layer where cell generation (or development of new cells) is located.
<b>Stratum Granulosum:</b>	The second layer of the epidermis, lying just beneath the stratum corneum, consisting of grainy cells which will develop into flattened and hardened cells, eventually moving up to the stratum corneum layer.
<b>Stratum Spinum:</b>	The third layer of the epidermis, lying just beneath the stratum granulosum, and is characterized by its spiny-shaped cells, which are still alive.

# KEY VITAMINS & INGREDIENTS

## KEY VITAMINS

Recent studies indicate that vitamins and their derivatives play an important role in the war against skin aging and the maintenance of a youthful appearance. The studies have provided us with growing evidence that Vitamins A, C, E, and B penetrate the skin, protecting the cells and tissues from damage caused by the aging process and environmental stresses. Pharmagel's unique skin treatment delivery system of pharmaceutical grade formulations with, intensive vitamins and botanicals works from within to provide a beneficial environment for the protection, correction and renewal process of your skin.

### Vitamin A Retinyl Palmitate and Retinol

- An antioxidant that protects against free radical damage.
- Protects skin from cellular damage by helping to maintain the tone and the softness of the epidermis.
- Penetrates quickly for rapid repair of sun damaged skin. Skin is softer, silkier and more resilient.
- Increases epithelial growth and thickening of the dermis and epidermis for better skin texture.
- Normalizes dry, parched skin for a smoother, younger, glowing complexion.

### Vitamin E Tocopherol

- Powerful antioxidant and promotes tissue growth.
- Protects cells and tissues from damage caused by free radicals. This action rapidly restores the appearance of soft, firm, youthful contours.
- Penetrates skin for long lasting moisturization up to sixteen hours.
- Heals dehydrated and prematurely aging skin for a more even, flawless tone.

### Vitamin B Panthenol

- Enhances skins activity, penetrates moisture and stimulates tissue repair.
- Quick and deep penetrating moisturizer tones the epidermis, rendering it satin smooth.
- Heals, soothes and calms skin, smoothing small imperfections in skin texture.
- Aids in tissue repair, promoting skins resilient appearance.

### Vitamin C Magnesium Asorbil Phosphate

- A Chelated stable form of Vitamin C absorbed through the skin.
- Maintains the moisture level of the upper layers of the epidermis by triggering the lipid barrier production.
- Thickens the epidermis, visibly improving the texture of the skin.
- Stimulates collagen production, which in turn firms and tightens skin.

## KEY INGREDIENTS

<b>Allantoin</b>	Calms and Nourishes
<b>Aloe Vera</b>	Soothes and Protects
<b>Avocado Oil</b>	Contains heavy moisturizing benefits
<b>Bergamot</b>	Nourishes
<b>Beta Glucan</b>	Contains Special Moisturizing Properties
<b>Chamomile</b>	Essential ingredient that acts as an anti-inflammatory, soothes and heals
<b>Copper</b>	Firms and Tones
<b>Glycolic Acid</b>	Derived from sugar cane, this all natural ingredient exfoliates outer dead skin cells
<b>Green Tea</b>	Herbal antioxidant reverses skin damage
<b>Hyaluronic Acid</b>	A humectant and deep moisturizer which holds moisture in the cells of skin billions of times longer than any other humectant.
<b>Kojic Dipalmitate and Licorice Extract</b>	Fades and lightens skin discolorations
<b>Magnesium Ascorbyl Phosphate</b>	Stabilized Vitamin C
<b>Mixed Fruit Acids</b>	Exfoliates outer dead skin cells
<b>Oat Extract</b>	Contains Special Moisturizing Properties
<b>Panthenol</b>	Contains Special Moisturizing Properties
<b>Passion Flower Extract</b>	Firms and Tones
<b>Papaya and Papain Enzymes</b>	Natural Exfoliation that removes outer layer dead skin cells
<b>Perfluorodecalin</b>	Repairs Tissue
<b>Safflower Oil</b>	Contains heavy moisturizing benefits
<b>Salicylic Acid (Beta Hydroxy Acid)</b>	Penetrates deeper than AHA's for deeper and longer lasting exfoliation
<b>Seaweed Extracts</b>	Enhances skin cell's ability to utilize oxygen
<b>Sesame Oil</b>	Contains heavy moisturizing benefits
<b>Sodium PCA</b>	Moisturizes
<b>Sweet Almond Oil</b>	Moisturizes
<b>Triclosan</b>	Fights Bacteria
<b>Zinc Yeast Derivative</b>	Encourages rapid penetration of Vitamin C
<b>Yarrow, Nettle, Clover Blossom, Coneflower, Cucumber Extract, Birch Leaf, Birch Sap, Rosemary, Sage</b>	Essential ingredients that act as anti-inflammatories and decongestants.

# HYDRA CLEANSE®



**Product Classification:** Hydra Cleanse®, an all natural light foaming gel cleanser, sweeps away pore clogging buildup and residue, leaving skin softer, smoother and clean. A delicate combination of various seaweed extracts and other moisturizing botanicals makes this formula perform superbly. Suitable for all skin types. Hydra Cleanse® is non-drying, non-stripping, & non-abrasive for even the most sensitive skin types.

**Method of Use:** Massage in circular motion to facial areas am & PM. Rinse with lukewarm water & pat dry.

**Active Ingredients:** Aloe Vera-Used primarily for it's healing & soothing properties in addition to excellent moisturizing properties. Seaweed Extracts- Provides exceptional moisturizing and conditioning properties. Algae- Moisture to the skin. Spirulina- Extract utilized to provide even more additional moisturizing. Oat Extract- Deep penetrating moisture retention and healing. Panthenol- Antioxidant providing moisture and reparative benefits

### A Word From the Pharmagel Experts:

*Skin "throws off" dead skin on the upper layer every four hours. It is the dead skin lying on the surface of the skin, combined with oils & other body wastes & atmospheric pollution, that makes our faces dirty.*

*Cleansing your face more than once a day is first aid for lifelong beauty!*

*Gel Cleansers are tough on oils- when it's hot, skin undergoes changes. A complexion-temperature zone can become oily & sweaty- even dry skin gets sticky & slick. Gels are, by definition, oil free. Technically, they're considered "suspension solutions" and have extra cleansing agents (e.g. surfactants) that help them sweep away excess oils.*

*Gels are gentle- even dry skins find them user-friendly. You expect gels to sweep away the days buildup of gook- and that includes foundation, blush or powder you may have applied. BUT, gels go one step further. Since they're pH balanced they can be used around the eyes to remove eye makeup. Collagen & algae extracts provide significant cosmetic and aesthetic benefits to the skin.*

*Algae is from seaweed and pond scum. It is claimed to prevent wrinkles and to moisturize the skin.*

*Chlorine-treated water is very drying to the skin. Keep your skin moisturized with products that really penetrate the skin such as those containing substantial amounts of Aloe Vera.*

*Panthenol builds protein, responsible for cell regeneration & repair. When epidermal cells pile up, they become progressively dehydrated, resulting in rough, scaly surfaces;*

*Vitamin B enables the skin to rid itself of dead skin cells.*

*Oat Extract- the extract from the seed of oats is very soothing and nourishing to the dermis. Lactic Acid is an AHA that occurs naturally in biofermented vegetables. It provides for a mild pH to alkaline products and is very moisturizing.*

### INGREDIENT LISTING & PURPOSE

<b>Algae Extract:</b>	Moisturizing	<b>Lactic Acid:</b>	Humectant
<b>Aloe Vera Gel:</b>	Soothing	<b>Methylparaben:</b>	Preservative
<b>Beta Glucan:</b>	Moisturizing	<b>Oat Extract:</b>	Moisturizing
<b>Butylene Glycol:</b>	Humectant	<b>Panthenol:</b>	Humectant
<b>Deionized Water:</b>	Solvent	<b>Propylparaben:</b>	Preservative
<b>Dulse Extract:</b>	Soothing	<b>Sea Lettuce Extract:</b>	Moisturizing
<b>Fragrance:</b>	Botanical fragrance	<b>Spirulina:</b>	Moisturizing
<b>Irish Moss Extract:</b>	Soothing	<b>Wakame Extract:</b>	Moisturizing

# FLEUR-5®



**Product Classification:** Fleur-5® is an all natural cleansing bar for the face and body. It contains the secret cleansing and moisturizing properties of five rare plant essences. Fleur-5® is non-drying and contains no animal ingredients. There are no irritants in this low pH bar, therefore it is gentle enough for a baby's sensitive skin. White

Hawaiian ginger provides an invigorating aromatic fragrance.

**Method of Use:** Gentle cleansing for face and body

**Active Ingredients:** Awapuhi -Moisturizing. Calendula -Calming. Ginseng -Invigorating. Aloe Vera -Calming. Chamomile -Moisturizing.

### A Word From the Pharmagel Experts:

*Calendula has miraculous anti-inflammatory benefits.*

*Aloe has been known to heal eczema and psoriasis.*

*Oat Flour refines the size of the pores and exfoliates the skin.*

*Ginseng is a powerful antioxidant.*

*Skin "throws off" dead skin on the upper layer every four hours. It is the dead skin lying on the surface of the skin, combined with oils & other body wastes & atmospheric pollution, that makes our faces dirty.*

*Cleansing your face more than once a day is first aid for lifelong beauty!*

*Chlorine-treated water is very drying to the skin. Keep your skin moisturized with products that really penetrate the skin such as those containing substantial amounts of Aloe Vera.*

### INGREDIENT LISTING & PURPOSE

<b>Aloe Vera:</b>	Healing	<b>Glycerin:</b>	Moisturizing
<b>Awapuhi:</b>	Stimulating	<b>Oat Flour:</b>	Refines
<b>Calandula:</b>	Invigorating	<b>Sodium Cocate:</b>	Balances
<b>Chamomile Extract:</b>	Calming	<b>Sodium Palmate:</b>	Tones
<b>Ginseng:</b>	Energizing	<b>Titanium Dioxide:</b>	Evens Skin Tone



**Product Classification:** Botanical Tonique® is an all natural fragrance-free and alcohol free facial toner containing an infusion of botanical extracts. This refreshing formula will bring your skins pH to normal while offering extra firming benefits to the skin by tightening and refining the pores. This product can be used as a great soothing after shave! For men it will control razor bumps and skin irritation.

**Method of Use:** After cleansing apply with cotton pad or spritz the face for an extra “pick me up” of refreshing energy.

**Active Ingredients:** Passion Flower Extract-Used for firming and toning. Arnica Extract -Used in balancing the pH of the skin and promoting new tissue growth. Chamomile Extract -Soothing and healing properties. Bergamot Extract -Nourishing benefits. Panthenol (Vitamin B) -Energizing to the epidermal layers of the skin. Witch Hazel -Acts as a primary antiseptic. Rosemary Extract -Stimulates circulation.

### A Word From the Pharmagel Experts:

*It is important to restore the normal acid balance of your face after cleansing.*

*Found in many plants especially in palm leaves, parabens are noted for their excellent preservative properties & their safety compared to other commonly used preservatives. Parabens are easily biodegraded and do not destroy the desirable bacteria living on the skin.*

*Arnica an antiseptic herb which promotes the growth of new tissue, is traditionally used for bruises, wounds and inflammation.*

*Witch Hazel Extract is distilled from the bark, leaves, and flower-bearing twigs of the hamamelis plant.*

*Ingredients such as Chamomile and Calendula nourish and soothe the skin.*

*In addition to toning the skin, rosemary helps stimulate the circulation of blood in skin with poor circulation.*

*Comfrey contains Allantoin which helps heal damaged skin by stimulating the growth of new tissue. It also aids in temporary relief of minor skin irritations.*

### INGREDIENT LISTING & PURPOSE

<b>Arnica Extract:</b>	Soothing	<b>Panthenol (Vitamin B):</b>	Humectant
<b>Azulene</b>	Calming	<b>Passion Flower Extract:</b>	Soothing
<b>Bergamot Extract:</b>	Toning	<b>Passion Fruit Extract:</b>	Soothing
<b>Chamomile Extract:</b>	Toning	<b>Propylene Glycol:</b>	Humectant
<b>Comfrey Extract:</b>	Toning	<b>Rosemary Extract:</b>	Toning
<b>Methylparaben:</b>	Preservative	<b>Witch Hazel Extract:</b>	Astringent



**Product Classification:** Enzyme Ex-Cell®, a naturally formulated exfoliating dermal scrub, refines the pores leaving your skin a smoother texture. All natural polishing grains act as the physical exfoliant, while papaya extracts act as the natural exfoliant providing maximum benefit for your skin. Men can use prior to shaving for a smoother, closer shave.

**Method of Use:** After cleaning apply Enzyme Ex-Cell®, to wet skin & gently massage. Rinse with lukewarm water & pat dry. Can be used as a body scrub.

**Active Ingredients:** Micronized walnut-shell powder -Used for physical exfoliation (will not tear the skin). Papaya Extract -Promotes Cellular Renewal through exfoliation. Sunflower Oil -Emollient rich in fatty acids; alternative to Mineral Oil. Allantoin -Calms and soothes.

### A Word From the Pharmagel Experts:

*Exfoliation increases cellular renewal rates and improves skin texture.*

*Skin “throws off” dead skin on the upper layer every four hours. It is the dead skin lying on the surface of the skin, combined with oils & other body wastes & atmospheric pollution, that makes our faces dirty.*

*Most older individuals believe that brushing & scrubbing will dry their skin. Actually, the effect is exactly the opposite. It gets rid of the upper layer of skin, stimulating oil production and encouraging new cell growth. This enables the nourishment you put on your skin, in the form of moisturizers and creams, to work more effectively.*

*Sloughing away dead skin cells and other debris maintains the look and texture of your skin as you get older.*

*Every few weeks the top of skin regenerates completely, as new cells travel up from the lower dermis to the surface of the epidermis, then gradually harden, die, and fall off. In your 20’s, dead skin cells stick around for about three weeks.*

*With age and sun damage, the process slows, and worn out cells may overstay by an additional 20 days or more. This makes your complexion look dull, dry and weather beaten, and it prevents moisturizers from penetrating deep enough to do their job.*

*Women with oily skin may end up with black heads & enlarged pores because dead cells plug the openings, preventing oil from flowing out. By exfoliating you can enhance the effectiveness of other products & help your skin look and feel more radiant.*

*What is the best way to exfoliate? Note the size of the granules; a fine gritty texture is what you want.*

### INGREDIENT LISTING & PURPOSE

<b>Allantoin (Comfrey):</b>	Soothing	<b>Papaya Extract:</b>	Exfoliant
<b>Glyceryl Stearate:</b>	Emulsifier	<b>Propylene Glycol:</b>	Humectant & Emulsifier
<b>Methylparaben:</b>	Preservative	<b>Propylparaben:</b>	Preservative
<b>Papain:</b>	Exfoliant	<b>Salicylic Acid:</b>	Exfoliant

# NUTRA-LIFT™



**Product Classification:** Nutra-Lift™ is a quick drying masque for all skin types showing signs of stress, fatigue, and dullness. Nutra-Lift™ is formulated to work with the repair and renewal cycle of the skin. The essential vitamin, enzymes and humectants in Nutra-Lift™ are transported to skin cells, through Pharmagel's liposome system. Your skin will be firmer, more youthful and have increased moisture retention.

**Method of Use:** 2-3 times weekly. Allow to set for 15-30 minutes for best results and absorption of active ingredients. Nutra-Lift® is very effective for acne breakouts. After use rinse with lukewarm water and pat dry.

**Active Ingredients:** Glycolic Acid -Promotes Cellular Renewal. Sodium Hyaluronate -Humectant used to bond moisture to the skin. Magnesium Ascorbyl Phosphate (Vitamin C) -Improves elasticity through the encouraging of natural collagen production. Tocopherol (Vitamin E) -Antioxidant used to reverse/ repair signs of aging. Panthenol (Vitamin B) -Antioxidant used for improving complexion and condition. Allantoin -Skin soothing agent. Coneflower Extract -An anti-inflammatory which offers calming benefits, firming, soothing, relaxing and softening of the skin.

### A Word From the Pharmagel Experts:

*Glycolic Acid will bond water to skin.*

*Vitamin C supports cellular renewal and production of collagen (the skins major structural support). As a primary antioxidant it sweeps out and neutralizes free radicals (unstable oxygen molecules responsible for breakdown of cells that precedes disease).*

*Wrinkles can be minimized with a STABILIZED form of Vitamin C such as Magnesium Ascorbyl Phosphate.*

*Tocopherol Acetate is the most potent form of Vitamin E. It is a powerful antioxidant.*

### INGREDIENT LISTING & PURPOSE

<b>Allantoin:</b>	Soothing	<b>Lactic Acid:</b>	Firming
<b>Bentonite:</b>	Drawing Agent	<b>Malic Acid:</b>	Firming
<b>Citric Acid:</b>	Firming	<b>Methylparaben:</b>	Preservative
<b>Coneflower Extract:</b>	Firming	<b>Panthenol:</b>	Humectant
<b>Fragrance:</b>	Botanical fragrance	<b>Propylparaben:</b>	Preservative
<b>Glycerin:</b>	Humectant	<b>Purified Water:</b>	Solvent
<b>Glycolic Acid:</b>	Firming	<b>Tartaric Acid:</b>	Firming
<b>Kaolin:</b>	Absorbent	<b>Tocopherol Acetate:</b>	Antioxidant

# DN-24 HYDRACRÈME®



**Product Classification:** DN-24 Hydracreme® is an intensive vitamin facial treatment incorporating the benefits of 25,000 i.u.'s of Retinyl-A (Vitamin A).

This day-night moisturizer also contains Vitamins C, B, D & E to rejuvenate dehydrated and aged skin. DN-24 Hydracreme keeps your skin on a 24-hour continuum of protection and repair.

**Method of Use:** Use AM & PM on facial areas, can be used on top of Pharma C-Serum® & Bio-A® for reparative benefits.

**Active Ingredients:** Vitamin A (Retinyl Palmitate) -Firms, nourishes, retards / reverses skin damage caused by aging and environmental stresses. Vitamin C -Used as an anti-oxidant to aid in firming and toning. Vitamin E -(Tocopherol Acetate) Used as a primary anti-oxidant to aid in firming and toning. Vitamin B (Panthenol) -Anti-oxidant reverses visible signs of aging. Aloe Vera -Used to soothe and protect the skin. Sesame Oil -Contains heavy moisturizing benefits. Safflower Oil -Moisturizing content. Avocado Oil -Contains heavy moisturizing benefits.

### A Word From the Pharmagel Experts:

*Vitamin A supports cellular renewal and the production of collagen (the skins major structural support). As a primary anti-oxidant, it sweeps out and neutralizes free radicals that could speed the process of aging and breakdown of skin cells. Vitamin A is significantly responsible for the production of new cells and the maintenance and repair of mucous membranes; which help fight acne and premenstrual eruptions.*

*Vitamin A actually has an "antikeratinizing" effect that is achieved by cells remaining immature (younger) longer.*

*Vitamin A helps the dermis to resist infection, build and maintain collagen and elastin, and strengthen the skins capillary walls.*

### INGREDIENT LISTING & PURPOSE

<b>Allantoin (Comfrey):</b>	Soothing	<b>Niacinamide (Vitamin B):</b>	Stimulant
<b>Aloe Extract:</b>	Healing & Soothing	<b>Octyl Mehtoxycinnamate:</b>	UV Blocker
<b>Ascorbic Acid:</b>	Anti-oxidant	<b>Panthenol (Vitamin B):</b>	Humectant
<b>Avocado Oil:</b>	Emollient	<b>Propylparaben:</b>	Preservative
<b>Biotin:</b>	Texturizing Agent	<b>Purified Water:</b>	Solvent
<b>Calcium Pantothenate:</b>	Emollient	<b>Retinol (Vitamin A):</b>	Anti-oxidant
<b>Folic Acid:</b>	Emollient	<b>Retinyl Palmitate (Vitamin A):</b>	Anti-oxidant
<b>Fragrance:</b>	Fragrance	<b>Safflower Oil:</b>	Moisturizer
<b>Glyceryl Stearate:</b>	Emulsifier & PEG-100	<b>Stearyl Alcohol:</b>	Emollient
<b>Inositol (Vitamin B):</b>	Humectant	<b>Thiamine HCL (Vitamin B):</b>	Conditioner
<b>Methylparaben:</b>	Preservative	<b>Tocopherol Acetate (Vitamin E):</b>	Anti-oxidant



**Product Classification:** Aloe Firma Derm® is a fast action anti-aging, firming and moisturizing emulsion containing anti-oxidants (Vitamin A, E, & C) for rapid repair and reversal of skin damage caused by aging and environmental stresses. The antioxidant shield tissues from destructive free radicals, slowing wrinkling and premature skin aging. The result is a younger, smoother, firmer looking skin with lasting results.

**Active Ingredients:** Aloe Vera -Used for soothing & healing, and promotes unblemished healthy skin. Vitamin A -Containing 500,000 i.u.'s of this high potency anti-oxidant; Vitamin A prevents dryness and aids in moisture retention. Retinyl-A (Vitamin A) also calms sunburn, aids in renewal of skin cells aged and damaged by environmental stresses. Vitamin A also shields the skin from

destructive free radicals. Vitamin C & E -Both are used as anti-oxidants to aid in firming and toning. Gingko Biloba -Aids in faster penetration into the dermis & intensifies firming benefits in combination with the Vitamin C.

**Method of Use:** For Face: After cleansing and toning, gently massage Aloe Firma Derm® until thoroughly absorbed. For Body: After shower or bath Aloe Firma Derm® smooths your body with a blanket of age-fighting and moisturizing ingredients.

### A Word From the Pharmagel Experts:

*Vitamin A supports cellular renewal and the production of collagen (the skins major structural support). Vitamin A, as a primary antioxidant sweeps out and neutralizes free radicals (unstable oxygen molecules responsible for breakdown of cells that precedes aging and disease). Vitamin A is significantly responsible for the production of new cells and the maintenance and repair of mucous membranes; helps fight acne and premenstrual skin eruptions.*

*Vitamin A helps the body resist infection, form pigment, and build and maintain collagen, and elastin, strengthening the skin and capillary walls.*

*Retinol A, when added to skin creams, attracts moisture, causing the layer to swell slightly. When used regularly it can reduce the consequences of sun damage and may help the body rebuild collagen in the skin.*

*Like most of the population, our water sources are treated with chlorine. Chlorine-treated water is drying. Keep your skin moisturized with products that truly penetrate the skin such as those containing substantial amounts of Aloe Vera.*

*Application of creams truly rich in aloe vera will put an end to stretch marks (usually caused during pregnancy).*

*Aloe Vera is used in a number of hospitals to encourage new skin growth after surgery and also to heal burns indicating that it is great to heal sunburns as well!*

*Vitamin E is a highly moisturizing oil, protects from ultraviolet rays, reduces fine lines and wrinkles and delays the aging process; helps heal scarring and wounds and is a weapon against anti-aging.*

### INGREDIENT LISTING & PURPOSE

<b>Aloe:</b>	Healing	<b>Octyl Mehtoxycinnamate:</b>	UV Blocker
<b>Cetyl Alcohol:</b>	Emulsifier	<b>Panthenol (Vitamin B):</b>	Humectant
<b>Coneflower Extract:</b>	Anti-Inflammatory	<b>PEG-7 Glyceryl Cocoate:</b>	Emollient
<b>Dogrose Hips Seed Oil:</b>	Firming	<b>Propylene Glycol:</b>	Humectant
<b>Fragrance:</b>	Fragrance	<b>Proylparaben:</b>	Preservative
<b>Glyceryl Stearate:</b>	Humectant	<b>Purified Water:</b>	Solvent
<b>Glyceryl Stearate:</b>	Firming	<b>Retinyl Palmitate (Vitamin A):</b>	Anti-oxidant
<b>Glycerin:</b>	Humectant	<b>Safflower Oil:</b>	Moisturizer
<b>Golden Seal Extract:</b>	Healing	<b>Stearyl Alcohol:</b>	Emollient
<b>Jjoba Oil:</b>	Emollient	<b>Tocopherol (Vitamin E):</b>	Anti-oxidant
<b>Magnesium Ascorbyl Phosphate:</b>	Firming	<b>Tocopherol Acetate (Vitamin E):</b>	Anti-oxidant



### Product Classification:

Pharmagel's premier facial firming AHA (Alpha Hydroxy Acid) complex with SPF 8, performs by dramatically improving the rate of the cellular renewal process as well as through superior exfoliation,

resulting in significant reduction and refining of small lines, wrinkles, and other signs of aging and stress. Through a crème deliverance system of an 8% Glycolic Acid formula, dead skin cells and build up of infectious bacteria are gently swept away rendering your skin healthy and vibrant. Glycolic Acid is a natural ingredient found in sugar cane. This delicate and luxurious crème offers aged and stressed skin a chance at a youthful appearance and glow, once again!

**Method of Use:** For normal to dry skin types, dime size amount, AM & PM. Can be used on top of Pharma-C® Serum and Bio-A™ Concentrate.

**Active Ingredients:** Glycolic Acid (AHA) -Used for premium exfoliation benefits, this ingredient penetrates through the epidermis to remove superficial free radicals and toxins, as well as dead skin cells. Mixed Fruit Acids (AHA) -Fruit acids derived for their potent effect on the skin for additional exfoliation benefits. Vitamin C -Used as anti-oxidants to aid in firming and toning and to promote collagen production. Vitamin E -Used as a primary anti-oxidant to aid in firming and toning. Vitamin A -This ingredient is used as an additional primary antioxidant, offering a complete blend of vitamin anti-oxidants rendering this formula limitless, and empowered for performance.

### A Word From the Pharmagel Experts:

*After cleansing, moisturize with an alpha-hydroxy lotion/crème, paying particular attention to areas around eyes, mouth and throat. The alpha-hydroxy acid will bond water to skin.*

*Vitamin C supports cellular renewal and production of collagen (the skins major structural support).*

*The body NEEDS Vitamin A to reduce Vitamin C depletion.*

### INGREDIENT LISTING & PURPOSE

<b>Ascorbyl Palmitate:</b>	Anti-oxidant	<b>Nettle Extract:</b>	Stimulant
<b>Benzophenone-3:</b>	UV Protectant	<b>Phenyl Trimethicone:</b>	Conditioner
<b>Caprylic/Capric Stearic Triglyceride:</b>	Emulsifier	<b>Propylene Glycol:</b>	Humectant
<b>Cetearyl Alcohol and Cetareth-20:</b>	Emollient	<b>Propylparaben:</b>	Preservative
<b>Cyclomethicone:</b>	Smoothing	<b>Purified Water:</b>	Solvent
<b>Fragrance:</b>	Fragrance	<b>Retinyl Palmitate:</b>	Anti-oxidant
<b>Glycol Sterate &amp; PEG-100 Sterate:</b>	Emulsifier	<b>Steareth-2:</b>	Emulsifier
<b>Glycolic Acid:</b>	Exfoliant	<b>Steric Acid:</b>	Emulsifier
<b>Green Tea Extract:</b>	Soothing	<b>Sweet Almond Oil:</b>	Humectant
<b>Methylparaben:</b>	Preservative	<b>Tocopherol:</b>	Anti-oxidant
<b>Mixed Fruit Acids:</b>	Exfoliants		



**Product Classification:** HydrOxy-10™ is Pharmagel's answer for a super performing lotion beyond any other, providing a 10% AHA (Alpha Hydroxy Acid) & BHA (Beta Hydroxy Acid) combination along with Stabilized Oxygen for truly remarkable dermal improvement and maintenance. As the stabilized oxygen acts to speed the cellular renewal process, the AHA content works to improve surface texture of the epidermis through the process of dead skin cell exfoliation. Meanwhile, the BHA penetrates deep into the lower layers of the dermis through any oil barriers, eliminating free radicals to prevent unwanted premature aging caused by these

trapped oxygen molecules. A breakthrough in technology, this lotion addresses dermal care at all levels, leaving skin softer than ever with a vibrant healthy glow.

**Method of Use:** Apply daily to face, hands and body.

**Active Ingredients:** Mixed Fruit Acids (AHA) -Fruit acids derived for their potent effect on the skin for high performance exfoliation. Salicylic Acid (BHA) -Highly potent acid unaccompanied by irritation promoting intense exfoliation without redness or drying. Penetrating to the lower layers of the dermis, this ingredient encourages deep-action cleansing. Vitamin E -Used as a primary anti-oxidant to aid in firming and toning. Safflower Oil-Empowered for performance! Provides additional moisture retention for skins protection against everyday stresses. Glycolic Acid -Derived from the sugar cane, this remarkable ingredient increases cellular renewal and smooths all skin types. Stabilized oxygen -Increases cellular renewal.

### A Word From the Pharmagel Experts:

After cleansing, moisturize with an alpha hydroxy lotion/crème, paying particular attention to areas around the eyes, mouth & throat. The alpha hydroxy acid will bond water to skin.

Salicylic Acid is more effective for oily skin because it is lipid soluble; it can penetrate the oil in pores & dissolve the dead skin cells stuck inside. It is less irritating than AHAs because it appears to have anti-inflammatory properties.

Stabilized oxygen gives skin cells a power boost for increased cellular activity.

### INGREDIENT LISTING & PURPOSE

<b>Aloe Vera Gel:</b>	Healing & Soothing	<b>Methylparaben:</b>	Preservative
<b>Caprylic / Capric Triglyceride:</b>	Emollient	<b>Octyl Palmitate:</b>	Emollient
<b>Cetearyl Alcohol:</b>	Emulsifier	<b>Retinyl Palmitate:</b>	Anti-oxidant
<b>Deionized Water:</b>	Solvent	<b>Salicylic Acid:</b>	Exfoliant
<b>Dimethicone:</b>	Smoothing	<b>Sorbitan Stearate:</b>	Emulsifier
<b>Ethylparaben:</b>	Preservative	<b>Stabilized Oxygen:</b>	Stimulant
<b>Fragrance:</b>	Botanical Fragrance	<b>Stearic Acid:</b>	Emulsifier
<b>Glycerin:</b>	Humectant	<b>Safflower Oil:</b>	Emollient
<b>Glyceryl Stearate:</b>	Emulsifier	<b>Tocopherol Acetate:</b>	Anti-Oxidant
<b>Glycolic Acid:</b>	Cellular Renewal		



**Product Classification:** Beta-C™, a moisturizing and facial re-firming complex containing Beta Hydroxy Acid, the newest member of the Hydroxy Acid family and Stabilized Vitamin C. The ingredients formulated into Beta-C represent the latest

technology in the battle against skin aging. Beta Hydroxy Acid continually rejuvenates skin by increasing the rate of cellular renewal, sweeping dead skin cells, flakiness, dry patches, and discoloration. Vitamin C continues to simultaneously encourage collagen formation and strengthen connective tissues for firmer more youthful facial contours. Beta Hydroxy Acid, known as salicylic acid, is a superior exfoliant that improves the appearance of aging sun-damaged skin. It is effective in reducing the appearance of fine lines and wrinkles and improving overall facial texture. The dual action of Beta Hydroxy and Stabilized Vitamin C gives longer lasting results on the skin.

**Method of Use:** Apply to facial contours AM & PM. Alternate with other Pharmagel moisturizers. Can be used on top of Pharma C Serum® and Bio A Concentrate™.

**Active Ingredients:** Beta Hydroxy Acid works at deeper levels in the dermis to encourage cellular renewal. Also an effective ingredient for oily skin. Vitamin C -Used as anti-oxidants to aid in firming and toning and to promote collagen production. Vitamin E -Used as a primary anti-oxidant to aid in firming and toning. Chamomile and Calendula Extracts -Primary use of soothing and calming the skin with their own individual nourishing benefits.

### A Word From the Pharmagel Experts:

Salicylic Acid is more effective for oily skin because it is lipid soluble. It can penetrate the oil in pores and dissolve the dead skin cells stuck inside. It may also be less irritating than AHAs because it appears to have anti-inflammatory properties.

Salicylic Acid will fall lower in the list of ingredients than AHAs because LESS is needed to produce results -just 1% to 2%.

BHA (beta hydroxy), salicylic acid is the next generation for improving the appearance of aging skin. It exfoliates without irritation.

It has been found that BHA, Salicylic Acid, is effective with as little as 1/5 the concentration typically found in the most commonly used Alpha Hydroxy.

Vitamin C also supports cellular renewal and production of collagen ( the skins major structural support). As a primary antioxidant, it sweeps out and neutralizes free radicals (unstable oxygen molecules responsible for breakdown of cells that precedes aging and disease).

### INGREDIENT LISTING & PURPOSE

<b>Allantoin(Comfrey):</b>	Soothing	<b>Hydroxyethylcellulose:</b>	Thickening
<b>Benzophenone-3:</b>	UV Blocker	<b>Magnesium Ascorbyl Phosphate:</b>	Collagen Stimulant
<b>Calendula Extract:</b>	Conditioning	<b>Methylparaben:</b>	Preservative
<b>Caprylic Capric Triglyceride:</b>	Emollient	<b>Octyl Methoxycinnamate:</b>	UV Blocker
<b>Chamomile Extract:</b>	Conditioning	<b>Octyl Palmitate:</b>	Emollient
<b>Deionized Water:</b>	Solvent	<b>Polysorbate 60:</b>	Emulsifier
<b>Dimethicone:</b>	Soothing	<b>Propylene Glycol:</b>	Humectant
<b>Ethylparaben:</b>	Preservative	<b>Salicylic Acid:</b>	Exfoliant
<b>Fragrance:</b>	Fragrance	<b>Sorbitan Stearate:</b>	Emulsifier
<b>Glycereth-26:</b>	Emulsifier	<b>Sunflower Oil:</b>	Emollient
<b>Glyceryl Stearate &amp; PEG-100 Stearate:</b>	Emulsifier	<b>Tocopherol Acetate (Vitamin E):</b>	Anti-oxidant

# COMPLEXE EYE BEAUTÉ®



**Product Classification:** Complex Eye Beauté®, unique herbal treatment in pad form- relieves the effects of puffy, swollen eye tissue often associated with allergies, fluid retention, aging and PMS. The vulnerable

eye area is relatively thinner than other facial skin. As we mature, the skin around the eyes loses elasticity and therefore is susceptible to the retention of water and fat, producing bags or eye pouches. Eye Beauté®'s high concentration of botanical extracts, smoothes and reduces that puffy, swollen appearance. Fragrance free, oil free and hypo allergenic, Eye Beauté® is also wonderful for contact lens wearers.

**Method of Use:** Place one pad over each closed eye and relax for 5 or more minutes. Discard pads after use. Can be refrigerated for an extra "pick me up." Also, great for sinus headaches and allergies.

**Active Ingredients:** Cucumber Extract: Anti-inflammatory and decongestant. Chamomile Extract: Anti-inflammatory and decongestant. Cornflower Extract: Anti-inflammatory and decongestant. Birch Leaf Extract: Anti-inflammatory and decongestant. Birch Sap Extract: Anti-inflammatory and decongestant. Clover Blossom Extract: Anti-inflammatory and decongestant. Nettle Extract: Anti-inflammatory and decongestant. Yarrow Extract: Primary anti-inflammatory and decongestant.

### A Word From the Pharmagel Experts:

*Derived from the flower petal, Calendula acts as an anti-inflammatory.*

*Derived from the berry, Yarrow is an anti-inflammatory. Assists in infections, mucous membranes, increases perspiration and dermal respiration.*

*Chamomile nourishes the skin.*

*In addition to toning the skin, rosemary helps stimulate the circulation of blood to skin with poor circulation.*

*"Cool as a cucumber" is more than just a phrase. Cucumbers seem actually cooling to the system, and are used around the world on the skin as a refiner, purifier, and refresher.*

*Distilled from the bark, leaves & flower-bearing twigs of the hamamelis plant, witch hazel acts as an antiseptic and astringent.*

### INGREDIENT LISTING & PURPOSE

<b>Aloe Extract:</b>	Soothing & Healing	<b>Extract of Cucumber:</b>	Anti-Inflammatory
<b>Butylene Glycol:</b>	Clarifying Agent	<b>Extract of Nettle:</b>	Toning
<b>Calcium Pantothenate:</b>	Emollient	<b>Methylparaben:</b>	Preservative
<b>Extract of Birch Leaf:</b>	Astringent	<b>Purified Water:</b>	Solvent
<b>Extract of Birch Sap:</b>	Antiseptic	<b>Witch Hazel Extract:</b>	Anti-Inflammatory
<b>Extract of Chamomile:</b>	Soothing	<b>Extract of Rosemary:</b>	Toning
<b>Extract of Clover Blossom:</b>	Strengthening	<b>Extract of Sage:</b>	Stimulant
<b>Extract of Cornflower:</b>	Soothing	<b>Extract of Yarrow:</b>	Toning
<b>Inositol:</b>	Humectant		

# COMPLEXE EYE FIRMÉ®



**Product Classification:** Complex Eye Firmé®, an anti-aging eye treatment in gel form, contains an infusion of anti-inflammatory, toning, nourishing and firming properties which strengthen the delicate eye area tissue. This enriched antioxidant formula of Vitamins C, E and A stimulates collagen formation and reverses noticeable signs of aging as it lifts and smoothes eye contours. As circulation increases, the appearance of dark circles, eye area wrinkles & sagging tissue diminish.

**Method of Use:** Gently pat Complex Eye Firmé® around eye contours AM & PM.

**Active Ingredients:** Vitamin C -Used as an anti-oxidant to aid in firming and toning. Vitamin E (Tocopherol Acetate) -Used as a primary anti-oxidant to aid in firming and toning. Vitamin B (Panthenol) - Primary anti-oxidant to reverse visible signs of aging. Allantoin -A primary anti-inflammatory used for soothing. Mica -Acts as a light diffuser by reflecting light sources. Calendula Extract -This ingredient has a proven calming effect on the skin. Coneflower Extract - Anti-inflammatory used to sooth irritated and damaged skin.

### A Word From the Pharmagel Experts:

*Vitamin C supports cellular renewal & production of collagen (the skins major structural support).*

*Smoking encourages crow's feet. Each cigarette uses up 25mg of Vitamin C in the dermis.*

*Panthenol is a stable form of pantothenic acid (Vitamin B Group). It is necessary for the normal functioning of the skin. Panthenol promotes the regeneration of damaged skin.*

*Allantoin helps the healing of wounds and skin conditions. Helpful for: bites and stings, bruises, inflamed tissue, dermatitis, dry skin, psoriasis, skin rashes and sunburn.*

*Coneflower stimulates white blood cells. Enhances immune and lymphatic system.*

### INGREDIENT LISTING & PURPOSE

<b>Allantoin:</b>	Soothing	<b>Magnesium Ascoryl Phosphate (Stabilized Vitamin C):</b>	Builds Collagen
<b>Aloe:</b>	Soothing & Healing	<b>Tocopherol Acetate (Vitamin E):</b>	Antioxidant
<b>Calendula:</b>	Anti-Inflammatory	<b>Retinol (Vitamin A):</b>	Antioxidant, Anti-aging benefits
<b>Coneflower:</b>	Calming	<b>Yarrow:</b>	Anti-Inflammatory
<b>Lecithin:</b>	Nourishing	<b>Sodium Hyaluronate:</b>	Binds Moisture to the skin



**Product Classification:** EYE PROTE™, a holistic recipe of pharmaceutical and medically tested ingredients, reverses the ravages of time on eye area wrinkles, puffiness, dark circles and lost tone and elasticity.

The delicate skin surrounding the eye is fragile and thin and the need for a protective shield of recovery is as powerful as the actives in EYE PROTE™. The fragile collagen fibers surrounding the eye are vulnerable to wrinkles, poor circulation and fatigue. This sensitive and vulnerable area needs a daily pampering of hydration, stimulation and rejuvenation to stave off pre-

mature aging. EYE PROTE™ contains PERFLUORODECALIN, a highly activated oxygen booster, medically tested and used during eye surgeries for rapid tissue repair. This remarkable ingredient breathes life into cells surrounding the delicate eye contours. The powerful antioxidants and herbal actives in EYE PROTE™ re-firm, re-surface, lift and tone the surrounding eye area tissue. EYE PROTE™ contains pharmaceutical grade ingredients which are of a molecular weight that allows for rapid penetration into the dermis. Remarkable and lasting results are yours with a daily regimen of EYE PROTE™. This fragrance free, non comedogenic (will not clog pores) eye crème elixir will re-firm and re-surface your eyes to ageless beauty.

**Active Ingredients:** Perfluorodecalin (a highly activated oxygen booster), Squalane (vegetable source) highly penetrating humectant - light and non-greasy, Tocopherol (Vitamin E) antioxidant that offers anti-aging benefits.

**Method of Use:** Apply to delicate eye contours AM & PM until thoroughly absorbed.

**A Word From the Pharmagel Experts:**

Perfluorodecalin is a remarkable oxygen booster, medically tested and used during eye surgeries for rapid tissue repair.

Tocopherol (Vitamin E) promotes the regeneration of damaged and aging skin.

Squinting encourages crows feet and breaks down collagen fibers.

The skin around the eye is thinner than other facial skin.

The eye area is the first to show signs of age and fatigue.

It is important to use only non-comedogenic products on and around the eye area tissue, otherwise bumps and tiny cysts can develop in this sensitive area. All Pharmagel® products are non-comedogenic.

**INGREDIENT LISTING & PURPOSE**

Achillea Millefolium Extract	Antiinflammatory	Ethylparaben	Preservative
Allantoin	Calming	Methylparaben	Preservative
Aloe Barbadensis Leaf Juice	Humectant	Perfluorodecalin	Repairs Tissue
Butylparaben	Preservative	Phenoxyethanol	Preservative
C12-20 Acid PEG-8 Ester	Emulsifier	Propylene Glycol	Humectant
Calendula Officinalis Flower Extract	Firming	Propylparaben	Preservative
Caprylic/Capric/Myristic/Stearic Triglyceride	Emollient	Purified Water	Solvent
Carbomer	Emulsifier	Squalane (Vegetable Source)	Humectant
Cetearyl Alcohol	Emulsifier	Tetrasodium EDTA	Preservative
Chamomilla Recutita (Matricaria) Flower Extract	Calming	Tocopherol (Vit E.)	Antioxidant
Dicetyl Phosphate	Emulsifier		



**Product Classification:** Derma Fade Crème®, a fading and lightening treatment, applied daily AM and PM, utilizes the concentrated strengths of three technologically

advanced antioxidants. Both magnesium ascorbyl phosphate (Vitamin C) licorice extract and kojic dipalmitate function as the primary active ingredients to break down any unwanted hyperpigmentation. Aside from functioning as an extremely proficient fading treatment, Derma Fade® also contains an SPF 15 used as a full sunblock for the face. In addition, Pharma C Serum® can be used under Derma Fade for fast action fading of age spots and skin discoloration.

**Method of Use:** Apply Derma Fade® to age spots and skin discoloration AM & PM. Can be used as a full face moisturizing treatment and total sunscreen before sun exposure.

**Active Ingredients:** Kojic Dipalmitate -For fading benefits. Licorice Extract -A mild antioxidant which inhibits the production of tyrosinase, and enzyme produced by the body to start the production of melanin, i.e. pigmentation. Octylmethoxycinnamate and Benzophenone -Non-comedogenic PABA-free sunscreen components for both UVA/UVB protection at SPF 15.

**A Word From the Pharmagel Experts:**

Vitamin C supports cellular renewal and production of collagen ( the skins major structural support). As a primary antioxidant, it sweeps out and neutralizes free radicals (unstable oxygen molecules responsible for breakdown of cells that proceeds aging and disease).

Skin discoloration often plagues aging skin, and studies in Japan report good results from products containing licorice, and stable forms of Vitamin C.

Licorice makes a great natural alternative to harsh chemical skin lightener / bleaching agents.

Prevent Melanin Synthesis; using a synergistic blend of tyrosinase inhibitors. Licorice Extract contains glycyrrhizin (anti-irritant) which helps prevent erythema that triggers the chain of reactions that lead to melanin production.

Different antioxidant work in different levels of the skin. Vitamin E, a very effective antioxidant, combats a type of free radical that attacks barrier lipis (protective fat cells) in the skins epidermis.

**INGREDIENT LISTING & PURPOSE**

Allantoin (Comfrey):	Calming	Magnesium Ascorbyl Phosphate:	Fading Agent
Benzophenone:	UV Blocker	Methylparaben:	Preservative
Deionized Water:	Solvent	Myristyl Myristate:	Preservative
Fragrance:	Fragrance	Octylmethoxycinnamate:	UV Blocker
Glyceryl Stearate:	Emulsifier & PEG-100	Panthenol Vitamin B):	Humectant
Green Tea Extract:	Anti-oxidant	PEG-100 Stearate:	Emulsifier
Hydroxyethylcellulose:	Emulsifier	Propylene Glycol:	Humectant
Kojic Dipalmitate:	Fading Agent	Tetrasodium EDTA:	Preservative
Licorice Extract:	Fading Agent		

# PHARMA C SERUM®



**Product Classification:** Pharma C Serum®, a 10% Vitamin C facial concentrate treatment, drastically reduces the appearance of wrinkles, fine lines, and sagging skin by actively promoting collagen and elastin formation, the building blocks of youthful skin. The Magnesium Ascorbyl Phosphate form of Vitamin C in this product is the only stable source of Vitamin C that has been proven to rapidly absorb into the skin and promote the formation of collagen.

**Method of Use:** Use once a day AM or PM. Allow to penetrate for 60 seconds. Apply a Pharmagel moisturizer of your choice on top of Pharma C Serum®.

**Active Ingredients:** Magnesium Ascorbyl Phosphate (Vitamin C) -Used as an anti-oxidant to aid in firming and toning and to promote collagen production. Chamomile and Calendula Extracts - Primary use of soothing and calming the skin with their own individual nourishing benefits. Zinc Yeast Derivative: Allows for rapid penetration of Vitamin C. Hyaluronic Acid: Intense water binding properties.

### A Word From the Pharmagel Experts:

*Vitamin C based products have virtually no reported irritation. Ideal candidate: sensitive, dry skin desiring diminished crow's feet and improved skin tone.*

*Hyaluronic acid along with collagen and algae extracts provide a significant cosmetic and aesthetic benefit to the skin.*

*Hyaluronic Acid is a Jell-O-like substance that gives the dermis thickness and keeps wrinkles at bay.*

*Collagen is responsible for providing suppleness and elasticity in the skin. As we age, the level of collagen in the skin is reduced. Collagen and elastin fibers stiffen and break apart, forming an unstructured mass. In turn, wrinkles are formed.*

*Topical Vitamin C counteracts oxygen free radicals by neutralizing them.*

*Some dermatologists are experimenting with Vitamin C for post-laser surgery, as well as speeding up the healing process.*

### INGREDIENT LISTING & PURPOSE

<b>Coneflower Extracts:</b>	Firming	<b>Methylparaben:</b>	Preservative
<b>Deionized Water:</b>	Solvent	<b>Phenoxyethanol:</b>	Preservative
<b>Glycereth-26:</b>	Emulsifier	<b>Saccharide Isomerate:</b>	Emollient
<b>Hyaluronic Acid:</b>	Humectant	<b>Tetrasodium EDTA:</b>	Preservative
<b>Hydroxyethylcellulose:</b>	Thickener	<b>Tyrosine:</b>	Penetrant
<b>Live Yeast Cell Derivative:</b>	Carrier	<b>Zinc Yeast Derivative:</b>	Penetrant
<b>Magnesium Ascorbyl Phosphate:</b>	Builds Collagen		

# BIO A CONCENTRATE™



**Product Classification:** Bio-A Concentrate™, is an anti-aging and rejuvenating dermal serum containing Retinol-A, the purest, most stable form of Vitamin A. This all natural age defying prescription for the skin reverses the visible signs of aging; wrinkles, crows feet and fine lines. Bio-A Concentrate™ stimulates and rejuvenates skin cells for younger facial contours. Bio-A® resurfaces skin, smoothing and softening wrinkles and sagging skin.

**Methods of Use:** After cleansing apply Bio-A™ either AM or PM to facial contours. Can be used safely around the eyes. Allow to absorb and then apply a Pharmagel moisturizer of your choice.

**Active Ingredients:** Retinol A -Anti-oxidant vitamin known for its anti-aging benefits. Green Tea Extract -Anti-oxidant.

### A Word From the Pharmagel Experts:

*Retinol-A is a primary antioxidant that neutralizes free radicals.*

*Wrinkles and crows feet are dramatically diminished with stabilized Retinol-A.*

*Dermatologists are experimenting with Retinol Vitamin A for post laser surgery as well as speeding up the healing process.*

*Retinol-A can zap a zit in no time flat!*

*Retinol-A reduces that red inflamed appearance associated with Rosacea and acne.*

### INGREDIENT LISTING & PURPOSE

<b>Glyceryl Stearate:</b>	Moisturizer	<b>Stearic Acid:</b>	Emulsifies
<b>Green Tea Extract:</b>	Anti-oxidant	<b>Hydroxy Thylcellulose:</b>	Thickens
<b>Methylparaben:</b>	Preservative	<b>Green Tea Extract:</b>	Anti-oxidant
<b>Myristyl Alcohol:</b>	Emollient	<b>Lysine Lauroyl:</b>	Emulsifies
<b>Myristyl Glucoside:</b>	Moisturizer	<b>Retinol:</b>	Anti-aging
<b>Water:</b>	Solvent	<b>Allyl Methacrylates:</b>	Anti-aging
<b>Safflower Oil:</b>	Moisturizer	<b>Crosspolymer:</b>	Binder
<b>Isononyl Isonononate:</b>	Anti-aging	<b>Sodium Citrate:</b>	Penetrant
<b>Dimethicone:</b>	Soothes	<b>Phenoxyethanol:</b>	Preservative

# PHARMA CLEAR® Acne Treatment System



## Product Classification:

**STEP 1 - CLEANSER:** PHARMA CLEAR® medically proven anti-bacterial cleanser breaks the repetitive bacterial chain of acne producing comedones. Acne affects all ages, all races and both genders. Acne is a chronic inflammatory disease of the sebaceous hair follicles. When sebum is trapped within the hair follicle, skin bacterium multiplies within the clogged pore and produces the unsightly condition known as acne. PHARMA CLEAR® Anti-Bacterial Cleanser works deep but gently to remove excess oil and dead skin cells. This unique formula also calms inflamed tissue and encourages fast healing.

**KEY INGREDIENTS:** Malaleuca Alternifolia (Tea Tree Oil), Copper, Triclosan.

**METHOD OF USE:** Apply PHARMA CLEAR Anti-Bacterial Cleanser AM & PM. Rinse thoroughly and pat dry.

**NOTE:** PHARMA CLEAR® anti-bacterial cleanser is recommended for oily skin types.

**STEP 2 - ACNE TREATMENT CONCENTRATE:** PHARMA CLEAR® Acne Treatment Concentrate is a medically proven remedy for the treatment of acne. A fast acting formula containing anti-inflammatory ingredients, anti-bacterial agents and salicylates, clears and heals skin to blemish free bliss. PHARMA CLEAR® Acne Treatment Concentrate is a powerhouse solution targeted at breaking the repetitive cycle of existing acne and future breakouts. This pharmaceutical grade formula controls and manages the very cause of the development of blemishes, oil secretion and cell build-up.

The super performing ingredients in PHARMA CLEAR® Acne Treatment Concentrate reduce the inflammation and redness associated with acne as it heals, calms and smooths skin blemishes.

**KEY INGREDIENTS:** Salicylic Acid, Willow Bark Extract, Triclosan.

**METHOD OF USE:** Apply PHARMA CLEAR® Acne Treatment Concentrate sparingly to blemishes AM & PM after cleansing.

**STEP 3 - MEDICATED MOISTURIZER:** PHARMA CLEAR® Medicated Moisturizer protects and nourishes acne prone skin with a blanket of clinically proven ingredients that moisturize, heal and balance. PHARMA CLEAR® Medicated Moisturizer contains Sodium PCA, Vitamins A & E, Copper, Sodium Hyaluronate and anti-inflammatory ingredients providing a moisturizing, calming, protective mantle of repair and rejuvenation. PHARMA CLEAR® Medicated Moisturizer will not clog or inflame pores. The lightweight base of super performing ingredients is also effective on oily complexions, as the ingredients balance, correct and normalize oily skin types.

The mature skin type with excessive oil and acne will benefit from the anti-aging benefits of this miraculous moisturizer. Skin is reprogrammed to act young again as the vitamins and anti-inflammatories work to turn back the clock on sagging and wrinkled skin.

**KEY INGREDIENTS:** Sodium PCA, Sodium Hyaluronate, Tocopherol Acetate (Vitamin A), Copper.

**METHOD OF USE:** Apply AM & PM after cleansing and use of PHARMA CLEAR® Acne Treatment Concentrate.

**NOTE:** PHARMA CLEAR® Medicated Moisturizer is also effective in correcting Rosacea.

PHARMA CLEAR® Medicated Moisturizer is recommended for oily skin types.

## A Word From the Pharmagel Experts:

*Rosacea also referred to as Acne Rosacea, can be treated successfully with Pharma Clear® Cleanser and Moisturizer. Rosacea is characterized by great redness of the cheeks and nose and accompanied by pustular enlargements on the surface of the skin.*

*Acne can develop at any age. Mature acne is often due to hormonal imbalances.*

*It is important to moisturize oily skin. There is a tendency to want to dry out oily skin, when this happens the sebaceous glands work even harder to produce more oil.*

*Sodium PCA and Hyaluronic Acid are effective humectants in moisturizing oily and acne skin types.*

*Copper is an effective ingredient in treating acne and oily skin types. This remarkable ingredient calms irritated and inflamed skin and also has anti-aging benefits.*

## INGREDIENT LISTING & PURPOSE (CLEANSER)

Bisabolol	Antiinflammatory	Panthenol	Moisturizer
Cocamidopropyl Betaine	Surfactant	Sodium Laureth Sulfate	Cleansing
Disodium EDTA	Preservative	Soyamidopropyl Betaine	Surfactant
Disodium EDTA Copper	Tissue Repair	Triclosan	Antibacterial
Melaleuca Alternifolia (Tea Tree) Leaf Oil	Antibacterial	Water	Solvent
Methylparaben	Preservative		

## INGREDIENT LISTING & PURPOSE (CONCENTRATE)

Dehydroxanthan Gum	Stabilizer	Propylparaben	Preservative
Disodium EDTA	Preservative	Salix Alba (Willow) Bark Extract	Salicylate
Isopropyl Alcohol	Solvent & Antibacterial	Triclosan	Antibacterial
Methylparaben	Preservative	Water	Solvent
Propylene Glycol	Solvent		

## INGREDIENT LISTING & PURPOSE (MOISTURIZER)

Aminomethylpropanol	Neutralizer	Panthenyl Ethyl Ether	Moisturizer
Benzyl Alcohol	Antibacterial & Anesthetic	PEG-40 Hydrogenated Castor Oil	Emulsifier
Bisabolol	Antiinflammatory	Propylparaben	Preservative
Carbomer	Stabilizer	Retinyl Acetate	Vitamin A
Disodium EDTA	Preservative	Sodium Hyaluronate	Humectant
Disodium EDTA Copper	Tissue Repair / Antibacterial / Slows Sebaceous Gland Activity	Sodium PCA	Moisturizer
Ethylparaben	Preservative	Tocopheryl Acetate	Vitamin E
Glycerin	Moisturizer	Water	Solvent
Methylparaben	Preservative		

# STEP BY STEP PHARMAGEL® FACIAL

1



2



3



4



5



6



7



8



9



10



**1** Cleanse face, neck and décolletage with Hydra Cleanse®, massaging gently before removing with warm water. The gentle foaming cleanser contains nourishing, calming and moisturizing ingredients and is suitable for sensitive skin.

**2** Apply Enzyme Ex-Cell® Scrub in a circular motion. The gentle formula, which contains rounded polishing grains and anti-aging pineapple and papaya enzymes to naturally exfoliate skin and increase cellular renewals, is then removed with warm water.

**3** Spritz lightly with Botanical Tonique®. Containing passion flower extract, this exotic, alcohol-free toner firms the skin while helping to tighten pores. Follow with facial steamer or the application of hot towels for 15 minutes, before re-applying toner.

**4** Apply Pharma-C Serum® to facial areas to help strengthen the connective tissues and promote collagen formation. Allow the product, which contains a stable form of vitamin C, to penetrate for 60 seconds.

**5** Massage in vitamin-rich Aloe Firma-Derm® until thoroughly absorbed to increase collagen formation and shield against damaging free-radicals.

**6** Using a brush of finger-tips, apply a generous layer of Nutra-Lift™ mask, avoiding eye and lip areas. Suitable for all skin types, it contains vitamins, enzymes and humectants to nourish and revitalize.

**7** To aid relaxation and reduce any puffiness, apply Complexe Eye Beauté® herbal eye pads while the mask is left to work.

**8** After 20 minutes, carefully remove eye pads and mask with warm water.

**9** Re-apply Pharma-C Serum®, allowing to penetrate, before applying DN-24 Hydracrème as a finishing moisturizer to face and neck area to moisturize, hydrate and repair.

**10** Complete treatment with the sparing application of Complexe Eye Firmé® or Eye Prote™ Eye Crème Elixir to eye contours to lift and smooth.

**Therapist:** Najma Ansari

**Location:** Profile Aesthetics, Croydon, Surrey

**Photographer:** Richard Eaton

# FULL FACIAL TREATMENT

## CLEANSE

- 1.) Remove makeup with Hydra Cleanse®
- 2.) Apply Hydra Cleanse® to face, throat, and décolletage; warm or cool water- remove with sponge or cotton pads. Pat dry.
- 3.) Then, cleanse if necessary. Rinse thoroughly.
- 4.) Spray Botanical Tonique® in a fine mist over face, throat, and décolletage.
- 5.) Apply Pharma-C Serum® then Eye Firme® or Eye Prote™ to the eye area.

## DEEP CLEANSE

- 6.) Start steaming (Optional).
- 7.) Using a mask brush or your fingers, quickly apply Enzyme Ex-Cell® in a thin layer on the face and throat.  
**(Décolletage Optional).**  
Option 1: You may use facial scrub brush or your fingers to gently work the granules on the skin and increase exfoliation.  
Option 2: Use brush machine.
- 8.) After scrubbing, Apply hot towel (cool 3-5 minutes) Remove product with towel followed by sponges or cotton pads. Rinse thoroughly. Steaming time should be 10-15 minutes total.
- 9.) Extract. If necessary. Follow with Botanical Tonique® on extracted areas.

## NOURISH

- 10.) Apply a small amount of Pharma C Serum® or Bio-A Concentrate® to the face and throat. Allow 60 seconds for absorption into the dermis.
- 11.) Relaxing massage with DN-24®. Use clean warm water during massage for adding slippage to skin. Do not remove cream after massage.  
Option 1: Positive Galvanic Current can be used for 3 minutes. Apply another thin layer of appropriate moisturizer.  
Option 2: Add "Eye Treatment"
- 12.) Apply a medium layer of Nutra-Lift® masque. Let set for 10-15 minutes. Remove with warm moist towels. Rinse thoroughly with sponges or cotton pads and warm water. Final Rinse should be with cool water.

## FINISH

- 13.) Apply Botanical Tonique® to skin (Spray, cotton or sponges). Allow product to dry.  
Option 1: Mature skin. Re-apply a small amount of Pharma-C Serum® or Bio-A Concentrate® to face and throat. Allow to penetrate 60 seconds.
- 14.) Apply appropriate Pharmagel Moisturizing product for skin type in a lighter layer.

# MINI FACIAL TREATMENT

## CLEANSE

- 1.) Remove Eye and lip makeup with Hydra Cleanse®.
- 2.) Apply Hydra Cleanse® to face, throat, and décolletage; warm or cool water. Remove with sponges or cotton pads. Pat dry.
- 3.) Then, cleanse if necessary. Rinse thoroughly.
- 4.) Spray Botanical Tonique® in a fine mist over, face, throat, and décolletage.
- 5.) Apply Pharma-C Serum® then Eye Firme® or Eye Prote™ to the eye area.

## DEEP CLEANSE

- 6.) Start steaming (optional).
- 7.) Using a mask brush or your fingers, quickly apply Enzyme Ex-Cell® in a thin layer on the face & throat. (Décolletage Optional)
- 8.) After scrubbing, apply hot towel (until cool 3-5 min.) Remove product with towel followed with sponges or cotton pads. Rinse thoroughly. Steaming time should be 10-15 minutes total.
- 9.) Apply a small amount of Pharma-C Serum® or Bio-A Concentrate® to face and throat. Allow 60 seconds for absorption into the dermis.
- 10.) Apply a medium layer of Nutra-Lift® masque. Let set for 10-15 minutes. Remove with warm moist towels. Rinse thoroughly with sponges or cotton pads and warm water. Final rinse should be with cool water.
- 11.) Apply Botanical Tonique® to skin. ( Spray, cotton or sponges) Allow product to dry.
- 12.) Re-apply Eye Firme® or Eye Prote™ to eye area.  
Option 1: Mature skin. Re-apply a small amount of Pharma-C Serum® or Bio-A Concentrate® to face and throat. Allow to penetrate for 60 seconds.
- 13.) Apply appropriate Pharmagel Moisturizing product for skin type in a lighter layer.

# ACNE FACIAL TREATMENT

## CLEANSE

- 1.) Remove makeup with Pharma Clear® Anti-Bacterial Cleanser
- 2.) Cleanse face, throat and décolletage with Pharma Clear® Anti-Bacterial Cleanser or Fleur-5® bar. Remove with moist towels or cotton pads. Note: Sponges not recommended with grade 3 & 4 acne. Pat dry.
- 3.) Then, cleanse if necessary. Rinse thoroughly.
- 4.) Spray Botanical Tonique® in a fine mist over face, throat, and décolletage.
- 5.) Apply Pharma-C Serum® then Eye Firme® to the eye area.

## DEEP CLEANSE

- 6.) (Optional) Start cool steaming (at least 18" from face).
- 7.) Using a mask brush or your fingers, gently apply Enzyme Ex-Cell® in a thin layer on the face and throat. (Décolletage Optional).  
Option 1: You may gently use facial scrub or brush or your fingers to work the granules on the skin and increase exfoliation. Work in circular motions.
- 8.) After scrubbing, Apply warm towel (cool 3-5 minutes) Remove product with towel followed by sponges or cotton pads. Rinse thoroughly. Steaming time should be 5-10 minutes total.  
Option 1: If steamer is not available, use hot towels after Enzyme Ex-Cell® is applied for 5-10 minutes. Re-apply hot towels as they cool.
- 9.) Extract. WEAR GLOVES FOR EXTRACTIONS & REMAIN DER OF FACIAL.  
Option 1: Negative Galvanic Current can be used for 3-5 minutes to soften impaction.
- 10.) Follow with Botanical Tonique® on extracted areas.  
Option 1: High Frequency may be used over extracted areas to kill bacteria.

## NOURISH

- 11.) No massage. Apply Pharma Clear® Medicated Moisturizer or Beta-C.  
Option 1: Positive Galvanic Current can be used or 3 minutes. Apply another thin layer of appropriate Pharmagel Moisturizer.
- 12.) Relaxing massage with DN-24®. Use clean warm water during massage for adding slippage to skin. Do not remove cream after massage.  
Option 1: Positive Galvanic Current can be used for 3 minutes. Apply another thin layer of appropriate moisturizer.
- 13.) Apply a medium layer of Nutra-Lift® masque. Avoid eye area. Let set for 10-15 minutes. Remove with warm moist towels. Rinse thoroughly with sponges or cotton pads and warm water.  
Option 1: Add "Eye Treatment."
- 14.) Apply Botanical Tonique® to skin (Spray, cotton or sponges). Allow product to dry.
- 15.) Pharma Clear® Acne Treatment Concentrate should be applied to blemishes. Allow to dry before applying serums and final moisturizer.

## FINISH

- 16.) Apply a small amount of Pharma-C Serum® or Bio-A Concentrate® to face and throat. Allow to penetrate 60 seconds.
- 17.) Apply Beta-C® or Pharma Clear® Medicated Moisturizer in a lighter layer than previously used.

# EYE TREATMENT

**A great quickie for the morning after the night before! Can be done during lunch or anytime you have 20 to 30 minutes.**

## CLEANSE

- 1.) Remove Eye makeup with Hydra Cleanse® .
- 2.) Rinse with warm or cool water emulsion; remove with sponges or cotton pads. Pat dry.
- 3.) Spray Botanical Tonique® in a fine mist over face.

## NOURISH

- 4.) Gently apply a small amount of Pharma C Serum® to the entire eye area and lid and allow absorption.
- 5.) Apply Eye Firme® or Eye Proté™ to the eye area with a light patting motion. Allow to dry.
- 6.) Apply Complex Eye Beauté® pads to eyes and let set for 10-15 minutes. Note: Pads may be refrigerated for extra anti-inflammatory benefit.

## FINISH

- 7.) Remove Eye Beauté® pads.
- 8.) Apply a small amount of Pharma-C Serum® to the eye area and allow to absorb.
- 9.) Gently reapply Complexe Eye Firme® or Eye Proté™ around entire eye area and lid.

# TISSUE TREATMENT

**For sluggish skin with poor color or circulation.**

## PROCEDURE

- 1.) Remove eye and lip makeup with Hydra-Cleanse®.
- 2.) Apply to face, throat and décolletage; warm or cool water emulsion; remove with sponges or cotton pads.
- 3.) Rinse thoroughly. Pat dry.
- 4.) Spray with Botanical Tonique® in a fine mist over face, throat and décolletage.
- 5.) Apply Pharma C Serum® then Eye Firme® or Eye Proté™ to the eye area.
- 6.) Using a mask brush, quickly apply DN-24 Hydracrème® all over the face, throat and décolletage (Avoid Eye Area). Work quickly, leave on 2-4 minutes, then remove with a cool moist towel.
- 7.) Apply a small amount of Pharma C Serum® to the face and throat. Allow 60 seconds for absorption into the dermis.
- 8.) Apply a medium layer of Nutra-Lift® masque (Avoid Eye Area). Let set for 10-15 minutes. Remove with warm water. Rinse thoroughly with sponges or cotton pads and warm water.
  - Option 1: For extra pampering apply eye pads to the eye area while masque is working.
  - Option 2: Sell and add a Professional Eye Treatment!
- 9.) Apply Botanical Tonique® to skin (Spray, cotton or sponges). Allow product to dry.
- 10.) Reapply Pharma C Serum® or Bio-A® and Eye Firme® or Eye Proté™ to the eye area.
- 11.) Apply appropriate Pharmagel Moisturizing product for skin type in a lighter layer.

**NOTE: This treatment does not contain exfoliation or a massage. Treatment time is 30-35 minutes. Cost is less than for a full facial and they are ideal to book between full facial treatments lasting longer than one hour.**

# COUPEROUSE TREATMENT

## CLEANSE

- 1.) Remove eye and lip makeup with Hydra-Cleanse®.
- 2.) Add a small amount of Bio-A® to Hydra-Cleanse® massage onto face, throat, and décolletage. Rinse off with sponges or cotton pads. Pat Dry.
- 3.) Then, Cleanse if necessary. Rinse thoroughly.
- 4.) Spray with Botanical Tonique® in a fine mist over face, throat and décolletage.
- 5.) Apply Pharma C Serum® then Eye Firme® or Eye Proté™ to the eye area.

## DEEP CLEANSE

- 6.) Start steaming (optional-Remember not to heat the face).
- 7.) Apply warm towel to facial areas.
- 8.) Extract only if the skin can tolerate, being very gentle with skin.
- 9.) Re-spray Botanical Tonique® if extractions were done.

## NOURISH

- 10.) Apply a small amount of Pharma C Serum® to the face and throat. Allow 60 seconds for absorption into the dermis.
- 11.) Apply a medium layer of Nutra-Lift® masque (Avoid Eye Area). Let set for 10-15 minutes. Remove with warm water. Rinse thoroughly with sponges or cotton pads and warm water.
- 12.) Apply Botanical Tonique® to skin (Spray, cotton or sponges). Allow product to dry.

## FINISH

- 13.) Re-apply Pharma C Serum® or Bio-A® to the face and throat. Allow to penetrate 60 seconds.
- 14.) Re-apply Aloe Firma Derm® to couperose areas and apply appropriate Pharmagel Moisturizing product for skin type in a lighter layer.

**NOTE:** Pharma Clear® Medicated Moisturizer is effective in calming all skin types.

**NOTE: Place cheesecloth over face, run high frequency over face for 3 minutes to finish.**

# HAND/FOOT TREATMENT

**A great add-on service to any facial!**  
**This service can be done-Prior to starting the facial with client sitting or during the steaming section of the facial.**

## CLEANSE

**(Note: Prepare one hand / foot at a time).**

- 1.) Cleanse one hand / foot at a time with Hydra-Cleanse® or Fleur-5® cleansing bar.
- 2.) Rinse with warm or cool water --easiest to remove with moist warm towel.
- 3.) Spray with Botanical Tonique® in a fine mist over hand / foot.

## DEEP CLEANSE

- 4.) Using your fingers, quickly apply Enzyme Ex-Cell® in a thin layer on the hand / foot use your hands to work the granules on the skin.  
Option 1: You may massage off the Ex-Cell for an increased exfoliation. (Especially nice on the feet- add 2 pumps of Hydroxy-10®.
- 5.) Remove product with moist towel. Re-spray Botanical Tonique®.

## NOURISH

- 6.) Gently apply a generous amount of appropriate Pharmagel Moisturizer to hand / foot and wrap in cellophane or plastic bag. Tuck hand / foot under blankets.  
Option 1: Mature hands -Apply Pharma C Serum® or Bio-A Concentrate® let dry. Add Aloe Firma Derm® and wrap.  
Option 2: Electric or Terry Cloth Hand / Foot Mitts can be used.

## FINISH

- 7.) Remove the mitts and wrap. **DO NOT RINSE.**

## NOTE

**\* With a nail service, the Nutra-Lift Masque® may be added after the moisture penetration step. You now have a "Spa" Hand / Foot service.**

**\*Paraffin Dip may be substituted for Electric Mitts/ or used with Electric Mitts.**

# MOISTURIZING TREATMENT

**Preparation: Use flannel sheets. They are warm and do not stain. Put down a blanket, flannel sheet, plastic sheet and one flannel sheet. Add the Client! Cover with Bath or Beach towel and one more sheet. When you rinse the client, the sheet gets quite damp. (If electric blanket is used put down first with no blanket)**

## MOISTURIZING TREATMENT

- 1.) With client on their stomach, Apply Aloe Firma Derm to excessively dry areas of the body. Start with legs, back and buttocks. Pay special attention to elbows, knees and heels.
- 2.) Before turning over, apply Aloe Firma Derm®. Apply in a smooth, firm effleurage movement to entire peeled area.
- 3.) Turn client over & Apply Aloe Firma Derm® to dry areas on front of legs, arms and abdomen. Apply Aloe Firma Derm® in a smooth, firm effleurage movement to entire peeled area.
- 4.) Loosely wrap body with plastic sheet and blanket. Cover with warm blankets and allow client to rest for 20-30 minutes (Electric Blanket). NOTE- For extra pampering place Eye Beauté Pads® over the eyes.  
Option 1: Add Professional "Eye Treatment"!

## FINISH

- 5.) Unwrap client and massage in any remaining Aloe Firma Derm®.  
Option 1: This procedure may also be done with a paraffin body wrap for Intense Body Hydration.

# HOME CARE REGIMES

## Normal Skin Starter Regimes

STEP	PRODUCT	USES
1)	Hydra Cleanse®	Cleanse face; remove make up ( AM & PM)
2)	Botanical Tonique	Refresher; remove residual cleanser & set pH (AM & PM)
3)	Pharma C Serum	Use on face, throat and eye area before moisturizing.
4)	Glyco-8® or DN-24 Hydracrème® Aloe Firma Derm® or Hydroxy-10®	Facial Moisturizer (AM & PM)
5)	Ex-Cell Scrub® or Nutra-Lift®	Use once a week to remove dead skin cells.

## Anti-Aging Starter Regimes

STEP	PRODUCT	USES
1)	Hydra Cleanse®	Use AM & PM.
2)	Botanical Tonique®	Use AM & PM.
3)	Pharma C Serum® or Bio-A®	Use on face, throat and eye area before moisturizing.
4)	Glyco-8® or DN-24 Hydracrème®	Use AM & PM over Pharma C or Bio-A.
5)	Eye Firmé® or Eye Proté™	Use AM & PM.
6)	Ex-Cell Scrub® or Nutra-Lift®	Use once a week to remove dead skin cells.

## Dry Skin Starter Regimes

STEP	PRODUCT	USES
1)	Hydra Cleanse®	Cleanse face; remove make up ( AM & PM)
2)	Botanical Tonique	Refresher; remove residual cleanser & set pH (AM & PM)
3)	Bio-A® or Pharma C Serum®	Use on face, throat and eye area before moisturizing.
4)	DN-24 Hydracrème® or Glyco-8®	Facial Moisturizer (AM & PM)
5)	Ex-Cell Scrub® or Nutra-Lift®	Use once a week to remove dead skin cells.

## Male Skin Starter Regimes

STEP	PRODUCT	USES
1)	Ex-Cell Scrub® Hydra Cleanse® or Fleur-5®	Use AM & PM.
2)	Botanical Tonique®	Use AM & PM.
3)	Pharma C Serum® or Bio-A®	After shave “moisturizer” heals nicks, cuts, bumps & rashes.
4)	Aloe Firma Derm®	Use AM or PM -Alternate.

## Oily Skin & Acne Skin Starter Regimes

STEP	PRODUCT	USES
1)	Pharma Clear® Anti-Bacterial Cleanser or Fleur-5®	Cleanse face ( AM & PM)
2)	Botanical Tonique®  optional: Ex-Cell®  Pharma Clear® Acne Treatment Concentrate or Bio-A®	Tone face (AM & PM)  Removes dead skin cells. Use twice a week. Use before moisturizer. (AM & PM)
3)	Bio-A® or Pharma C Serum®	Use on face, throat and eye area before moisturizing.
4)	Beta-C®, Hydroxy-10® or Pharma Clear® Medicated Moisturizer	Facial Moisturizer (AM & PM)

## Teen/Young Adult Starter Regimes

STEP	PRODUCT	USES
1)	Hydra Cleanse®, Pharma Clear® Anti-Bacterial Cleanser or Fleur-5®	Use (AM & PM).
2)	Botanical Tonique®	Use (AM & PM).
3)	Aloe Firma Derm® or Pharma Clear® Medicated Moisturizer	Use (AM & PM).
4)	Ex-Cell®	Use twice weekly.
5)	Pharma Clear® Acne Treatment Concentrate or Bio-A®	Use before the moisturizer if prone to acne.

# FACIAL LASER RESURFACING WITH CO<sub>2</sub> LASER

## Pre Operative Skin Care Regime

*Commence 2 weeks prior*

### Deep Cleansing – for all skin types

AM	Hydra Cleanse®	Rinse off with lukewarm water
	Botanical Tonique®	Tone
	Glyco-8®	Moisturize
PM	Hydra Cleanse®	Rinse off with lukewarm water
	Botanical Tonique®	Tone
	Glyco-8®	Moisturize

### 3 Times per week AM or PM

Hydra Cleanse®	Rinse off with lukewarm water
Enzyme Ex-Cell®	Rinse off with lukewarm water
Botanical Tonique®	Tone
Nutra-Lift™	Rinse off with lukewarm water
Botanical Tonique®	Tone
Glyco-8®	Moisturize

## Post Operative Skin Care Regime

*This regime is for 2 weeks after treatment*

AM	Hydra Cleanse®	rinse off with lukewarm water
	Botanical Tonique®	wipe gently
	Bio-A®	treatment pre-moisturizer, allow 60 seconds to penetrate
	Derma Fade®	Treatment Moisturizer if any pigmentation / unevenness
	Aloe Firma Derma®	moisturize
PM	Hydra Cleanse®	rinse off with lukewarm water
	Botanical Tonique®	wipe gently
	Pharma-C Serum®	treatment pre-moisturizer, allow 60 seconds to penetrate
	Derma Fade®	Treatment Moisturizer if any pigmentation / unevenness
	DN-24 Hydracrème®	moisturize

## 2 Times per week PM

Hydra Cleanse®	wash off with warm water
Botanical Tonique®	Wipe gently
Enzyme Ex-Cell®	Exfoliate gently, rinse off with lukewarm water
Botanical Tonique®	Wipe gently
Bio-A®	Treatment pre-moisturizer, allow 60 seconds to penetrate
Nutra-Lift™	Apply lightly for 10 minutes then rinse off with lukewarm water
Botanical Tonique®	Wipe gently
Pharma-C Serum®	Treatment pre-moisturizer, allow 60 seconds to penetrate
DN-24 Hydracrème®	Moisturize

\*From week 3 onwards incorporate Enzyme Ex-Cell®

## Patients receiving Laser Treatment to body/limbs

### Pre Operative Skin Care Regime

*Commence 2 weeks prior*

AM	Fleur-5®	Wash
	Hydroxy-10®	Moisturize
PM	Fleur-5®	Cleansing Bar wash
	Hydroxy-10®	Moisturize

### Post Operative Skin Care Regime

AM	Fleur-5®	Wash
	Derma Fade®	Only if any pigmentation / unevenness
	Aloe Firma Derma®	Moisturize
PM	Fleur-5®	Wash
	Derma Fade®	Only if any pigmentation / unevenness
	Hydroxy-10®	Moisturize

# PROBLEMS & SOLUTIONS

## PROBLEM:

## SOLUTION:

<b>Dry Skin</b>	Always rinse with lukewarm water, not hot, when cleansing. First, apply Pharma C Serum <sup>®</sup> , before applying any of Pharmagel's moisturizers. Spray Botanical Tonique <sup>®</sup> on face prior to using moisturizer. DN-24 Hydracrème and Glyco-8 are very effective for dry skin types.
<b>Oily Skin</b>	Oily skin types benefit from the use of Pharma Clear <sup>®</sup> Anti-Bacterial Cleanser and Pharma Clear <sup>®</sup> Medicated Moisturizer. After Cleansing and toning, alternate between Aloe Firma Derm <sup>®</sup> , Beta C <sup>™</sup> and Pharma Clear <sup>®</sup> moisturizer. Use Nutra-Lift <sup>™</sup> & Ex-Cell <sup>®</sup> Scrub twice weekly.
<b>Combination Skin</b>	Oily center T-zone and dry facial exterior. Any of Pharmagel's facial moisturizers can be used. Nutra-Lift <sup>™</sup> & Ex-Cell <sup>®</sup> Scrub should be used on oily areas twice weekly.
<b>Eye Area Wrinkles</b>	First, apply Pharma C Serum <sup>®</sup> . Allow to penetrate and apply Complexe Eye Firmé <sup>®</sup> or Eye Proté <sup>™</sup> .
<b>Eye Area Dark Circles</b>	Same application as Eye Area Wrinkles. Add Eye Beauté <sup>®</sup> pad treatment to your daily regime.
<b>Acne</b>	For daily care, use Pharma Clear <sup>®</sup> Acne Treatment System. Use Nutra-Lift <sup>™</sup> three times per week and Ex-Cell <sup>®</sup> once a week.
<b>Facial Bumps</b>	Remember, Pharmagel <sup>®</sup> products are all non-comedogenic, which means they will not clog pores. Important products to use to control facial bumps are Ex-Cell <sup>®</sup> scrub and Nutra-Lift <sup>™</sup> facial masque.
<b>Age Spots and Skin Discoloration</b>	Apply Derma Fade <sup>®</sup> to skin discoloration and age spots twice daily. For faster results, use Pharma C Serum <sup>®</sup> first, then apply the Fading products on top. Use Glyco-8 <sup>®</sup> or Beta-C <sup>™</sup> AHA & BHA moisturizers, as these products will help exfoliate the outer layer of dead skin cells.
<b>Lost Tone and Elasticity</b>	Use Pharma C Serum <sup>®</sup> first, and then alternate between DN-24 Hydracrème <sup>®</sup> , Glyco-8 <sup>®</sup> , Beta-C <sup>™</sup> & Aloe Firma Derm <sup>®</sup> . Use Nutra-Lift <sup>™</sup> once weekly.
<b>Baggy Eyes and Sagging Puffy Eye Tissue</b>	Use Eye Beauté <sup>®</sup> daily, then use Pharma C Serum <sup>®</sup> first before applying Complexe Eye Firmé <sup>®</sup> or Eye Proté <sup>™</sup> .
<b>Large Pores</b>	Use Ex-Cell Scrub <sup>®</sup> and Nutra-Lift <sup>™</sup> three times per week. Prior to applying any of Pharmagel's moisturizers, apply Botanical Tonique <sup>®</sup> .
<b>Broken Capillaries</b>	Use Pharma C Serum <sup>®</sup> and Aloe Firma Derm <sup>®</sup> daily.



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SKU#: IM-1 \$35.00 USD

