

**[ comfort zone ]**

REMEDY

calming skin defense

LIFESTYLE  
AND SKIN CARE  
GUIDE







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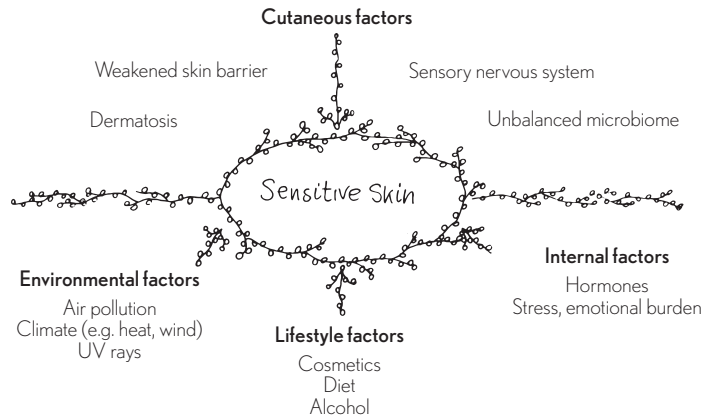
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# SENSITIVE SKIN

If you suffer from sensitive skin, you are not alone. Recent studies show that a growing number of people occasionally experience symptoms such as redness, tightness, prickling, and a general sensation of discomfort on their skin.

Sensitive skins tend to overreact to the elements (wind, sun, heating or air conditioning), to cosmetics and even to water. However, over-exfoliating, prolonged stress and incorrect product usage can cause bouts of sensitivity even in healthy skins.







## UNDERSTANDING SENSITIVITY

The underlying factor of skin sensitivity often relies on the surface. A damaged skin barrier, our natural shield against external stressors, allows irritants in, or is more easily irritated. And even worse, studies show that when we are stressed, the skin “senses” the internal stress signals, getting even more inflamed and taking longer to recover.

Also, if the natural microbiome cohabiting the skin surface is unbalanced, the skin is unable to ward off the harmful bacteria found in the environment and it is therefore more prone to sensitivity.



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REMEDY  
CREAM TO OIL

ultra gentle  
cleanser  
nettoyant  
très délicat  
detergente  
ultra delicato

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REMEDY  
TONER

soothing  
refreshing toner  
tonique apaisant  
rafraîchissant  
tonico lenitivo  
rinfrescante

[comfort zone]

REMEDY  
SERUM

soothing  
fortifying serum  
sérum apaisant  
fortifiant  
siero lenitivo  
fortificante

[comfort zone]

REMEDY  
OIL

soothing  
protective oil  
huile apaisante  
protectrice  
olio lenitivo  
protettivo

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REMEDY  
CREAM

soothing  
hydrating cream  
crème apaisante  
hydratante  
crema lenitiva  
idratante

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REMEDY  
DEFENSE CREAM

soothing nourishing cream  
crème apaisante nourrissante  
crema lenitiva nutriente





## REMEDY

### SOOTHING FORTIFYING DEFENSE

The professional solution to soothe and fortify sensitive, sensitized and redness-prone skins.

REMEDY leverages the power of a natural prebiotic to promote skin health and to provide extra defense, plant extracts to curb inflammation, blended with precious Marula Oil to repair the skin barrier.

The redness is visibly reduced, a sensation of relief is immediately provided, and the skin is stronger and more resilient to prevent future inflammation.

Free from silicones, parabens, mineral oils, added fragrances and surfactants, with up to 99% of natural-origin ingredients. Dermatologically tested on sensitive skins.

## 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 OIL, 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 CALM 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 make sensitive skin more resilient against internal and external aggressors.

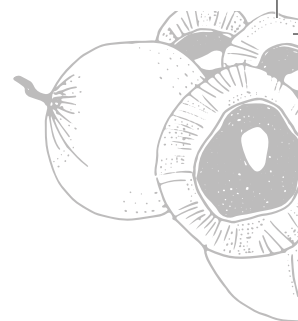


Visit [www.comfortzone.it/en/remedy](http://www.comfortzone.it/en/remedy)  
to see extra content.

## REMEDY FACIAL

Try our soothing fortifying facial with the exclusive peel-off oil mask, ideal to shut down the redness, itching and tightness, bringing inflamed skins back to a condition of health and calm.

# THE BEAUTY ROUTINE



## CREAM TO OIL

ultra gentle cleanser

97% natural-origin ingredients

No added surfactants or SLES  
Transformative texture from  
cream to oil  
Gently removes impurities and  
debris without stripping the skin

150 ml e 5.07 fl.oz. U.S.



## TONER

soothing refreshing toner

98% natural-origin ingredients

Without alcohol  
Spray ideal for use during the  
day every time the skin is dry  
and tight

200 ml e 6.76 fl.oz. U.S.



## SERUM

soothing fortifying serum

92% natural-origin ingredients

Lightweight formula  
Ideal before the cream to  
reduce redness and makes the  
skin stronger

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



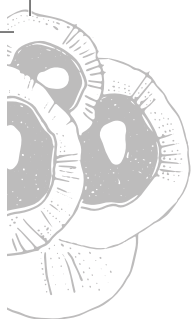
## CREAM

soothing hydrating cream

91% natural-origin ingredients

For warmer, humid climate  
Non-oil texture  
Calms the skin and provides  
light moisturization

60 ml e 2.02 fl.oz. U.S.



## DEFENSE CREAM

soothing nourishing cream

91% natural-origin ingredients

For colder climates, very dry skins  
Barrier-texture rich in natural  
origin oils to protect the skin  
Non-occlusive

60 ml e 2.11 oz. U.S. Net wt.



## OIL

soothing protective oil

99% natural-origin ingredients

No fragrance  
Rich, non-greasy texture  
Sos treatment for deeply dry  
and hypersensitive skin

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

# ACTIVE INGREDIENTS

## NATURAL ORIGIN PREBIOTIC

From the enzymatic synthesis of sugars, it helps  
to preserve the natural skin microbiome, which is essential  
to defend the skin barrier.

## MARULA OIL

Extracted from the seeds of a native southern African plant,  
it replenishes lipids and fatty acids essential to the  
defense and strength of the skin.

## PLANT EXTRACTS

Extracts from plants native to Peru and Mexico,  
they help to reduce redness of the skin  
that results from stress and external aggressions.



## DAILY TIPS TO PREVENT SENSITIVITY

**BACK TO BASIC** over-complicated routines can be too aggressive for sensitive skin. Keep it simple with just a few soothing and nurturing products.

**SAY NO TO SCRUBS AND DETERGENTS** watch out for foaming cleansers, made of surfactants or products with alcohol and astringents, as they can strip the skin of its natural oils, leaving the barrier dry and susceptible to irritations.

**AVOID TEMPERATURE SHOCK** it can damage the external skin structure, causing widespread redness and irritation. Therefore, avoid extremely dry and hot closed environments, and be careful with freezing temperatures.

**WEAR SUNSCREEN** sun radiation is one of the triggers of inflammation. UV rays cause an increase in body temperature and an internal inflammatory state. Every day, protecting the skin barrier with a suitable SPF is fundamental.





## NUTRITIONAL TIPS TO PREVENT SENSITIVITY

Food too can cause internal inflammation, which renders the skin more sensitive. It is therefore important to recognize pro-inflammation foods and choose those that instead promote an anti-inflammatory action.

### OMEGA 3 FOODS

Salmon, cold water fish (possibly not farmed), flaxseeds and walnuts are rich in omega 3s, helping to contrast inflammation and keep the skin barrier healthy.

### PREBIOTICS

Foods rich in fibre provide a high concentration of prebiotics that help keep the immune system active, and thus protect the skin from aggressions. Leek, onion, oat and apple are particularly rich in such substances.

### SUPPLEMENT YOUR DIET

Ceramides and Hyaluronic Acid supplements are highly recommended to maintain the optimal skin hydration level and protect the barrier function.

### ALCHOL

It should be avoided since it causes a localized vasodilation on the skin.

# SOOTHING FORTIFYING RECIPES

## CARAMELIZED APPLE OATMEAL

### **Serves 2 people**

1 tsp olive oil or coconut oil  
1 1/2 tbsp maple syrup or honey  
1 tbsp fresh lemon juice  
1 apple, peeled and sliced  
1/2 tsp cinnamon or to taste  
1/4 tsp vanilla extract (optional)  
1 cup water  
3/4 cup almond milk

1 cup rolled oats  
1/4 cup cranberries or raisins  
cinnamon to taste

In a skillet, heat the olive oil and the maple syrup. Add lemon juice, sliced apples, cinnamon and vanilla extract. Stir to coat and cook over a medium heat for 3-4 minutes or until apple slices have softened.

In a saucepan, bring water and milk to a boil. Add rolled oats, cranberries, cinnamon and reduce the heat to low. Cook for 12-15 minutes or until creamy, stirring occasionally.

Add 1 or 2 tablespoons of milk if needed.

Serve warm with caramelized apples and a handful of cranberries.

Photos and recipes by Francesca Bettoni [www.beautyfoodblog.com](http://www.beautyfoodblog.com)







## SOOTHING FORTIFYING RECIPES LENTIL PATÉ

### Serves 1

#### Ingredients

2 oz shiitake or cremini mushrooms  
3 tbsp extra virgin olive oil  
1/2 cup red onion, sliced  
2 garlic cloves, minced  
1/2 tsp brown sugar  
2 bay leaves (optional)  
1 tbsp balsamic vinegar  
1 tbsp apple cider vinegar or lemon juice

1 tbsp tamari or soy sauce  
2 tsp miso paste or 2-3 tbsp capers  
1 tbsp rosemary  
8 sage leaves  
1 tbsp fresh thyme  
1 cup walnuts  
1 1/2 cooked lentils (about 8 oz)  
salt and pepper to taste

Clean and slice the mushrooms. In a large skillet, heat the olive oil and add the onions, minced garlic, sugar and bay leaves. Cook for 5 minutes, stirring often. Add the mushrooms and continue cooking for additional 3-4 minutes. Add the balsamic vinegar, apple cider vinegar, tamari, miso or capers and fresh herbs. Stir and continue cooking for additional 2-3 minutes, until the mushrooms are soft and cooked through. Meanwhile, coarsely chop and toast the walnuts in a pan with a teaspoon of oil or in a preheated oven at 180 °C/350°F for 8 to 10 minutes. Add the lentils and roasted nuts to the mushrooms and stir. Remove bay leaves and transfer to a food processor or blender. Process until the mixture is thick and smooth. Add a tablespoon of water to make the pâté creamier if necessary. Add salt and pepper to taste. Transfer to a bowl and serve with toasted bread, crackers or as an appetizer.

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SKIN SCIENCE SOUL

Discover more about our products, professional treatments and lifestyle recommendations at  
[www.comfortzone.it](http://www.comfortzone.it)