

Our Products Don't Just Sit On The Skin — They Totally Transform It!



Chirally Correct Formulas

Green Friendly Products

Natural/Organic Ingredients  
with no harsh chemicals

Progressive/Aggressive  
Approach to Flawless skin with  
out overprocessing the skin

Physical exercise promotes stress reduction, muscle strength, youthfulness and energy, not to mention an overall balance of mind, body and spirit. There is nothing more rewarding when you start to feel your muscles work and your mind and body reconnect. Circuit training provides a sensible way to concentrate on strengthening and toning different muscle groups. With the same objective in mind, our Skin Fitness workout routine concentrates on perfecting your skin by alternating different treatments.

Any qualified trainer will tell you that ones body adapts to a specific form of exercise to the point that it is no longer as effective. In the same way our skin constantly needs to be introduced to a new routine. Initially, when we try a new product our skin looks and feels great, but after a while we no longer feel the same benefits. With our unique circuit therapy your skin is constantly being challenged, energized and revitalized.

Just as your body needs supplemental minerals and vitamins, Skin Fitness Therapy provides your skin with essential daily nutrients.

Unlike commercial products containing chemical additives that are often harmful to your skin, our natural therapeutic treatments combine the purity and potency of nature's healing agents utilizing chiral technology (molecules separated within an ingredient through a purification process). These positive molecules that are extracted have the unique ability to bond with the skin's cells to produce the maximum benefits of each ingredient or nutrient, while eliminating negative reactions. Skin Fitness effectively stimulates and redefines your skin with the finest all-natural ingredients and ultraconcentrated formulas. With our commitment to creating a healthy, youthful appearance, Skin Fitness provides you with 'Back to Basic' nutrition for your skin.



The secret to healthy beautiful skin is really no secret at all...

**It's simple... Pure and Simple Workout**

## CLEANSING THERAPY

### Deep Pore-Cleansing Therapy

#### Normal/Combination & Dry/Sensitive Skin

An all-natural, sodium lauryl sulfate free, deep pore cleanser. Removes all traces of impurities as it nourishes the skin.

#### Cranberry Acne/Oil Bar Cleanser

An all natural, two-layer bar with sulfur & salicylic acid for added scrubbing action, & anti-bacterial. The cleanser base utilizes natural sugars and cranberry to dissolve the impurities, promoting excellent clarity in the skin.



#### Lemon Chiffon Cleanser

This delicately scented shea butter based cleanser gently and effectively cleanses the skin of all makeup and impurities without altering the skin's natural pH. Purifying and refreshing lemon extract tones, sebum balancing jojoba balances, while hydrating shea butter moisturizes the skin making this an ideal cleanser for all mature skin types.

## TONING THERAPY

### Anti-Free Radical Toner

A combination of potent antioxidants, soothing herbs, and moisture-binding lipids and ceramides to nourish and refine the skin.

### Collagen Fitness Spritz

Pure botanical collagen instantly refreshes the skin, hydrates and rejuvenates. It contains heavy water which helps the skin resist water evaporation and maintains moisture longer.

### Red Wine Spritzer

Spritz away tired, fatigued skin with this aromatic red wine spritzer loaded with OPCs and Vitamin C found in abundance in red wine. Cucumber, chamomile, and aloe soothe, calm and hydrate, while the tonic effects of lavender tonify and stimulate the circulation leaving you quenched, beautiful skin!

## GENTLE EXFOLIATION

### Cranberry Purifying Scrub

A deep-cleansing scrub containing cranberry, jojoba beads and organic minerals that refines and detoxifies the skin for a smoother appearance.

### Crushed Grapeseed Scrub

Scrub a double away the old and bring in radiant new skin with the double action power of granules and natural acids. This intense exfoliant is a synergistic blend of finely crushed grape seeds, jojoba beads, zeolite minerals, glycolic acid polymer and fruit enzymes. Amazing Results!



## MOISTURIZING THERAPY & SUN PROTECTION

### Multi-Vitamin Treatment Cream

Rich in Vitamins, Antioxidants and EGF (Epidermal Growth Factor), nourishes the skin and protects cells against premature aging.

### Multi-Vitamin Repair Gel

Formulated especially for blemished/oily skin, this unique oil-free formula reduces excess oils and promotes tissue healing as it nourishes the skin.

### Red Wine Blueberry/Pumpkin Age Defying Cream

Nourish and protect your skin with this rejuvenating cream loaded with the age-defying effects of red wine and blueberry extracts, pumpkin oil, and L-arginine. Blueberries the highest known source of bioflavonoids which maintain the integrity of capillaries and collagen, nutrient-rich pumpkin oil, and the retexturizing-firming benefits of L-arginine along with the softening and moisturizing benefits of shea butter make this velvety smooth cream most effective in achieving ageless, radiant skin.

### Sunfit SPF30

This sunblock provides full UVB/UVA protection utilizing the best natural protective blocking ingredients that not only block the harmful rays but are also therapeutic for the skin, improving the skin's overall appearance.



## EYE/LIP THERAPY

### Tone and Tighten Eye Cream

This rich shea butter based treatment helps promote tissue respiration and repair as well as moisturize and protect. The albumin and hyaluronic acid maintain moisture while promoting firmness around the eyes.

### Beta Serum Eye/Lip Conditioner

Gently removes eye and lip make-up while softening and conditioning. Pure carrot oil, rich in Vitamin A, heals dry, cracked lips and softens lines around the eyes.

### Bright Eyes

Eye Firming Concealer. A 4 in 1 treatment that hydrates (Shea Butter) firmness (Protein Biopeptides and Whey), conceals and lightens dark circles naturally with pearlized minerals and L-arginine.

### Crystal Dew Drops Firming Treatment for Eyes and Lips

A synergistic phenomena, Liquid Crystals and Spin Traps. This advanced technology of liquid crystal extraction from corn silk delivers crystal energy within the cells to deeply hydrate, nourish, firm and protect the delicate tissue of your eye and lip area. L-arginine, with its superb ability to firm and retexture makes this treatment achieve optimum results. Visible difference in smoothness and firmness! Amazingly dewy eyes and lips!

### Contouring and Soothing Eye Gel

Vanish puffy eyes and dark circles with the stimulating and clarifying effects of caffeine. The moisture-binding properties of jojoba and shea butter along with the soothing and healing effects of aloe and chamomile restore tired eyes. A truly calming and refreshing experience.

## TOTAL BODY CARE

### Skin-Fit Feet Pedi-Peel/Pedi-Mask

Pamper your feet in salicylic-pineapple enzymes to peel away dry rough skin. Revive and soothe tired feet with pure shea butter and chiromatherapy essential oils.

Basics

# Serums

Say goodbye to cheap imitations and painful injections.



These Serums really work!

Target Therapy Boost the skin's natural ability to regenerate and radiate a more youthful glow by targeting cellular deficiencies. Target Therapy is a unique system of layering and alternating potent levels of nutrients that are essential for regaining and maintaining younger-looking skin. The key factors in target therapy are to repair, replenish and renew the skin. The results Skin-Fit!

### ENERGETICS

Energized Vitamins, Toning, Cell Renewing and Collagen Boosting Technology "Microcurrent in a Bottle". As close as you can get to have a Face-Lift without surgery.

### Microsculpting Serum

A complete workout toning and conditioning the face and body. This serum contains energized vitamins, amino acids and facial toning complex to lift and hold bringing the skin more youthful contour.

### Youth Restorer Serum w/HGH

HGH replaces what declines with aging in a balanced way. This serum contains energized HGH and Nutrients to replace what is lost in the aging process. Fine Lines vanish, deeper wrinkles recede and the face undergoes a change of contour.

### RAPID RECOVERY SERUMS

Post peels, laser, antiaging procedures. Helps repair and soothe, reduces redness and inflammation, prevents over-exfoliation and restores skin's moisture barrier.

### EGF Protein Complex An 'Antibiotic for the skin

This potent amino complex stimulates the formation of new healthy cells. It repairs and hydrates the skin, keeping it soft and supple for a more youthful appearance. Recommended for use after peels, laser resurfacing and acne therapy.

### Vital B Serum

Nothing ages the skin like stress and nothing supports the skin like B Complex does. As well, it is essential for the production of cellular energy and for the synthesis of nucleic acids and proteins that create new healthy skin cells. The synergistic blend of B complex and potent antioxidants found in this serum will soothe, oxygenate, and energize your skin.

### Pure Oxygen Serum

Its a breath of fresh air for your skin. Pure Ozone is infused into squalane delivering a vital supply of non-chemically derived oxygen to your skin, energizing, purifying and radiating a more youthful appearance. For all skin types. Skin's oxygen content is increased by 100%. Wrinkle depth appearance reduced by 40%. 10% of all fine lines and dry wrinkles are reduced dramatically

# Serums

## FAST TRACK TO VISIBLE RESULTS

Transform the skin instantly with the most advanced—concentrated retinol formulas while at rest combined with one of our Vitamin C Serums or Cream in the day.

## VITAMIN A THERAPY

### Retinolic Serum

Stimulates cell turnover. A highly concentrated Vitamin A (with glycolic) solution formulated to resurface the texture of the skin, unplug blemishes, refine the pores and balance oil production. Recommended for normal/oily skin.

### Vitamin A & E Serum w/ firming complex

High-impact conditioning treatment that retexturizes the skin for a much smoother, firmer, healthier appearance. Wrinkles and fine lines are visibly reduced.

### Anti Wrinkle Cream

A high potency retinol scientifically formulated with glycolic acid polymer in a rich firming base of albumin, red wine and a special patented marine complex. Moisturizes while it firms and smooths out fine lines and wrinkles.



## VITAMIN C & LIGHTENING THERAPY

### Vital C Serum

Stimulates the formation of collagen, repairs sun damage and strengthens capillaries. High impact therapy that results in a more tightened, toned and energized skin. Utilizing high concentrations of Vitamin C and vital nutrients. Available in strengths of 10% and 20%.

### Pigment Lightening Gel

Formulated with the most advanced chiral technology designed to address, skin discoloration and unevenness. This unique treatment is formulated with botanical actives with lightening action to specifically target hyperpigmentation.

### Cell-Tex

A super rich moisturizing cream with Vitamin C and essential fatty acids. Reduces the appearance of wrinkles, broken capillaries and pigmentation as it strengthens the elasticity.

## WRINKLE REDUCING & PLUMPING

### Wrinkle Relaxer

The most concentrated combination of peptides formulated to relax facial wrinkles, reduce the degree of existing wrinkles and minimize future development naturally.

### Hyaluronic Serum Sealer with Copper Peptides, DMAE & Argerline

This ultra hyaluronic acid concentrate serum is readily absorbed deep into the skin for intense hydrating and plumping effects. Hyaluronic acid is concentrated with argerline the wrinkle relaxing peptide, copper peptides and DMAE to strengthen elasticity, reducing the appearance of wrinkling and thinness.

## FIRMING, HYDRATING & REGENERATING

### Multi-Vitamin Serum

Instantly works out the skin! A blend of the most potent antioxidants available to strengthen and condition the skin from free radical damage. The biopeptides provide instant firming action!

### Botanical Collagen Serum

A unique treatment for dry, tired skin prone to wrinkles. This serum contains pure botanical collagen, rna, and dna to help renew the skin. This treatment defies time—restoring elasticity and smoothness of the skin while increasing moisture retention.

### The Miracle Regenerator

High in Vitamin C and essential fatty acids, this unique oil regenerates, repairs and hydrates the skin. Recommended as spot therapy for acne scars, surgical scars, stretch marks, fine lines and wrinkles. Essential for use after microdermabrasion, laser resurfacing and peels.

### Firming Red Wine Serum

This invigorating gel fortified with the firming benefits of red wine and L-arginine along with a synergistic blend of anti-aging herbs known for their rejuvenating effects on the skin will firm, energize and revitalize your face and neck. Glowing, silky smooth skin!





Speed up the skin's natural exfoliation process with Circuit Therapy and reveal younger-looking skin. Our unique peel system alternates different therapies to target the skin's receptors that are responsible for activating cell turnover. Results INSTANT! Combine the purity and potency of all-natural fruit enzymes, vitamins and nature's healing agents to effectively stimulate and redefine your skin!

## Peels

### ENERGIZING & STRENGTHENING

#### Vitamin C Peel

- Stimulates collagen & strengthens elasticity
- Promotes healthy capillaries
- Gives a radiant, healthy glow
- Visible difference in firmness & wrinkle reduction

### DETOXIFYING THERAPY

#### Cranberry Peel

- Eliminates dead cells
- Refines the pores and balances oil production
- Reduces blemishes
- Revitalizes congested, dull skin by eliminating built-up toxins
- Overall appearance is a clearer, healthier complexion

### EXFOLIATING THERAPY

#### Salicylic Peel

Hi-level intensity peel (2 strengths)

- Encourages skin renewal naturally
- Visible improvement in superficial lines, skin texture and pigmentation.
- Acne/acne scars become less noticeable
- Enlarged pores are reduced

### LIGHTENING AND BRIGHTENING THERAPY

#### Pigmentation Peel

- Lightens age spots and sun damage
- Evens out discoloration
- Removes dead skin cells
- Antiinflammatory, antioxidant
- Improves post-inflammatory skin



### CONDITIONING ROUTINE

#### Pumpkin Peel— Vitamin A Therapy

- A smoother, healthier appearance
- Firmer texture
- Diminishes fine lines & wrinkles
- Visibly smaller pores
- Reduces acne

### EXFOLIATING & REJUVENATING THERAPY

#### High Level Intensity—Margarita Peel 25%

- Purifying, Balancing, Detoxifying
- Increases Cell Renewal and Softens w/ Lactic Acid
- Digest Dead Cells w/ Fruit Enzymes
- Rejuvenates and Tonifies

#### Noni Peel 35%—w/ Copper Peptides and DMAE

- Exfoliates w/ Green Fermented Papaya Enzyme
- Improves Firmness and Hydrates
- Nourishing and Healing
- Increases Cell Renewal w/ Cocktail of Natural Acids
- Stimulates Collagen and Elastin



### RED WINE PEELS

#### Blueberry Wine Peel

Blueberries, known to be most abundant in antioxidants and bioflavonoids, which are lacking in mature skin but most needed for the integrity of healthy skin, is found in this peeling treatment in a concentrated puree form.

The collagen boosting properties found in Red Wine, Pomegranate, Lycopene, and Grape Seed Extract as well as natural fruit acids and enzymes make this a superb peeling treatment ideal for mature skin restoring hydration, tone, and firmness for a radiant, flawless complexion.

#### Cherry Wine Peel

The unique combination of natural acids in this peeling treatment deeply exfoliates dead skin cells in a non-irritating way due to the soothing and anti-inflammatory properties of cherry puree. Red Wine, Pomegranate, Lycopene, and Grape Seed Extract are nature's most powerful antioxidants and collagen boosters which feed and nourish skin cells bringing a firm, refined, flawless complexion. Ideal for mature/sensitive and problematic skin.

#### At Home Peel Treatment—Cherry Wine Face Smoothie

This unique cocktail of ingredients refines the texture of the skin. The synergistic blend of fruit enzymes and natural acids lift away dead skin cells revealing smoother, healthier new skin in a non-irritating way due to the soothing properties of cherry extract. A luxurious blend of Red Wine, Pomegranate, Lycopene, and GrapeSeed Extract make this a most effective collagen boosting infusion for firming and toning the skin.

#### "Peel Prep"—Lactic Acid Toner 10%

Pure Lactic Acid works prior to the application of our peels to accelerate the results and prepare the skin for the peel.

# Masks

## MASKS

### Hydrant Mask

An excellent rejuvenation and hydration treatment. The unique properties of OPCs (oligomeric proanthocyanidins) obtained from grape seed and red wine extracts are powerful antioxidants that improve skin elasticity and smoothness, strengthens capillaries and enhance cell vitality.

### Detox Mask

An all-natural purifying treatment that contains cranberry and rosemary known for its antibacterial properties. The results reveal radiant, fresh and healthy looking skin.

### Calm Balm

Excellent treatment to calm the skin of minor irritations. Formulated with concentrations of blue chamomile oil, a potent blend of soothing herbs, and shea butter to soothe, nourish and protect the skin.

### Lifting & Firming Peptide Gel Masque

Tightening peptides derived from rice extract and wheat protein provide immediate lifting and firming action. Overall improvement of expression lines and deep furrows. Exotic fruit extracts of acai, agave, garcinia mangostana and oat kernel restore firmness, hydration and elasticity.

### Seaweed Masque

The phyto-fit is concentrated with seaweed extracts to revitalize and nourish the skin. It is cooling to the skin and gently soothes inflamed skin especially good for puffy eyes. D-betaglucosamine and D-beta-fructan draw moisture into collagen and elastin fibers of the skin.

### Chocolate Wasabi Masque

Indulge in the stimulating effects of chocolate and wasabi to improve circulation in the skin. The collagen boosting and firming effects of L-ovalbumin, red wine and grapeseed extracts tonify and strengthen elasticity resulting in dewey, toned skin.

### Total Fitness Masque

Restores smoothness, tightens pores, replenishes moisture, suppleness and elasticity. Visibly lifts and tightens the skin while reducing the appearance of wrinkles. Provides cellular nutrition for cell renewal. To Boost results add to the Lifting & Firming Peptide Gel Masque.

### Red Wine Concentrate with Noni

This pure Red Wine Concentrate tightens and refines the skin. The warm chiromatherapy blend of oils works out the skin, preparing and stimulating the skin for the red wine therapy which promotes and protects the production of collagen and elastin in the skin essential for maintaining strength and suppleness, while the amazing miracle noni fruit, with its wide spectrum of nutrients, delivers optimum nutrition for healthy, vibrant skin. Chiromatherapy blend of frankincense, sandalwood, and orange essential oils hydrate and rejuvenate deeply quenching the skin!



Corrective Result-Driven Solutions

by Skin Fitness Therapy