# DOC.BERGER | EFFECT





# **DOC.BERGER** | EFFECT

Dr. Luise Berger is one of the most renowned specialists for plastic and aesthetic surgery in Germany, with various publications, a successful TV show and her own practice in Munich. Her expertise and years of experience in Germany and Japan are the basis of her successful skin care products.

Her new line of skin care products with active ingredients is specially tailored to the needs of the modern woman and the modern man.

#### EVERY **DOC.BERGER** | EFFECT PRODUCT IS:



- . Made in Germany
- . Cruelty free
- . Produced without: alcohol, dyes, animal ingredients, paraffin, essential oils, silicone oil, perfume, parabens, PEG/PPG, microplastics, phenoxyethanol, nanoparticles and fragrances suspected of being allergenic
- . Environmentally friendly

All products contain high-quality ingredients that nurture your skin and enhance your outer appearance. Dr. Berger's team is committed to constantly improving their products with the newest research to optimally nourish and enhance your skin, ensuring that every product remains at the cutting edge of technology. It is of great concern to Dr. Berger to develop formulas that do not contain irritants to avoid allergenic, hormonally active, environmentally harmful, or other potentially problematic additives. Instead, only active ingredients in the purest and highly concentrated form

are used, which can effectively be absorbed into the skin via the lamellar structure of her creams.

The main ingredient of DOC.BER-GER I EFFECT is the anti-aging power ingredient retinol, which repairs damages, supports the reconstruction of your skin and protects it from environmental pollution. Additionally, innovative active ingredients such as Juvinity<sup>®</sup> or biobotox help to preserve the youthfulness of your skin. And that is the key to success:

The **DOC.BERGER** | EFFECT.

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### 1| THE TRANSPORT MOLECULE MAKES THE DIFFERENCE!

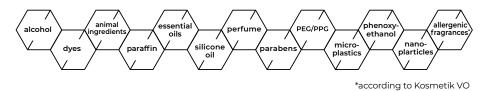
In order for active ingredients to unfold their full effect, they have to be deeply absorbed into the skin, which can only happen through transport molecules; the result of years of scientific research.

Dr. Berger uses the high performing transport molecule phosphatidylcholine (PC) to direct active ingredients, like vitamins and antioxidants to the depths of your skin, where they are most effective. Since PC is the main component of every cell membrane, your skin recognizes the DOC.BERGER I EFFECT as the body's own, so that the active ingredients can be absorbed immediately.

### 2 | CLEAN BEAUTY

Phosphatidylcholine (PC) as a transport molecule is only to be recommended when NOT used in combination with other additives. Since PC cannot distinguish between beneficial and suboptimal substances, extra-treatment additives from third-party products, introduced into the deep tissue, could have a negative outcome and lead to undesirable side effects, such as irritations and other health issues. Only ingredients that have been scientifically tested in combination with PC can achieve an optimal result without side effects. The DOC.BERGER I EFFECT treatment ensures that! Therefore, do not combine DOC.BERGER I EFFECT products with other products, if you have not been adequately informed about the composition of your other skin products.

### OUR PRODUCTS ARE CONSISTENTLY MADE WITHOUT:



#### 3 | BEAUTY THROUGH SCIENCE

Based on the latest scientific findings and research, Dr. Berger uses only the highest quality formulas, developed with active ingredients of the highest quality and purity. In doing so, she strictly ensures that the concentration of the active ingredients is in the therapeutic range, at the highest level to provide the optimal effect.

# SKIN CARE ACCORDING TO YOUR NEEDS

Whether normal, dry, oily, sensitive, or combination skin - with DOC.BERGER I EFFECT you will find the optimal care for your individual needs.



Some of our active ingredient highlights are:

. Retinol:

Collagen formation I Reduction of wrinkles, age spots and impurities I Refinement of pores

. Juvinity<sup>®</sup> & Purslane:

Protection against cell aging by preserving the length of telomeres

Argireline & Biobotox:

Reduction of mimic wrinkles

. Resveratrol & Ectoin®:

Cell-protective, anti-inflammatory, nourishing and membrane-stabilizing properties



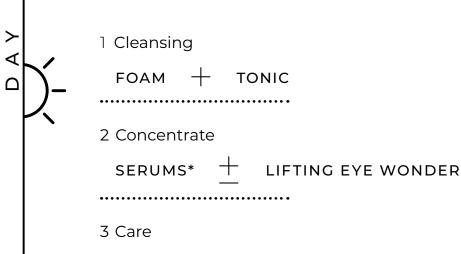
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# APPLICATION

# OVERVIEW

The optimal DAY CARE:

After cleansing with Foam + Tonic, pat your serums and/or the Lifting Eye Wonder into the skin. After approx. 2-minute application time, apply the Anti-Pollution Day Cream.



ANTI-POLLUTION DAY CREAM

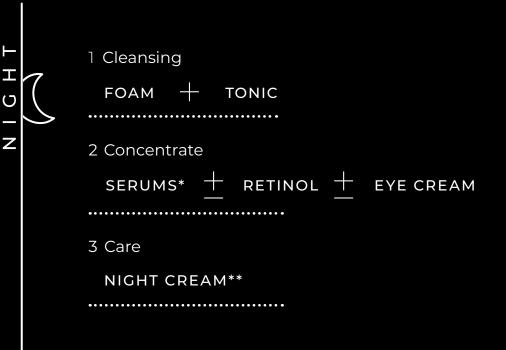
MASKS

Pamper your skin 1 to 3x per week with our exclusive masks (Glowing Eye Pads I Regenerating Face Mask).

| Application: day or night |

# The optimal NIGHT CARE:

After cleansing with Foam + Tonic, apply the respective Serum and/or Retinol. After approx. 2-minute exposure time apply your night care products.



# PEELINGS

For a fresh complexion and optimal absorption of the active ingredients, the Bamboo Enzyme Powder Peeling and/or the Anti-Aging 15% Fruit Acid Peeling should be used 1-2 times a week.

#### | Application: night |

\*\* Night Cream Light/Rich I Purifying Night Cream I Time Machine

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Hyaluron Lifting Serum | Vit C + Biobotox Serum | Booster Serum | Red & Pigment Remover | Purifying Power Serum

Optimal cleansing always consists of 2 steps:

- 1 | Removal of dirt, sebum, sweat & make-up by applying the cleansing foam.
- 2 | Removal of dead skin cells and creation of the optimal pH-value of the skin by applying the facial toner (tonic).

This helps to maintain the skin's natural protective functions and its acid mantle. Active ingredients can only develop their ultimate effect on cleansed skin. The skin also perspires at night and produces sebum, so cleansing is also essential in the morning.

APPLICATION: Apply Foam to damp skin in the morning and evening, massage in gently and leave on to take effect, then rinse off thoroughly.

# 1.1 FOAM SENSITIVE

Panthenol and licorice root extract provide gentle, soothing cleansing. With regular use Foam Sensitive can visibly refine skin texture and pores.

- . Suitable for all skin types, especially for sensitive and dry skin
- . Creation of an optimal pH value of your skin
- . 150 ml | 50 ml

# 1.2 FOAM INTENSE

Glycolic, salicylic and lactic acids provide intensive cleansing with an exfoliating effect. Green tea extract and the Australian bush plum have antioxidant and antiinflammatory properties, so that your skin is rebalanced and prepared for the subsequent absorption of active ingredients.

- . Suitable for already conditioned, mature or insensitive skin
- . 150 ml | 50 ml



APPLICATION: Apply tonic to a cotton pad in the morning and in the evening and wipe over face, neck and décolleté - do not rinse off.

#### 2.1 TONIC SENSITIVE

This mild tonic provides a gentle and exfoliating effect. Its combination of salicylic acid and licorice root extract supports the removal of dead skin cells, dirt and sebum. Soothing aloe vera and licorice root extract have a balancing effect, oligo-hyaluronic acid has a moisturising effect, and resveratrol protects your skin from oxidative stress.

. Suitable for all skin types, especially for sensitive and dry skin

. 200 ml | 50 ml

# 2.2 TONIC INTENSE

2% salicylic acid ensures the effective removal of residues such as cell deposits, dirt and sebum. Panthenol, aloe vera and licorice root extract unfold their antiinflammatory and soothing effect on your skin, reducing premature signs of aging such as wrinkles and rough patches.

- . Suitable for already conditioned, mature or insensitive skin
- . 200 ml | 50 ml

# 2.3 PURIFYING TONIC

The AHA complex effectively fights cornification and talc deposits while the ictasol simultaneously performs its antimicrobial and anti-inflammatory effect. This can counteract inflammatory skin changes. The high content of aloe vera ensures intensive moisturizing of the skin and has a soothing and wound-healing effect.

- . Suitable for impure, oily and combination skin, oily or impure couperose
- . Ideal for youthful, blemished skin, acne
- . As hair tonic optimal for impure and oily scalp
- . 200 ml | 50 ml



#### 3. SERUMS

Serums have become an indispensable part of a high-quality skin care routine. They contain particularly high concentrations of selected active ingredients that can specifically counteract individual skin problems.

Anti-aging serums (Hyaluron Lifting Serum, Vit-C + Biobotox Serum, Booster Serum) prevent premature skin aging, wrinkles and enlarged pores. They make your skin look firmer and more beautiful.

The **Red & Pigment Remover** makes the skin look more even by reducing the appearance of pigmentation spots and redness. For blemished skin and acne, the Purifying Power Serum effectively fights impurities.

With **DOC.BERGER I EFFECT**, you have the possibility to individually adjust the composition of your skincare to your needs every day.

# 3.1 HYALURON LIFTING SERUM

This serum is a must have for any anti-aging routine. It not only helps to replenish the moisture depots of all layers of your skin, but also has a smoothing and lifting effect thanks to argireline and SYN<sup>®</sup>-AKE. The ECM peptide stimulates regeneration processes in the depths of the skin and helps to optimize the quality of the skin structure.

- . Ideal for all skin types, especially dry and sensitive skin
- . Optimal use directly after needling, abrasion or fruit acid treatments
- . 15 ml

# 3.2 VIT C + BIOBOTOX SERUM

This anti-aging combination of intensive antioxidants, biobotox and purslane effectively protects your skin cells from free radicals, smoothes fine lines and protects your cells from premature aging.

- . Ideal for normal, mature, and uncomplicated skin
- . 15 ml

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#### AFTER-SUN CARE:

To repair sun damage, gently pat the Hyaluron Lifting Serum 1:1 mixed with the Vit C + Biobotox Serum into your skin. Then apply the Night Cream Rich generously.

Valuable antioxidants help to defuse the free radicals caused by UV radiation and restore the moisture balance of your skin.



# 3.3 BOOSTER SERUM

The Booster Serum has been specifically developed to plump up your skin from the inside out. Matrixyl 3000 helps to smooth wrinkles and increase the skin's elasticity and resilience by activating the skin's own repair processes, while argan leaf extract stimulates skin renewal.

- . Suitable for all skin types
- . 15 ml

# 3.4 RED & PIGMENT REMOVER

A whitening complex, tranexamic acid and arbutin help reduce pigmentation and skin irritation by inhibiting melanin production. The serum helps your skin to achieve a more even complexion thanks to its anti-irritant and anti-inflammatory effect.

- . Suitable for all skin types
- . Ideal for pigmentation spots, redness and couperose
- . 15 ml

# 3.5 PURIFYING POWER SERUM

This powerful cocktail of active ingredients fights skin impurity. Acnacidol regulates sebum production and effectively removes dead skin cells. The exclusive active ingredient azeloglicina clears the skin and minimizes pores. Panthenol and aloe vera have an anti-inflammatory, antioxidant, antibacterial, and last but not least moisturizing effect.

- . Ideal for impure skin, heavy sebum production, comedones, excessive cornification . Also suitable for dry, impure skin
- . 15 ml

APPLICATION: After patting the light, non-greasy serums into the skin, always apply the day or night cream, so that the active ingredients can be deeply absorbed into the skin via the DOC.BERGER carrier.

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#### 4. EYE CARE

The eyes are considered a mirror to our soul. Stress, exhaustion, and discomfort can easily be read from your eyes, but that does not have to be the case!

The skin around the eyes is much thinner and more sensitive than in other parts of the body. Dr. Berger has specifically tailored her eye care to meet the needs of this delicate skin.

#### 4.1 LIFTING EYE WONDER

Concentrated caffeine stimulates the microcirculation in the delicate area around the eyes, reducing puffiness and dark circles. Ectoin®, vitamin B3, panthenol, resveratrol and aloe vera have a cell-protecting effect, and are anti-inflammatory, antioxidant and nourishing. High-molecular hyaluronic acid smoothes fine lines and wrinkles around the eyes by increasing moisture retention in the upper layers of the skin. In addition, the relaxing effect of argireline is ideal for the perfect lifting result:

- . Against puffiness
- . Against dryness and mimic wrinkles
- . To rejuvenate the area around the eyes
- . 15 ml

### 4.2 EYE CREAM

The Eye Cream provides a lasting optimization of the skin structure of your eyes. The delicate texture of the emulsifier-free eye cream is enriched with argireline, Ectoin®, vitamin E, resveratrol, squalane and niacinamide.

Argireline is a botox-like ingredient that can produce an immediate lifting effect, by reducing mimic wrinkles.

Resveratrol and Ectoin<sup>®</sup> protect your skin from free radicals and strengthen the cell membrane for a long-term reconstruction from within:

- . For all skin types
- . For a lasting effect
- . For strengthening the delicate area around the eyes
- . Against dark circles and tired eyes
- . For a radiant and awake look
- . To rejuvenate the area around the eyes
- . 15 ml



#### 5. DAY CARE

The Anti-Pollution Day Cream is the heart of the **DOC.BERGER | EFFECT** care series. UV radiation, blue light, fine dust and stress lead to free radicals, which visibly damage the skin.

The innovative formula of UVA and UVB filters, powerful antioxidants, Q10, lingostem and an amino acid complex provides your skin with the best possible protection against light-induced skin aging (photoaging) by boosting its defence mechanisms, and regulating your skin's moisture balance.

In order to preserve the youthful appearance of your skin, Dr. Berger has developed a unique day cream that not only protects your skin effectively, but is also environmentally friendly.

#### 5.1 ANTI-POLLUTION DAY CREAM

The duo of ferulic acid and resveratrol protects your skin from free radicals with its strong antioxidant effect against free radicals.

The modern active ingredient lingostem protects your skin from light-induced skin aging (photoaging) caused by blue light (mobile phone, PC), infrared and UV radiation. It also reduces the formation of pigment spots, which can be caused by fine dust.

A carefully selected cocktail of amino acids ensures a well-balanced moisture level. The coenzyme Q10 supports the enzymatic processes in the cells, stabilizes the cell membrane, strengthens the connective tissue, and protects against oxidative stress.

Your benefits at a glance:

- . Suitable for all skin types
- . Best possible UV protection with SPF >30
- . Protection against blue light and infrared radiation
- . Protection from free radicals
- . Protection against pigment spots
- . Regulation of the moisture balance of your skin
- . No white residue on the skin
- . No oily finish
- . No hormone disruptive substances or nanoparticles
- . Ocean and coral protection (no harmful UV filters as found in conventional creams)
- . 50 ml | 15 ml

Anti-Dollution Day Cream

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#### 6. RETINOL

**RETINOL** is one of the most powerful anti-aging ingredients of our time and also effectively fights impurities and imperfections.

- Retinol activates cell renewal and can thus refine the skin structure. Collagen production is stimulated, while collagen degradation is reduced. The DOC.BERGER I EFFECT: wrinkles and fine lines are smoothed, and pores refined.
- 2 | This effect is further enhanced by increased moisture binding of the skin.
- 3 | The antibacterial effect of retinol additionally helps fight skin impurities.
- 4 | Retinol accelerates cell renewal, causing pigmentation spots to fade more quickly.

ATTENTION: Incorrect use, such as too high a dosage at the beginning, can lead to redness, flaking and undesirable reactions. To avoid this, please follow our recommendations exactly.

# 6.1 RETINOL 0.3 | 6.2 RETINOL 0.5 | 6.3 RETINOL 1.0

DOC.BERGER I EFFECT offers retinol in 3 different concentrations (0.3 %, 0.5 %, 1.0 %). If your skin is not yet accustomed to retinol, you should start with the lowest concentration, i.e. Retinol 0.3. If your skin is used to retinol without any problems and does not show redness or flaking, you can gradually increase the concentration up to a maximum of 1.0 %.

#### Your benefits at a glance:

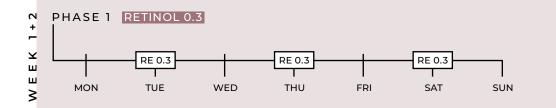
- . Smoothes wrinkles
- . Refines pores
- . Helps against impurities
- . Helps against pigmentation spots
- . Helps to achieve a more even complexion
- . Suitable for face, neck, décolleté and shoulder area
- . 15 ml



Scar care for face and body: ideal in combination with Vit C + Biobotox Serum and Anti-Pollution Day Cream.

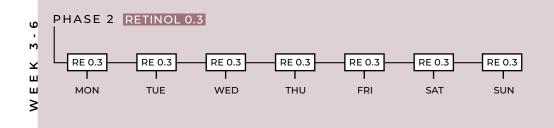
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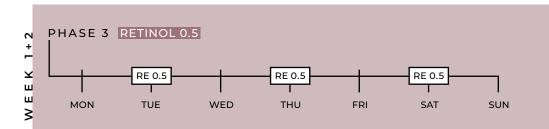


Apply one pump of Retinol 0.3 every other evening for the first two weeks and finish off your evening routine with one of our night creams (the Night Cream Light/Rich, the Purifying Night Cream or the Time Machine). Our liquid serums (Hyaluron Lifting, Vit C + Biobotox, Booster, Red & Pigment, Purifying Power) can be used in combination with the Retinol 0.3, but have to be applied beforehand.

During the day, the protection provided by the Anti-Pollution Day Cream is essential.



A change from RETINOL 0.3 to RETINOL 0.5



For the next 3-6 weeks, apply the product every evening until it is finished. You can now increase the amount of retinol serum to up to 3 pumps per evening. As the concentration of the retinol serum increases, so does the anti-aging effect.

For sensitive skin, increasing the retinol concentration should be done very slowly and an increase above 0.3% is often not possible.

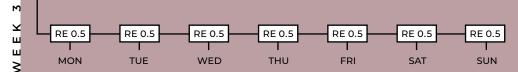
can be made after 6-8 weeks at the earliest!

Apply one pump of Retinol 0.5 every other evening for the first two weeks and finish off your evening routine with one of our night creams (the Night Cream Light/Rich, the Purifying Night Cream or the Time Machine).

Our liquid serums (Hyaluron Lifting, Vit C + Biobotox, Booster, Red & Pigment, Purifying Power) can be used in combination with the Retinol 0.5, but have to be applied beforehand.

During the day, the protection provided by the Anti-Pollution Day Cream is essential.

PHASE 4 RETINOL 0.5



After your skin has become accustomed to the higher dose of retinol, you can increase the dosage to up to 3 pumps per evening. As the concentration of the retinol serum increases, so does the anti-aging effect.

A change from **RETINOL 0.5** to **RETINOL 1.0** 

can be made after 6-8 weeks at the earliest!

#### SLEEP BEAUTIFULLY!

Did you know that the regeneration of your skin cells mainly takes place at night? At night, the rate of cell division is up to eight times higher than during the day. The skin repairs cell damage, compensates for moisture loss, and reactivates its protective mechanisms.

An effective night cream supports precisely these endogenous repair processes. The night cream should only be applied to a well cleansed and toned skin. Make-up residues, dirt and sebum clog the pores and prevent the penetration of the valuable active ingredients. To intensify the nightly regeneration, it is advisable to apply a concentrated active ingredient serum before applying the night cream.

### 7.0 GLOW OIL

This luxurious oil contains the highest quality of oils currently available on the market: kahai oil, prickly pear oil, grape seed oil, moringa oil, marula oil. It is designed to enhance the richness of your night cream (Night Cream Light/Rich, Purifying Night Cream, Time Machine) according to the daily needs of your skin, as its lipid content is known to vary depending on the season, hormonal changes and environmental influences.

- . Mix the Glow Oil with your night cream in the palm of your hand
- . The oil can also be applied in pure form, without mixing it
- . 15 ml

#### 7.1 NIGHT CREAM RICH

This night cream has been specifically developed for dry and normal skin. Oligo-hyaluronic acid, ECM<sup>®</sup> peptides, Ectoin<sup>®</sup>, Aquarich<sup>®</sup>, niacinamide, resveratrol, avocado oil and a powerful cocktail of ceramides restore your skin's natural balance. Fine lines and wrinkles can be reduced while you sleep, resulting in visibly smoother skin.

. Ideal for dry, normal or combination skin with more dry areas

. 50 ml | 15 ml

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#### 7.2 NIGHT CREAM LIGHT

This night cream has been specifically developed for oily skin. Oligo-hyaluronic acid, ECM® peptides, Ectoin®, Aquarich®, niacinamide, resveratrol and a powerful cocktail of ceramides restore the natural balance of your skin. Fine lines and wrinkles can be reduced while you sleep, resulting in visibly smoother skin.

. Ideal for oily and combination skin with more oily areas

. 50 ml | 15 ml

#### 7.3 PURIFYING NIGHT CREAM

This light, virtually oil-free night cream with a low retinol content has been specifically developed for impure skin. The anti-inflammatory and antimicrobial effect of ichthyol can reduce redness, itching and germ colonisation. Panthenol also has a moisture-binding, anti-inflammatory, and regenerating effect, and promotes wound healing.

- . Ideal for impure skin
- . Ichthyol® and panthenol are effective against inflammatory skin changes
- . 50 ml

#### 7.4 TIME MACHINE

Time Machine is THE absolute must have high-tech luxury night cream. It offers a highly effective complex of biotechnologically produced growth factors, powerful antioxidants and muscle-relaxing substances. The innovative anti-aging ingredient Juvinity® counteracts cell aging at the cellular level and preserves the youthfulness of your skin.

. Luxury night care for all skin types

. 50 ml

EFFECT

DOC.BERGER

Light

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GER | EFFECT

Are you always there for others? Are you a perfectionist with a full schedule and no time for yourself?

Such selflessness is admirable; however, mental stress often manifests itself in inflammatory reactions of the skin or a sallow complexion.

Therefore, you need to treat yourself regularly to a little time out and pamper your skin with a nourishing mask. You will see positive results in no time. After all, what could be better than a soothing face mask or calming eye pads after a long day?

#### 8.1 GLOWING EYE PADS

For an instant glow in your eyes! Get rid of the signs of fatigue, stress and exhaustion. Pamper your eyes with the Glowing Eye Pads, which provide intensive care for the delicate skin around your eyes and replenish your moisture levels in only 15 minutes. Small wrinkles and puffiness can be reduced immediately.

- . Suitable for all skin types
- . Also suitable for contact lens wearers
- . 5 pieces | 1 piece

ТІР

To intensify the skincare effect, apply one or more effective serums directly before applying the eye pads.

#### 8.2 REGENERATING FACE MASK

This soothing face mask helps you leave everyday stress behind within minutes. Hyaluronic acids of different molecular sizes hydrate all layers of your skin and replenish its moisture levels.

Matrixyl 3000 and hydronesis support the skin's own repair processes and increase the elasticity of your skin and smooth out wrinkles. The damage-healing and soothing effect of panthenol can counteract irritation and redness. This face mask is also designed to be used after depilation, abrasion, fruit acid or needling treatments.

- . Suitable for all skin types
- . Ideal directly after needling, abrasion or fruit acid treatments
- . 5 pieces | 1 piece

8.3 IMMEDIATE SKIN REPAIR

This skin repair cream is an immediate help for chapped and dry skin irritations. It repairs skin barrier damage and has a soothing effect, with healing, anti-inflammatory and moisturising properties. Effective antioxidants, such as resveratrol and vitamin E, protect your skin from oxidative stress. The relaxing effect of hexapeptide-8 reduces wrinkles around the mouth and eyes without injections.

Immediate Skin Repair is ideal for pre- and post-operative care for permanent make-up, microblading, microneedling and tattoos.

- . Suitable for all skin types
- . Helps heal dry, cracked skin areas (eye, nose, lips, etc.)
- . Perfect care after permanent make-up and tattooing for brilliant colors
- . 15 ml

To intensify the skincare effect, apply one or more effective serums directly before applying the face mask.





#### 9. PEELINGS

Peelings help to gently loosen dead skin cells, while blood circulation and cell renewal is stimulated, the skin texture is refined, pores are cleansed, and active ingredients are better absorbed.

Therefore, peelings should be carried out regularly.

# YOUR DOC.BERGER I EFFECT:

SMOOTHER, MORE EVEN SKIN AND A ROSIER COMPLEXION.

#### 9.1 BAMBOO ENZYME POWDER PEELING

The highly effective complex of pure enzymes (lipase, subtilisin), argan oil and fine bamboo granules provides a sensational enzyme peeling for face, body and hair. Your DOC.BERGER | EFFECT: a super-fine, smooth, and soft skin feeling!

The enzyme peeling effectively removes horny flakes, dirt and, thanks to argan oil, does not dry out the skin.

As a shampoo substitute, it effectively helps against greasy or flaky hair.

- . Suitable for all skin types
- . Ideal for the treatment of impurities
- . Ideal before fruit acid treatments
- . 10 pieces

#### 9.2 ANTI-AGING 15% FRUIT ACID PEELING

This fruit acid peeling removes dead and horny skin cells leading to a fresher complexion. Collagen and elastin synthesis are stimulated, so that with regular use pores can be refined, age spots lightened, and wrinkles reduced.

Your skin is now fully prepared for the absorption of active ingredients.

To counteract impurities, the salicylic acid contained in the peeling dissolves sebum from the pores and also has an anti-inflammatory effect. Always use the Anti-Pollution Day Cream with SPF of 30 during the day as long as you are treating your skin to the fruit acid peeling.

- . Suitable for all skin types, especially for blemish prone skin or skin with signs of aging (wrinkles, enlarged pores, pigmentation spots)
- . pH value 3.0
- . 15 ml



#### 9.3 ANTI-PIGMENT 20% FRUIT ACID PEELING

This peeling counteracts the excessive production of melanin and leads to a more even complexion. Signs of aging can be reduced and at the same time the renewal processes of the skin are accelerated.

Always use the Anti-Pollution Day Cream with SPF of 30 during the day as long as you are a treating your skin to the fruit acid peeling.

- . Suitable for hyperpigmentation
- . Ideal against pigmentation spots, age spots, hyperpigmentation
- . Partial application only in the area of hyperpigmentation and acne marks
- . Ideal after application of Bamboo Enzyme Powder Peeling
- . pH value 3.5 3.8
- . 15 ml

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GENERAL ENQUIRIES

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