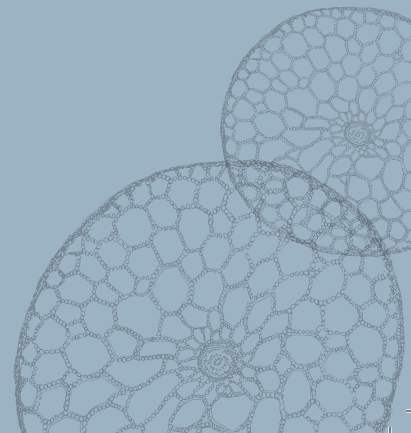


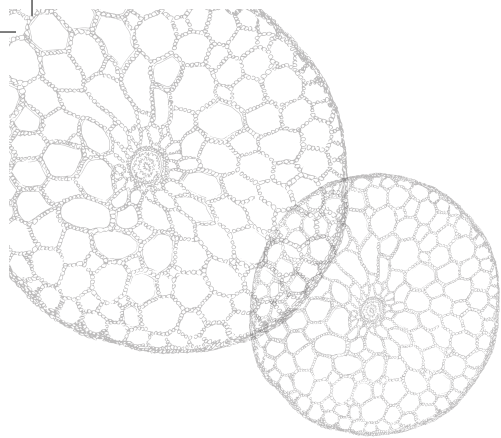
[**comfort zone**]

SUBLIME SKIN

renewing
replumping
firming

LIFESTYLE AND
SKINCARE GUIDE







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DEGENER-AGING™

SUBLIME SKIN active lifting deep renewal

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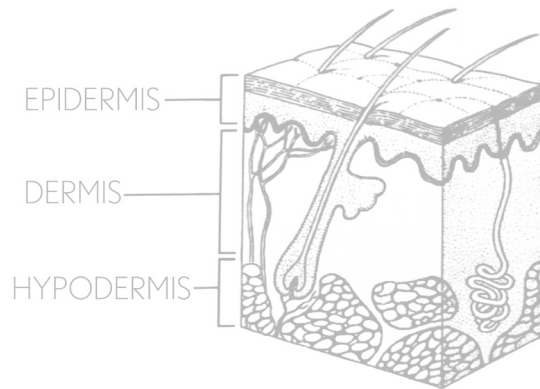
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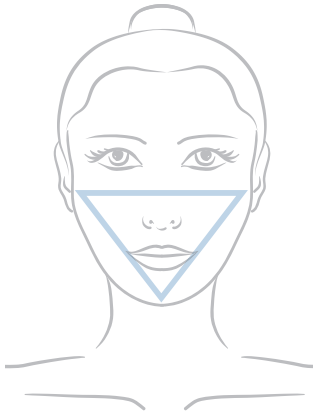
THE THREE PILLARS OF YOUTH

WATER, PROTEINS AND LIPIDS are the essential elements of the skin. Like the pillars of a building, they provide scaffolding to the face, making the skin compact, smooth and luminous.

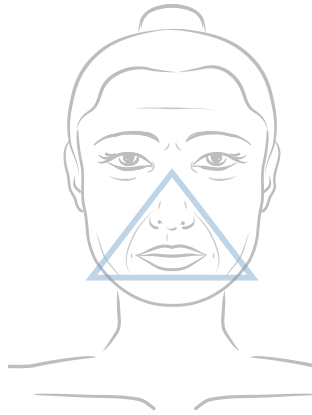


DEGENER-AGING™

THE AGING OF THE SKIN ARCHITECTURE



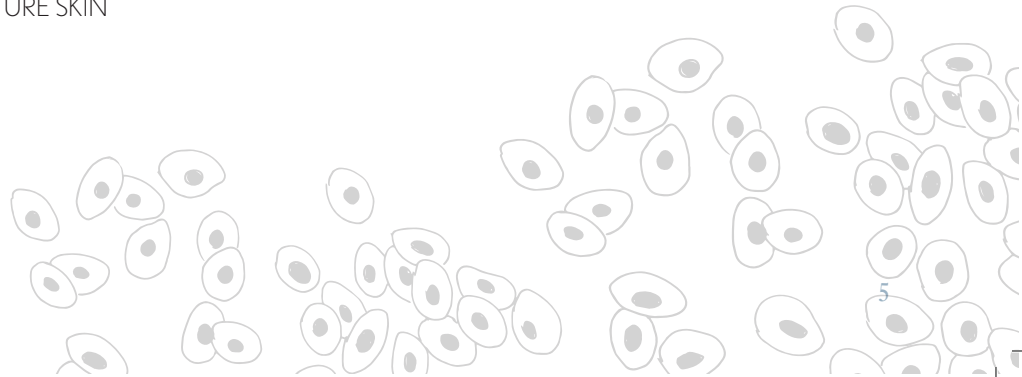
YOUNG SKIN

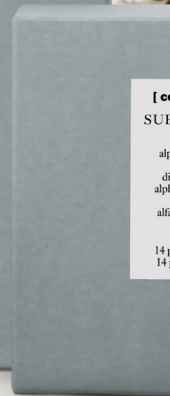
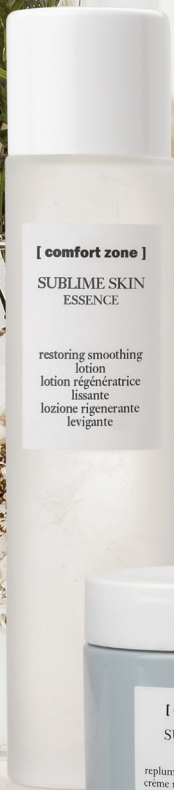


MATURE SKIN

The passing of time progressively affects skin's functionality and impoverishes its pillars. Degener-aging™ is the relentless weakening of the skin structure that leads to a **CHANGE IN THE FACE SHAPE AND TO VISIBLE SIGNS ON THE SURFACE**: less defined face contours, sagging skin, wrinkles, loss of elasticity and luminosity.

Also, excessive sun exposure, yo-yo dieting, insufficient intake of proteins and water, as well as stress and extreme exercising, can aggravate this process even in biologically young skins.





SUBLIME SKIN ACTIVE LIFTING DEEP RENEWAL

Inspired by the latest dermatological techniques of hydro-filler, lipo-filler and peels, Sublime Skin is our corrective anti-aging line to visibly renew, replump and firm the skin.

The Archi-lift™ technology helps to restore the skin architecture from within, replenishing and stimulating water, proteins and lipids for a plumper, younger look.

Free from silicones, parabens, mineral oils, with up to 99% natural-origin ingredients.



OUR PROMISE SCIENCE-BASED CONSCIOUS FORMULAS™

Since skincare products feed and nourish the skin, we are extremely rigorous about what we put in our formulas.

We select the finest natural-origin ingredients, the most advanced high-tech molecules and carrier systems.

Every ingredient is consciously chosen to guarantee the maximum efficacy, safety and sensoriality.

Silicones have been replaced by natural oils that ensure the same silkiness and softness for a “real active beauty” on the skin.



FREE FROM
SILICONES, PARABENS,
MINERAL OILS, ARTIFICIAL COLORS,
ANIMAL DERIVATIVES

ALL PACKAGING COMPONENTS ARE RECYCLABLE

100% PAPER FROM RESPONSIBLE SOURCES

made in Italy with competence and care
produced with electricity from renewable resources





THE INTEGRATED APPROACH FOR A REPLUMPED SKIN

[comfort zone] believes in an integrated approach to beauty and wellbeing. With our Scientific Committee, we propose a complete approach of products, treatments, and lifestyle tips to restore the skin's youthfulness and beauty.



Visit www.comfortzone.it/en/sublime-skin to see extra content.

SUBLIME SKIN FACIAL

Discover one of our anti-aging facials to stimulate cellular renewal and illuminate the skin, or to redensify and give a lifting effect for the face and neck.



BEAUTY ROUTINE



ESSENCE

restoring smoothing lotion

99% natural-origin ingredients

with NMF complex and biomimetic peptide to maintain hydrated and elastic skin

suitable for alla skin
every morning and evening

100 ml e 3.38 fl.oz. U.S.



SERUM

intensive replumping firming serum

92% natural-origin ingredients

with micro and macro hyaluronic acid, peonia albiflora extract and plantago lanceolata for a replumping, firming and illuminating action

suitable for all skin
every morning and evening

30 ml e 1.01 fl.oz. U.S.

AND/OR



CREAM

replumping firming moisturizer

89% natural-origin ingredients

with micro and macro hyaluronic acid, peonia albiflora extract and palmitoyl glycine for a replumping, firming and nourishing action

recommended for normal or combination skin
every morning and evening

60 ml e 2.08 oz. U.S. Net wt.



RICH CREAM

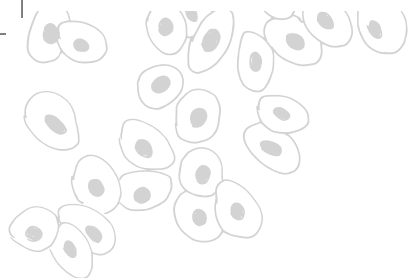
replumping firming rich moisturizer

81% natural-origin ingredients

with micro and macro hyaluronic acid, peonia albiflora extract and palmitoyl glycine for a replumping, firming and nourishing action

recommended for normal or dry skin
every morning and evening

60 ml e 2.08 oz. U.S. Net wt.



BEAUTY ROUTINE



EYE CREAM

firming eye moisturizer

91% natural-origin ingredients

with plantago lanceolata, chrysin, caffeine and aescin for an intensive action on wrinkles, dark circles and under-eye puffiness

fragrance free

suitable for all skin
every morning and evening

15 ml © 0.50 fl.oz. U.S.



EYE PATCH

immediate effect eye patch with peptides

96% natural-origin ingredients

hydrogel mask with peptides and chrysin to brighten and tone the look of tired, puffy eyes, reducing wrinkles and dark circles

fragrance free

suitable for all skin
weekly treatment or in periods of particular fatigue

6 pcs - 6 applications



PEEL PAD

alpha-poly-hydroxy acid pads

90% natural-origin ingredients

with 4% glycolic acid, 4% gluconolactone and vitamin C for a progressive renewing action

fragrance free

recommended for dull skin with signs of aging
every other evening for 28 days

14 pcs - 14 applications



MASK

visible effect firming mask

94% natural-origin ingredients

with hyaluronic acid and tapioca starch for an immediately more compact and younger-looking skin

with brush for a special application
leave on
suitable for all skins
every time you want to give a lift to the face countours

60 ml © 2.11 oz. U.S. Net wt.

EFFICACY TESTS

ESSENCE

+71% increase of skin protein.*

SERUM

The serum doubles the efficacy of the Sublime Skin Rich Cream in wrinkle reduction (-20% wrinkle depth) and increases hydration by 5 times.**

RICH CREAM

For 85% of women, the skin appears redensified and replumped.**

EYE CREAM

For 80% of women, the eye contour appeared more smooth and toned.**

EYE PATCH

For 80% of women, under-eye bags were reduced.**

MASK

For 85% of women, the mask gives a lifting effect.***

*Independent laboratory in vitro test_ use essence+serum, after 72 hours

**Independent Laboratory testing 20 panelists _ 30 days

***Independent Laboratory instrumental test 20 panelists _after 8 hours





ACTIVE INGREDIENTS

ARCHI-LIFT™ TECHNOLOGY

The exclusive combination of botanical and high-tech active ingredients to replenish and stimulate water, proteins and lipids for plumper, smoother and more radiant skin.

MICRO AND MACRO
HYALURONIC ACID

PEONIA ALBIFLORA

HYDRO-LIPO
FILLER EFFECT

PALMITOYL GLYCINE

PLANTAGO
LANCEOLATA

PROTEIN
SUPPORT

PEPTIDES

High-tech molecules to promote a firmer, smoother, more luminous and younger-looking face and eye contour.

ALPHA-POLY-HYDROXY ACIDS

Effective resurfacing and renewing action with a high-concentration blend of alpha-poly-hydroxy acids.

SUBLIME SKIN APPLICATION TIPS

To obtain maximum results, a correct application of the products is important. Our suggestions:

ESSENCE: with the fingers, gently pat from the jaw line towards the cheeks, pressing enough to lift the skin a little.

SERUM: apply the serum where wrinkles are more visible, using light linear pressure with the finger, to ease absorption.

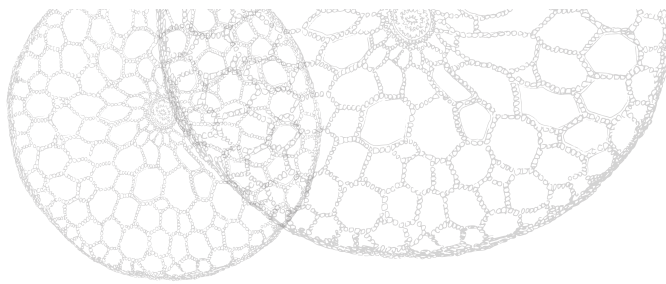
CREAM: apply the cream on the face with movements from the centre towards the outside, making sure to cover the entire area of forehead, cheeks, neck and neckline.

EYE CREAM: using the forefinger and middle finger pads, place the eye cream on the temples and proceed towards the nose.

Wait a couple of seconds at each spot to let the product absorb.

To see our DIY massage video developed by our experts, visit
www.comfortzone.it/en/sublime-skin





SKIN REPLUMPING NUTRITIONAL TIPS

The way you eat is key to protecting your skin's natural hydration and to supporting the production of structural proteins, such as collagen and elastin. Make sure your diet is well-balanced and rich in these powerful nutrients.

NUTRIENTS

VITAMINS

MINERAL SALTS

PHYTOESTROGENS

PROTEINS

OMEGA 3

THE EXPERT SAYS

"A daily intake of vitamin C is fundamental to promote the natural production of collagen in the skin."

"Zinc and copper are vital minerals for overall health and to repair and prevent signs of aging."

"With age, women produce less estrogen, essential for the elasticity and plumpness of the skin."

"Proteins are necessary for the repair and for the construction of new tissues."

"These are essential fatty acids that counteract skin dryness."

FOUND IN

Fresh, seasonal fruits and vegetables, citrus, kiwis, tomatoes, cauliflower, cabbage, peppers, grapes.

Whole grains and cereals, beans, avocado, ginger, cashews.

Soy and its derivatives, flaxseeds, alfalfa.

Preferably white meat, tofu, quinoa, eggs, beans, almonds.

Flaxseed oil, chia seeds, walnuts, bluefish and salmon.

SKIN REPLUMPING RECIPES

QUINOA AND TOFU TABBOULEH

Ingredients

3 Tbsp quinoa	1 Tbsp sesame oil
¾ cup chopped tomatoes	2 Tbsps fresh lemon juice, divided
scant ½ cup chopped carrots	1 tsp salt
1/3 cup diced cucumbers	1 tofu stick
1 spring onion, about 2oz	1 tsp tamari (or soy sauce or balsamic vinegar + a pinch of salt)
1 Tbsp goji berries (optional)	½ tbsps rice syrup or agave (or honey if not vegan)
3 ½ oz fresh parsley leaves	½ tsp sesame seeds (optional)
½ cup mint leaves	6 small mint sprigs
1 tsp fresh grated ginger, plus ½ tsp, set apart	sliced fresh chili pepper to taste
1 Tbsp extra virgin olive oil	

For the quinoa: place the quinoa in a sieve and rinse well with cold water. Pour the quinoa into a saucepan with about double the volume of boiling water. Cover, bring to a boil and let it simmer for 15 minutes. Cook until the water has been evaporated, the quinoa is fluffy and the seeds are translucent. Let it set, covered, for another 10 minutes while you prepare the vegetables. Wash, clean and chop all the vegetables. Coarsely chop parsley and mint leaves. Mix the parsley, mint, tomatoes, cucumber, spring onions, goji berries, carrots and grated ginger in a large bowl, add quinoa at room temperature and drizzle with olive oil and lemon juice, then season with salt. Store in the fridge while you prepare the tofu. Cut the drained and dry tofu* into very small cubes and place in a small bowl with remaining lemon juice. Let it marinate while you prepare the sauce: in a small mixing bowl, whisk together tamari, rice or agave syrup, ½ tsp grated ginger and sesame seeds, and set aside. Coat a small nonstick saucepan with sesame oil, add the tofu cubes and cook for 2-3 minutes, turning as needed. Lower the heat if necessary to prevent burning. Remove from the heat, add the sauce and stir to coat. Remove quinoa tabbouleh from the fridge, place tofu cubes on top, and garnish with mint sprigs and chili pepper slices. Serve immediately, but note that tabbouleh tastes best after a few hours of refrigeration!

*To drain and dry the tofu completely, place the tofu block on a thick towel, fold it with another clean towel then top with few small plates or anything quite heavy. Let it sit for 30-60 minutes or overnight then cook according to the recipe.



SKIN REPLUMPING RECIPES

AVOCADO PESTO

Ingredients

1 very ripe avocado
1 cup parsley leaves or fresh basil
1/4 cup chopped almonds or pine nuts
1 clove garlic
juice of half lemon (1 Tbsp)
1/2 tsp salt

scant 1 Tbls fresh ginger (or to taste)
Ice-cold water only if needed to reach desired consistency or if avocado isn't ripe.

Serves 6-8

Halve the avocado and scoop the pulp. Peel and chop fresh ginger. Add the avocado, parsley or basil leaves, almonds and garlic to a food processor or blender and blend until smooth. Add chopped ginger, lemon juice and salt and pulse for few more seconds until creamy. Use immediately or refrigerate in an air-tight glass container for up to 2 days or freeze for few months.

This creamy pesto is perfect as a dip, salad dressing, sauce, spread and of course with pasta, dipping veggies, crackers, sandwiches and burgers. You can personalize the recipe depending on your needs and make it less thick by adding 1 tablespoon of ice-cold water or using less almonds.

To prevent oxidation of the avocado (darkening), place the blade of the blender in the freezer for 15-30 minutes before preparing your pesto. When pesto is ready, cover the top with a thin layer of olive oil, replace the lid and seal the jar tightly.



SKIN REPLUMPING RECIPES

CRUNCHY & SPICY GRANOLA

Ingredients

2 1/2 cups rolled oats
1/2 cup hemp seeds (or more oats)
1 1/4 cups nuts
1/2 cup cranberries or raisins
2 Tbsp flax seeds
1 Tbsp cocoa powder
1 tsp ground cinnamon (or to taste)
1/4 tsp ground ginger (or to taste)

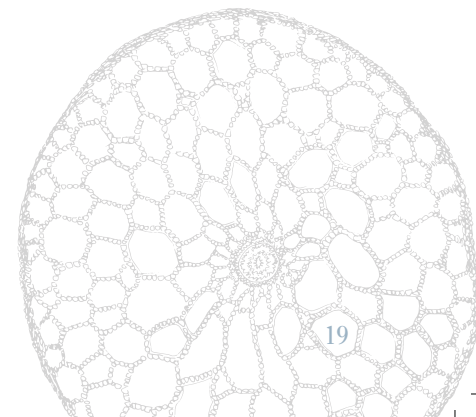
1/4 to 1/2 tsp ground vanilla beans
or vanilla extract
1/4 cup coconut oil, melted, or olive oil
(or substitute 1/2 cup peanut butter)
1/3 cup + 3 Tbsp maple syrup, agave
or rice syrup (honey if not vegan)
a pinch of salt

Preheat the oven to 325°F. Line a baking sheet with parchment paper. In a large bowl, combine all dry ingredients except cranberries. Stir coconut oil and maple syrup or agave (or sweeter of your choice) in saucepan over medium low heat until smooth. Add vanilla extract if using it. Pour over the dry ingredients and mix well using a wooden spoon or a spatula. Spread the mixture evenly on prepared baking sheet. Bake for 25-30 minutes or until golden, stirring every 10 minutes or halfway through. When golden, remove from the oven, let cool completely then stir in the cranberries.

Store in an air-tight container for up to 2-3 weeks.



Photos and recipes by Francesca Bettoni www.beautyfoodblog.com



[comfort zone]

SKIN SCIENCE SOUL

Discover more about our products, professional treatments and lifestyle recommendations at
www.comfortzone.it