Young Living Skin Care



A•R•T Beauty Masque and A•R•T Renewal Serum

The benefits of both of these products, and specifically the use of the orchid flower, are based on thousands of years of Chinese herbal medicine. It is believed that orchids have the ability to absorb and retain moisture and adapt well to many extreme environments. The longevity of the flowers is the key benefit that is utilized for skin care.

Orchid extracts are used for their intense moisturizing effect and for their ability to help delay senescence—or natural aging—by supporting the strength of the skin's main proteins.

Another valuable ingredient found in our A•R•T orchid line is Japanese knotweed—a polygonum that has been traditionally used for its wound healing properties and for its ability to support healthy skin and provide protection against the effects of free radicals. The Japanese use this plant in order to prepare a tea called Itadori, a word that means well-being. This and many other properties that may help generate

youthful-feeling and -looking skin are found in the A•R•T orchid line.



The effect of essential oils in both orchid products is very beneficial. Both blends—Stress Away™ in the Beauty Masque and Sensation™ in the Renewal Serum—provide calming and soothing not only to the skin but also to the psyche and our emotions.



Use A•R•T Renewal Serum after cleansing your face morning and night. Be sure to follow up with your favorite Young Living moisturizer. Incorporate the Beauty Masque a couple of times a week to help promote a younger, healthier-looking you.

Here's to your health,

Luba Vozarova, PhD—YL Sr. Portfolio Manager Personal Care



A·R·T® Skin Care System

A·R·T® Skin Care System- Age Refining Technology – is a superior concept in skin restoration that combines the advanced technology of DNA recovery enzymes with a proprietary anti-aging Peptide Complex to reduce the look of fine lines and wrinkles, diminish age spots, even skin tone, and increase the elasticity and density of skin. Recognizing the incredible power of essential oils, Young Living added frankincense and sandalwood to this unique formula to reinforce DNA renewal. Add the legendary wolfberry seed oil, known for its superior moisturizing and skin conditioning properties, and you have the formula for a truly unique and effective skin care system.

A·R·T Skin Care System includes Day Activator (30 ml), Night Reconstructor (30 ml), Gentle Foaming Cleanser (100 ml), and an instructional booklet



Young Living’s ART Gentle Foaming Cleanser

Young Living’s A·R·T® Gentle Foaming Cleanser cleans the skin without irritation or dryness and contains no harsh astringents. Its powerful foaming action gently lifts and captures makeup and oils, leaving the skin feeling clean, hydrated, and soft.

How to Use

Splash face with warm water. Dispense and lather a small amount of cleanser from pump. With wet hands, massage gently over face. Rinse thoroughly. To be used twice daily for a refreshing cleanse in the morning and a thorough cleansing at night. Suitable for all skin types. For maximum benefit, immediately apply Day Activator in the morning and Night Reconstructor in the evening to freshly cleansed skin.

Ingredients

Contains gentle surfactants (made from corn and coconuts) that are emulsifiers, foam producers, and cleaning agents. These “surface active agents” also bridge the gap between oil and water in products: sodium lauroamphoacetate and sodium methyl cocoyl taurate. Also contains skin-supporting essential oils of frankincense (Boswellia carteri), sandalwood (Santalum album), melissa (Melissa officinalis) Lavender (lavandula angusifolia) and German chamomile (Matricaria recutita).

Natural vitamin E and green tea leaf extract provide antioxidant power as well.



ART Purifying Toner

A·R·T® Purifying Toner helps support cleansing by removing unwanted oil, dirt, and impurities that can accumulate on skin. This remarkable formula includes frankincense and sandalwood for their ability to revitalize skin, lemon and peppermint to cleanse and energize, and melissa and lavender to soothe and balance.

How to Use

After cleansing with the A·R·T® Gentle Foaming Cleanser, sweep Toner over face with a cotton ball. Can be used in the morning and again in the evening. For best results, apply the A·R·T® Day Activator or Night Reconstructor cream over the Toner.

Shake well before use. Suitable for all skin types. For external use only. Store in a cool, dry place.

Ingredients

Deionized water, SD alcohol 38-B, pentylene glycol, hamamelis virginiana (Witch Hazel) distillate extract, glycerin, boswellia carteriі† (frankincense) oil , santalum album† (sandalwood) oil, citrus limon† (lemon) peel oil, camellia

oleifera leaf extract, vitis vinifera (grape) seed oil, lavandula angustifolia† (lavender) extract, melissa officinalis leaf extract, aloe barbadensis leaf juice, retinyl palmitate, allantoin, polysorbate-20, mentha piperita† (peppermint) oil.



ART Day Activator

An extraordinary day cream, the ART Day Activator contains the superior Photolyase enzyme that uses visible light on damaged DNA. This light-bodied, water-based face and neck cream absorbs quickly and is perfect for wearing underneath makeup and sunscreen

How to Use

Day Activator: Apply in the morning after cleansing. Using fingertips, massage a generous amount (usually two to four pumps) of Day Activator over face and neck regions as needed. Suitable for all skin types. For maximum benefit, Day Activator should be used with Young Living's Gentle Foaming Cleanser and Night Reconstructor Cream. Day Activator should be reapplied after prolonged sun exposure.

Caution: As with any cosmetic, if you are currently being

treated for any skin condition consult your medical professional before using.

For external use only. Store in a cool, dry place.

Ingredients

Day Activator: Deionized Water, Pentylene Glycol, Glycerin, Glyceryl Stearate, Betaine, Cetearyl Alcohol, Caprylic/Capric Triglycerides, Lycium Barbarum‡ Seed Oil, Meadowfoam Seed Oil And Shea Butter, Aloe Barbadensis Leaf Juice, Phenoxyethanol, Chlorphenesin, Xanthan Gum, Sodium Stearoyl Lactylate, Carbomer, Tetrahexyldecyl Ascorbate, Tocopheryl Acetate, Polysorbate 20, Squalane, Dimethicone, Benzoic Acid, Dipotassium Glycyrrhizinate, Sodium Hyaluronate, Camellia Oleifera Extract, Chamomilla Recutita† (Matricaria) Flower Oil, Retinyl Palmitate, Sodium PCA, Chlorella Vulgaris Extract, Algae Extract and Mugwort (Artemisia Vulgaris) Extract, Plankton Extract, Micrococcus Lysate, Palmitoyl Oligopeptide, Palmitoyl Tetrapeptide-3, Lecithin, Grape (Vitis Vinifera) Seed Extract, Santalum Album† (Sandalwood) Oil, and Boswellia Carteri† (Frankincense) Oil.



ART Night Reconstructor

Night Reconstructor is a powerful night recovery moisturizer that contains the unique endonuclease enzyme. This medium-bodied, water-based face and neck cream contains enhanced moisturizers for maximum hydration.

How to Use

Apply in the evening after cleansing and toning. Using fingertips massage a generous amount (2 to 4 pumps) of Night Reconstructor over face and neck regions as needed. Suitable for all skin types.

Caution: As with any cosmetic, if you are currently being treated for any skin condition consult your medical professional before using.

For external use only. Store in a cool, dry place.

Ingredients

Deionized water, pentylene glycol, glycerin, glyceryl stearate, betaine, lycium barbarium‡ seed oil, cetearyl alcohol, meadowfoam seed oil and shea butter, aloe barbadensis leaf juice, phenoxyethanol, chlorphensin, xanthan gum, sodium stearoyl lactylate, carbomer, tetrahexyldecyl ascorbate, tocopheryl acetate, polysorbate 20, squalane, dimethicone,

benzoic acid, dipotassium glycyrrhizinate, sodium hyaluronate, camellia oleifera extract, chamomile recutita (matricaria)† oil, retinyl palmitate, sodium pca, chlorella vulgaris extract, algae extract and mugwort (artemisia vulgaris) extract, micrococcus lysate, palmitoyl oligopeptide, pamitoyl tetrapeptide-3, lecithin, grape (vitis vinifera) seed extract, santalum album (sandalwood)† oil, and boswellia carteri (frankincense)† oil.



Wolfberry Eye Cream

Wolfberry Eye Cream™ may be applied morning and evening to ease the appearance of puffiness and dark circles around the eyes, and to promote skin tightening. Wolfberry Eye Cream is formulated from oil that is carefully extracted from the seeds of the Ningxia wolfberry. Rich in vitamin E and linoleic acids, wolfberry oil has unusual chemistry that makes it ideal for nourishing and hydrating skin. It is highly regarded by Asian women for its regenerative properties and its ability to protect aging skin and add luster to skin tone.

To complement your skincare regimen, make sure you are giving your skin the nutrients it needs.

Try including these foods as part of your healthy diet:

- Carrots

Carrots are packed with vitamin A, which is good for clearing up breakouts. It helps reduce the overproduction of cells in the skin’s outer layer were dead cells and sebum can clog pores. Add nibbling on half cup of carrots a day to your snack

routine and reap these benefits!

Possible substitution: One cup milk or one slice of cheddar cheese.

- Dark Chocolate

As if we needed another reason to eat chocolate! Flavonols, the antioxidants in dark chocolate, can reduce roughness in the skin and protect against sun damage. It only takes a few ounces a day to get this antioxidant in your system—what a sweet benefit!

Possible substitution: Blackberries, cherries, blueberries, or raspberries (although you would have to eat a large amount).

- Flaxseeds

These seeds contain omega-3 fatty acids, known to diminish age spots and erase fine lines. Consuming just over two grams (just a teaspoon) will help prevent irritation and redness in the skin as well as contribute to better hydration. Try just sprinkling a teaspoon over oatmeal or veggies to get your daily dose.

Possible substitution: Flaxseed oil (1 tablespoon with sautéed veggies), salmon (4 ounces), or walnuts (1 ounce or about 14 halves).

- Green Tea

When green tea is hot, it releases catechins, a type of antioxidant that has anti-inflammatory properties. These antioxidant powers fade as it cools, so drink it while it’s hot. Only two cups a day will help cells’ resilience to sun damage, and may even help reduce sun damage.

Possible substitute: White tea.

—Rebecca Jarvis

Product Manager, Essential Living