



## Identifying your skin type

Healthy skin starts with proper daily care, but different skin types require different approaches. Also, keep in mind that skin can change over your lifetime. The type of skin you had as a teenager may be different than the type of skin you have now, depending on climate changes, hormones, stress, medication, and other elements.

## What skin type do you have?

### 1 Oily skin

- Do you tend to wake up with oily skin, especially on your forehead, nose, and chin?
- Does your foundation usually wear off within a few hours?
- Are you prone to blemishes and breakouts?
- Do you have large pores?

### 2 Normal skin

- Is your skin tone even?
- Do you have small pores?
- Does your skin appear healthy and smooth?
- Do you rarely have breakouts?
- Do you rarely experience sensitivity to skin care products?

### 3 Dry skin

- Does your skin feel dry, tight, rough, or flaky?
- Does your skin have a dull appearance?
- Do you have red patches?
- Do you have fine pores?

### 4 Combination skin

- Do you have medium-sized pores?
- Do your forehead, nose, and chin tend to get oily, while your cheeks appear dry?
- Do you tend to develop blackheads on your nose and chin?

**Tip:** Sensitive skin is a symptom of all skin types and not necessarily a category on its own. enummi® Skin Care products have been formulated with gentle ingredients to support sensitive skin. If you have sensitive skin, apply a small amount first on one area of your face.

# Skin Care Regimens by Skin Type

## 1 Oily skin

**Step 1:** enummi® Gentle Facial Cleanser (am & pm)

**Step 2:** enummi® Refreshing Toner (am & pm)

**Step 3:** enummi® Life C Energizing Serum™ (am & pm)

enummi® Restoring Eye Cream (am & pm)

**Step 4:** enummi® Protective Day Moisturizer (am)

enummi® Night Recovery Cream (pm: use very lightly; if oiliness and breakouts occur, discontinue use)



## 2 Normal skin

**Step 1:** enummi® Gentle Facial Cleanser (am & pm)

**Step 2:** enummi® Refreshing Toner (am & pm)

**Step 3:** enummi® Life C Energizing Serum™ (am & pm)

enummi® Restoring Eye Cream (am & pm)

**Step 4:** enummi® Protective Day Moisturizer (am)

enummi® Night Recovery Cream (pm)

## 3 Dry skin

**Step 1:** enummi® Gentle Facial Cleanser (am & pm)

**Step 2:** enummi® Refreshing Toner (am & pm)

**Step 3:** enummi® Life C Energizing Serum™ (am & pm)

enummi® Restoring Eye Cream (am & pm)

**Step 4:** enummi® Night Recovery Cream (am: before enummi® Protective Day Moisturizer & pm)

enummi® Protective Day Moisturizer (am: after enummi® Night Recovery Cream)



## 4 Combination skin

**Step 1:** enummi® Gentle Facial Cleanser (am & pm)

**Step 2:** enummi® Refreshing Toner (am & pm)

**Step 3:** enummi® Life C Energizing Serum™ (am & pm)

enummi® Restoring Eye Cream (am & pm)

**Step 4:** enummi® Protective Day Moisturizer (am)

enummi® Night Recovery Cream (am: apply to the cheeks as needed before enummi® Protective Day Moisturizer & pm: apply all over face unless oiliness persists in T-zone; if so, apply only to cheeks and dry areas)



## Step 4: Moisturize and Protect



Moisturizing and protecting is the final step in the enummi® Skin Care regimen. This key step provides vital hydration, restores healthy moisture barrier function, and supports the skin's natural defense against the effects of aging. If you have never moisturized before, don't wait another day. Aging skin loses its natural ability to stay hydrated, so it's important to restore moisture. And you should protect your skin at any age with an SPF product every single day!

Moisturizing has many benefits, such as promoting soft, supple skin, but most importantly it protects in the morning and restores in the evening.

**Morning:** After cleansing, toning, and applying treatments, apply a liberal amount of enummi® Protective Day Moisturizer to the face, neck, and décolletage area by massaging in small circular motions. Do not apply to the eye area. Apply every morning for best results.

**enummi® Protective Day Moisturizer** provides vital protection, while nutrients and antioxidants create a moisture barrier to leave your skin hydrated, nourished, and protected.

- Defends with certified SPF 15 broad spectrum sun protection
- Provides hydration and creates a moisture barrier
- Provides antioxidants to the skin for excellent protection
- Contains Transfer Factor E-XF™



### KEY INGREDIENTS

- **Sunscreen Blend** (octinoxate, avobenzone, octisalate) protects the skin from a broad range of the sun's rays, including UVA and UVB rays.
- **Aloe barbadensis (aloe vera)** moisturizes and provides soothing properties for the skin. Used for thousands of years, this ingredient has a well-documented history of skin soothing benefits.
- **Moringa pterygosperma seed extract** helps protect against pollutants and condition the skin.
- Known for its excellent polyphenol content and antioxidant properties, **Camellia sinensis (white tea) extract** helps reduce the effects of oxidative damage and environmental stresses on the skin.
- **Phospholipids** are essential fatty acids that help maintain healthy cell barrier function. As natural moisturizing factors (NMF), they help keep the skin moist by attracting and retaining water.
- **Vitamins A, C, and E** provide antioxidant protection for the skin, reduce water loss, and provide a natural barrier.



**Tip:** Environmental changes, hormonal fluctuations, and other factors can contribute to different hydration needs. Pay attention to your skin and respond accordingly. If it feels dry and needs more moisture, try applying enummi® Night Recovery Cream before you apply enummi® Protective Day Moisturizer in the morning. In the evenings, slather skin with a generous amount and allow it to absorb before going to bed.

**Evening:** After cleansing, toning, and applying treatments, apply a liberal amount of enummi® Night Recovery Cream to the face, neck, and décolletage area by massaging in small circular motions. Do not apply to the eye area. Apply every evening for best results.

enummi® Night Recovery Cream works hard while you sleep to rejuvenate, retain moisture, and reduce the signs of aging so you can wake up to a refreshed and luminous complexion.

- Includes a moisture-rich complex that provides hydration and humectants to help skin retain its natural moisture barrier
- Fortifies the skin against environmental stresses with powerful antioxidants
- Rejuvenates and improves skin's radiance while you sleep
- Contains Transfer Factor E-XF™

#### KEY INGREDIENTS

- **Aloe barbadensis (aloe vera)** moisturizes and provides soothing properties for the skin. Used for thousands of years, this ingredient has a well-documented history of skin soothing benefits.
- **Sandalwood, amur corktree bark, and barley extracts** help skin retain moisture levels and prevent transepidermal water loss (TEWL) for supple skin.
- **Vigna conitifolia seed extract** promotes healthy cell turnover for smooth skin texture, reduces the appearance of fine lines and wrinkles, supports healthy collagen levels, and revitalizes for supple, smooth, and radiant skin.
- **Anhydroxylitol** is a humectant that visibly hydrates, prevents transepidermal water loss (TEWL), restores skin's moisture barrier, and rejuvenates for a luminous complexion.
- **Tocopheryl acetate** (vitamin E) is a superior antioxidant that provides protection for the skin, helps retain moisture levels, and creates a natural barrier.



### enummi® Gentle Facial Cleanser

- **Lauramidopropyl betaine** acts as a thickening agent for a smooth, luxurious application.
- **Sodium coco-sulfate** is derived from coconut oil and cleanses the skin to remove makeup, oil, dirt, and debris.
- **Sodium lauroamphoacetate** is a mild surfactant that gently cleanses and removes makeup, oil, dirt, and debris from the skin.
- Derived from vegetables and found naturally in the skin, **glycerin** helps retain moisture in the surface layers of the skin for a more supple appearance.
- **PEG-20 methyl glucose sesquistearate** is a complex mixture of glycol, fatty acids, and glucose that acts as both an emollient and surfactant.
- **Aloe barbadensis** moisturizes and provides soothing properties for the skin. Used for thousands of years, this ingredient has a well-documented history of skin soothing benefits.
- **Arnica montana flower extract** moisturizes the skin for a more supple appearance.
- **Arctium lappa root extract** acts as a soothing agent and also provides antioxidant protection to the skin.
- **Chamomilla recutita (Matricaria) extract** provides antioxidant protection to the skin.
- Naturally derived from the comfrey plant, **Symphytum officinale extract** has been used for its soothing properties for centuries.
- **Humulus lupulus (Hops) extract** is a soothing tonic with antimicrobial properties that gently conditions the skin to ensure a fresh, clean complexion.
- Derived from the horsetail plant, **Equisetum arvense extract** promotes healthy and beautiful skin with its natural soothing properties.
- Derived from seaweed, **Macrocystis pyrilera extract** is high in vitamin and mineral content and provides essential nutrients to the skin.
- **Tilia cordata flower extract** is a potent antioxidant with water-binding properties.
- Known as marshmallow root, **Althaea officinalis root extract** provides skin conditioning benefits.
- **Moringa pterygosperma seed extract** provides purifying benefits for the skin and protects against environmental pollutants.

- **Disodium EDTA** is a chelating agent that helps keep the integrity of the formula intact.
- **Panthenol** provides hydration to the skin and acts as a humectant to prevent moisture loss.
- Derived from plant amino acids, **sodium PCA** helps retain optimal moisture levels in the skin by attracting moisture and retaining it.
- **Caprylyl glycol** provides important skin conditioning benefits.
- A mild preservative that has positive antimicrobial benefits, **phenoxyethanol** has been shown to be less irritating than other common preservatives.
- **Hexylene glycol** is a humectant that helps skin retain moisture.
- Derived from citrus, **citric acid** helps adjust the pH of the formula.

### enummi® Refreshing Toner

- **Butylene glycol** provides lubrication so that the formula effortlessly glides across the skin.
- Made from the nutrient-rich substance produced by honeybees, **royal jelly extract** is rich in amino acids and promotes moisture retention for a healthy, youthful appearance.

- **Peony flower extract** gently tones the skin while providing soothing benefits for a refreshed complexion.
- **Tetrasodium EDTA** is a chelating agent that helps keep the integrity of the formula intact.
- Also known as vitamin H, **biotin** is also part of the vitamin B complex group. It conditions the skin while providing a healthy glow.
- **Methyl Gluceth-20** acts as a water-binding and skin-conditioning agent.
- Derived from the sugar beet, **betaine** acts as a humectant, provides moisture, and conditions the skin for a soft and smooth complexion.
- Derived from fruits, vegetables, and grasses, **sodium PCA** acts a natural moisturizing factor (NMF) to retain optimal moisture levels in the skin.
- **Sodium hyaluronate** helps maintain the skin's moisture content and helps reduce moisture loss.
- **Sodium citrate** works to adjust the pH of the formula, while offering antioxidant and preservative properties.
- Derived from vegetables and found naturally in the skin, **glycerin** helps retain moisture in the surface layers of the skin for a more supple appearance.
- **Hexanediol** works as both an antimicrobial agent and preservative in the formula.

- **Caprylyl glycol** provides important skin conditioning benefits.
- Derived from citrus, **citric acid** helps adjust the pH of the formula.
- As 4Life's transfer factor extract from cow colostrum, **Transfer Factor XF®** provides powerful support.

#### enummi® Life C Energizing Serum™

- A silicone that acts as an emollient, **cyclopentasiloxane** provides lubrication, promotes shine, and conditions the skin.
- **Dimethicone crosspolymer** promotes a velvety texture so the formula glides smoothly across the skin. It also protects the integrity of vitamin C potency and acts as a water-binding agent.
- Derived from olive fruit, **Olea europaea (Olive) fruit oil** helps attract and retain moisture for supple skin.
- Extracted from olive leaves, **Olea europaea (Olive) leaf extract** provides soothing properties to the skin, helps maintain hydration, and maintains the skin's barrier function.
- **Phenylethyl resorcinol** is a brightening ingredient that promotes even skin tone and reduces the appearance of age spots. It is also a skin protectant that maintains healthy cells and protects against the effects of

oxidative stresses on the skin.

- **Tetrahexyldecyl ascorbate** is a stable form of vitamin C and potent antioxidant for the skin. This ingredient supports healthy collagen production, evens overall skin tone, brightens age spots, and maintains the skin's natural barrier response.

- A mild preservative that has positive antimicrobial benefits, **phenoxyethanol** has been shown to be less irritating than other common preservatives.

- **Retinyl palmitate** provides antioxidant protection and improves the appearance of fine lines, wrinkles, and overall skin texture, while maintaining hydration in the skin.

- **Tocopheryl acetate** provides antioxidant protection for the skin, preserves moisture levels in the skin, and maintains the skin's natural barrier.

- **Citrus aurantium dulcis (orange) oil** provides vitamin C antioxidant protection to defend against the elements.
- With exclusive extracts from cow colostrum and chicken egg yolk, **Transfer Factor E-XF™** provides patented support.

#### enummi® Restoring Eye Cream

- A natural skin emollient derived from olives, **squalane** provides antioxidant and immune-stimulating properties. This natural moisturizing factor (NMF) also helps the outer layer of the skin retain healthy moisture levels.
- An advanced hexapeptide, **acetyl hexapeptide-3** works to improve the appearance of wrinkles, especially in the eye area.
- **Glyceryl stearate** acts as both an emollient and emulsifier.

