

# Young Living ART Skin Care System



## 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.

## Cleansing

Properly cleansing your face will gently remove environmental toxins, makeup, perspiration, and dead skin from your pores.

Young Living offers two cleansing products that are both mild and offer unique benefits.

1. A.R.T. Gentle Foaming Cleanser

2. Orange Blossom Facial Wash

Although morning and night cleansing are important, we also suggest cleansing your face after intense activities or extreme weather conditions. Healthy skin must breathe and our gentle cleansers will not strip the skin's natural oils if used properly.



## 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.



## Orange Blossom Facial Wash

Orange Blossom Facial Wash™ is a gentle, nonabrasive, free-rinsing cleanser that removes dirt and makeup without stripping skin of natural oils. It contains MSM to promote healthier and clearer skin, wolfberry seed oil to hydrate, and essential oils to soothe with aromatic benefits. Added botanicals protect skin from free radical damage.

- Lycium Barbarum (Ningxia Wolfberry) seed oil
- Lavandula angustifolia (Lavender)
- Pogostemon Cablin (patchouli)
- Citrus limon (Lemon)
- Rosmarinus Officinalis CT Verbenon (Rosemary Verbenon)

### How To Use

Wet your face with warm water. Put a small amount of wash into the palm of your hand. Gently rub and lather your face. Rinse, pat dry.



## Satin Facial Scrub

Satin Facial Scrub™ Mint is an advanced cleansing formula designed for normal skin. It cleans, nourishes, and stimulates without damaging the skin's natural pH balance. Safe, gentle ingredients help to exfoliate and rejuvenate the skin for a fresher, smoother appearance. Contains MSM, antioxidant vitamins, and botanicals.

How To Use,

Apply Satin Facial Scrub™-Mint directly to moistened skin in a circular motion. Rinse thoroughly, pat dry.

## **Exfoliating**

Your skin replaces its self every 30-60 days. The process of exfoliating speeds up this process by eliminating dead skin cells and allowing the skin new cells to flourish. At the same time exfoliating promotes the absorption of nourishing serums and moisturizers.

“ Exfoliate “comes from the Latin word “ exfoliare”, which means : to strip of leaves.”Although most exfoliants leave your skin looking smoother and renewed, Young Living Satin Facial scrub Mint has specific benefits that completely renew your skin.

It is suggested to exfoliate twice a week: however, you can determine if you like more or less by simply applying a clear piece of tape over your skin if little pieces of flaky skin are attached to the tape you may want to exfoliate, be your own judge.

## Toning

The ideal pH level of your skin is about 5.5. After your cleanse is recommended to exfoliate , your skin after that in a period of an hour will restore its pH. An ideal toner however will restore the pH immediately, as well as remove impurities and close pores to their desired original size, and proceed to leave the skin ready for the moisturizer.

A-R-T Purifying Toner is specially effective in keeping environmental debris and pollutants to a minimum; it also increases blood circulation to give your skin an ideal glow.

This product is great for men as well, their pores are considerably larger. Although men usually don't take time for skin-care regimens, it is just as important to the health of their skin.

A-R-T is a great addition for men applying it for after shave!!!!



## 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.

## **Deep Facial Massage Cleanse With**

# Essential Oils

3 teaspoons of V-6 ( Vegetable Oil Complex ) 4 Drops of Lavender, Frankincense, or Rose essential oil ( or use one of your favorite oils) Put the mixture in the palm of your hand and rub your hands together to warm the oils. Smooth the mixture over your face gently in a smooth massaging movement to stimulate circulation for better absorption. Relax and enjoy your message. Soak a washcloth in warm water and gently hold it over your face until it cools. Gently pat your face until it cools. Gently remove unwanted residue released from the skin. Rinse washcloth and repeat if desire. You can use this procedure as often as desire.





## 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.

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



## 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.



## 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.



## 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!

- 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