



TRAINING MANUAL

Version 2.0.13



INTRODUCTION

Welcome to Refineé Age Reversing Skin Care!

This manual was designed to give you the information that you may require about our products in one handy binder. As products are reformulated, replaced, or added, we will update the binder with new information pages. Keep this binder in a safe place and use it often.

Please feel free to use the Refineé website (www.refineeskincares.com) to see online tutorials or to find up-to-date information about the line. If you still have trouble finding the answer that you are looking for, don't hesitate to contact:

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REFINEÉ

AGE-REVERSING SKIN CARE



Refineé Age-Reversing Skin Care is a technologically advanced line of products that have harnessed the awesome power of peptide therapy combined with the healing power of botanical ingredients.

Peptides are small chains of amino acids, proteins, which are the building blocks of every living tissue. These proteins, when applied topically, can repair damage done to the skin on the cellular level. Think of your skin as a screen door, and after being bombarded by harsh weather, that screen now has

tiny tears in it. This affects the tension in the screen, causing it to sag and droop in its frame. Now picture peptides as being the thread used to sew up these tears, making the screen whole again. The tension has been restored and the screen can continue to function properly. The result of this form of therapy on the skin is brighter, firmer, and more youthful looking skin!

By combining peptide complexes and the healing power of plants, using the exclusive PepSyn complex, Refineé calms and soothes the skin, balances moisture and protects the skin from free radical attacks. With only eleven products, you can develop a skin care regiment that is perfect for your skin needs. It is always best to identify the key steps to caring for your skin before buying products:

- STEP 1: Cleanse**
- STEP 2: Exfoliate**
- STEP 3: Tone**
- STEP 4: Treat**
- STEP 5: Moisturize**
- STEP 6: Protect**

The following pages break down the products, step-by-step, and provide you with ingredient information and usage tips.

STEP 1: Cleanse

EXFOLIATING FRUIT CLEANSER

This cleanser is ideal for oily skin types.

With its naturally occurring forms of Glycolic, Lactic and Salicylic Acids, you get a deep pore cleanse, gentle surface polishing and anti-inflammatory features. Jojoba spheres gently buff away the dead skin cells for softer, brighter skin.

To get the most from these ingredients, apply to dry skin and then massage with damp hands. Be sure to rinse skin thoroughly before moving on to the next step of your regimen.



NOURISHING DAILY CLEANSER

This cleanser is perfect for dry, sensitive skin types.

The milky formula of this cleanser becomes a luxurious lather that refreshes and soothes the skin with its blend of Green Tea and Chamomile.

Dispense the product into dampened hands and work to a lather before applying to the skin.



STEP 2: Exfoliate

MICRO-DERMA PEEL

Safe for all skin types.

This rich emollient boasts “physician’s grade” microdermabrasion crystals, which slough off layers of dead skin cells to reveal dramatically brighter skin. This product also contains Vitamin C, which is known for its brightening properties, slowing the production of melanin in the skin, and evening skin tone.

People with Normal/Combination Skin should exfoliate at least twice a week. Those with Oily Skin should consider exfoliating three to four times a week. Dry and Sensitive Skin Types should only exfoliate as needed.

Gently massage the product across damp skin, without applying too much pressure, and rinse thoroughly.

It is important not to over-exfoliate. By removing too much of the epidermis, you can unbalance the skin’s natural line of defense against dehydration and infection. If redness or irritation occurs, discontinue use of the product.



STEP 3: Tone

SOOTHING FLORAL TONER

This product is ideal for all skin types.

Toning the skin provides a catalyst for absorption. Serums and treatment products penetrate deeper into skin that is already accepting ingredients. The rose-water in this product calms and hydrates the skin after exfoliation, and delivers a “flash firming” affect as well.

Apply this product to a cotton ball or cotton round, then smooth across the skin. Do not rub.

Pouring some of this product into an empty spritzer bottle and diluting by half with distilled water makes for a great refresher that can be kept in your handbag, desk drawer or car.



STEP 4: Treat

INTENSIVE “C” SERUM

This product is ideal for all skin types.

Vitamin C has the ability to promote collagen and elastin production in the skin, which as we get older slows down, leading to sagging skin. It can also brighten the skin, fading age spots and hyperpigmentation. This stable form of topical Vitamin C delivers the highest dosage (10%) that is recommended for skin health.

Apply after toner, massaging evenly over the skin.



LINE STOP

This product is ideal for all body types.

With a powerful blend of Argireline and Ginko Biloba, this product is designed to lessen the depth of expression lines (i.e. laugh lines, the #11, and crows feet) by affecting neurotransmitters in the skin. It mimics botox by slowing the reaction time of the facial muscles, thus decreasing the depth of the lines by up to 30%.

This product should be lightly tapped into the skin, using your facial finger, and should only be applied to the desired lines. Do not apply to the face as a whole.



Anti-Puff Brightening Eye Gel

This product is ideal for all skin types.

With a powerful peptide complex, ReguAge, and the properties of Cornflower and Arnica extracts, this product reduces puffiness and dark circles under the eye. Perfect for the “morning after”.

Apply by lightly tapping the product into the under-eye area with your facial finger. Keeping the product refrigerated until use makes for a cool, firming sensation.



Anti-Aging Eye Treatment

Ideal for all skin types.

Targeting those fine lines around your eyes, this product delivers the powerful anti-oxidants found in Green Tea along with the age-reversing properties of Dermaxyl to lessen their appearance.

Although this product can be used during the day, it is most commonly used as a night cream, in conjunction with Age Recovery Cream.



AGE RECOVERY CREAM

This product is ideal for all skin types.

This heavy cream is designed for those people who have auxiliary wrinkles caused by free-radical damage, sun damage, and long-term dehydration. A combination of Matrixyl 3000, Green Tea and Comfrey extracts regenerate tissue and “lift” sagging skin.

This is not a product for everyone, and should only be used by those individuals with auxiliary wrinkles.

While it can be used during the day, it is suggested for use as a night cream.



HYDRATING GEL MASK

With argan oil complex
Hydrates with argan oil
Repairs with dragon’s blood
Protects with resveratrol

- PURE ARGAN OIL – rich in squalene, rare oil helps protect skin from aging free radicals as it helps restore elasticity.
- DRAGON’S BLOOD – a naturally red extract from the Amazon’s Croton Lechler Tree; proven to help accelerate skin damage repair. Reduces redness and firms the skin.
- RESVERATROL – powerful antioxidant eliminates free radicals to combat damage to healthy skin structure and protect skin from premature aging.
- Cucumber, chamomile and Aloe Vera cool and comfort skin.
- Vitamin E helps repair skin damage, reduces wrinkles and scar tissue, and soothes burns.
- Panthenol penetrates deeply into the skin to help retain moistures and give the skin a ‘Plumped’ more youthful look that diminishes the appearance of lines and wrinkles.



CITRUS 'C' DETOX MASK

clarifies and brightens with vitamin c and Goji berry

- Anti-aging 'SUPERFRUIT' GOJI BERRY is high in Vitamin C and is clinically shown to absorb free radicals that damage skin as it increases cellular energy to fight the formation of wrinkles and support the cellular matrix.
- Helps repair wrinkled, photo-aged skin and brighten discolorations
- Grapefruit, lemongrass and orange have powerful skin renewing and antioxidant benefits.
- Lactic acid, the gentlest of all alpha hydroxyl acids, sloughs off dead skin layers to smooth skin's texture, lighten the skin and help prevent blemishes. Results in more youthful looking skin without irritation.
- KAOLIN CLAY draws out deeply embedded impurities and minimizes the look of large pores.
- RESHI and SHITAKE mushroom extracts stimulate natural collagen production to help speed up skin renewal for a firmer, more youthful appearance.
- Paraben Free



STEP 5: Moisturize

FIRMING MINERAL MOISTURE CREAM

This product is ideal for all skin types.

Featuring Marine Algae peptides from Hawaii to revitalize and firm the skin, anti-oxidant vitamins to combat free-radical attacks, and rose hips to lock in moisture, this light-weight cream is the ultimate in moisturizing creams.

Apply by smoothing over the skin and gently massaging.



STEP 6: Protect

Protective Day Lotion with SPF 30

This product is ideal for all skin types.

The final step to any skin care regiment is to protect the skin from UVA, UVB and UVC rays.

This light-weight sunscreen offers a level 30 protection from the sun, meaning that if you normally, without any protection, can stay in the sun for 30 minutes before burning; your skin can now withstand the same level of exposure for 450 minutes.

Allow five minutes between the application of your moisturizer and the application of your sunscreen. For best protection, apply your sunscreen at least 30 minutes before going into the sun.



ACID SOURCES

LACTIC ACID

is a naturally occurring acid found in organic compounds like fruits and milk. It is used for its ability to lift dead skin cells from the surface of the epidermis.

GLYCOLIC ACID

is a naturally occurring acid found in fruits and plants such as sugar cane. It is used for its ability to promote the loosening of skin cells from within the mantle of the epidermis for a “deep pore” cleanse.

SALICYLIC ACID

is a naturally occurring acid found in fruits, plants and compounds like aspirin. It is used for its anti-inflammatory and anti-bacterial properties, making it a key ingredient in most acne-fighting products.



HYALURONIC ACID

is a naturally occurring acid within the skin, making up the acid mantle, that barrier that helps to hold moisture in and slow evaporation. As the body ages, less and less of this acid is produced, and topically applied forms of the fluid can supplement these losses.

PEPTIDE COMPLEXES

REGU-AGE

contains soy and rice peptides to combat free-radical damage, while supporting micro-circulation in the skin.

ARGIRELINE

has been proven to decrease the depth of existing wrinkles and combats the formation of new lines.

DERMAXYL

is a natural tri-peptide (three strands of protein) compound found in the human body that promotes collagen production and aides in the repair of damaged tissue.

MATRIXYL 3000

helps to regulate cellular activity, and has a lifting, anti-wrinkle affect on the skin when applied topically.

For more information, please visit us online:

www.refineeskinicare.com

Look for online tutorials and product updates.